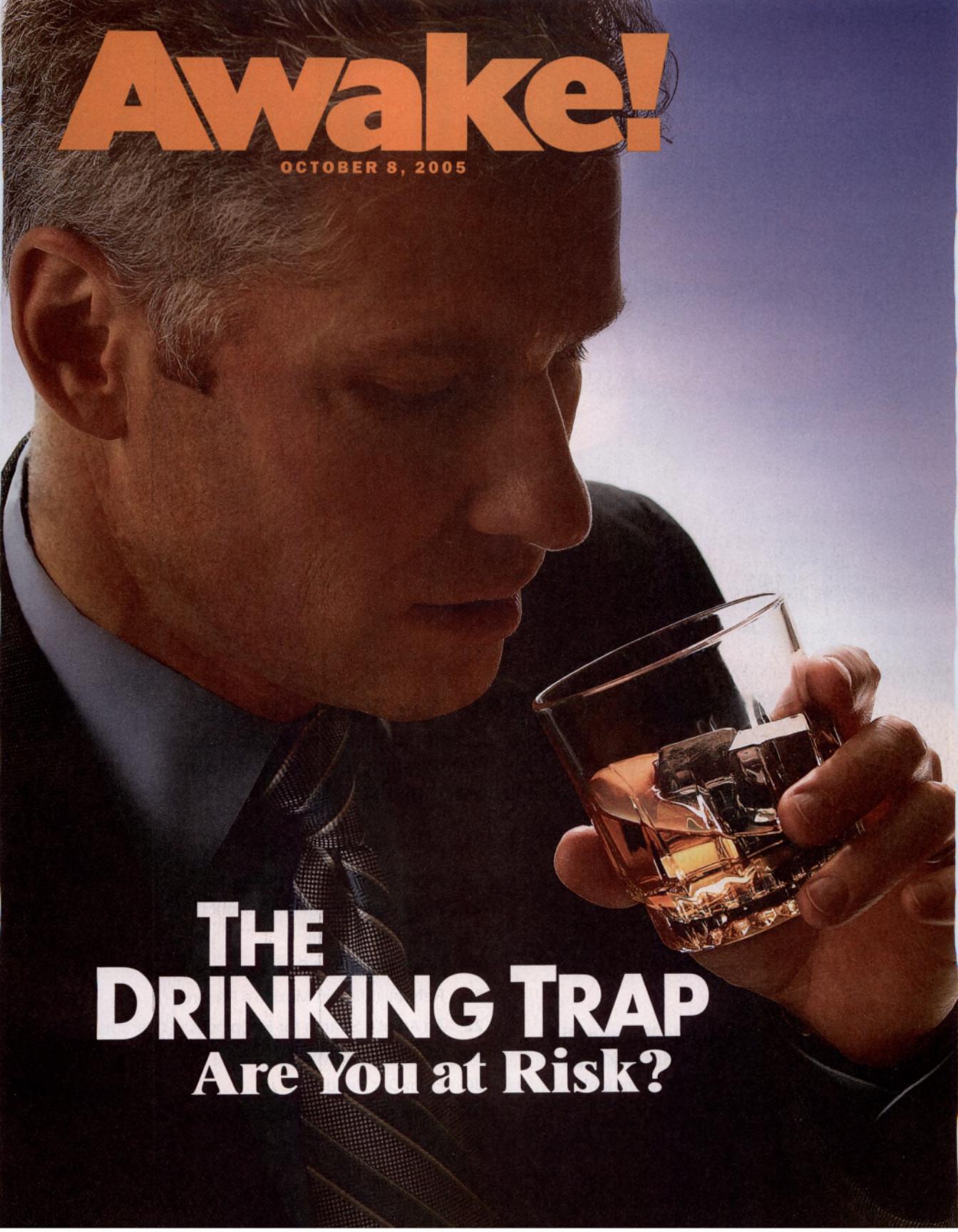


Awake!

OCTOBER 8, 2005

A close-up, profile photograph of a man's head and shoulders. He has grey hair and is wearing a dark suit jacket over a white shirt and a patterned tie. He is looking down at a lowball glass held in his right hand. The glass contains whisky with several large ice cubes. The background is a soft-focus blue.

**THE
DRINKING TRAP
Are You at Risk?**



THE DRINKING TRAP Are You at Risk? 3-12

Drinking may be a source of occasional pleasure or the start of a downward spiral to a life of depression, disease, and death.

How can you avoid the trap of alcohol misuse?

AP Photo/Matt Hage



Beware of "White Dragons"! 16

Avalanches kill several hundred people each year. What can you do to protect yourself?

Should Women Hide Their Beauty? 26

Some religions look down on female adornment. What does the Bible say?



- 3 Alcohol Misuse—A Social Catastrophe
- 4 Alcohol Misuse and Health
- 10 Breaking the Chains of Alcohol Abuse
- 13 Crossword Puzzle
- 14 Discovery at Red Bay
- 20 Rehabilitation in Mexico's Prisons
- 22 An Artist's Search for Happiness in "Paradise"
- 28 Watching the World
- 30 From Our Readers
- 31 Teens Need "Human Connection Time"
- 32 Why a Book for All People?

...to provide a proper perspective.



ALCOHOL MISUSE A SOCIAL CATASTROPHE

THE drinking of alcoholic beverages has two faces: one happy and the other sad. The moderate drinking of alcohol can make the heart of man rejoice, says the Bible. (Psalm 104:15) Yet, the Bible also warns that misuse can cause harm or can even be deadly, like the bite of a poisonous snake. (Proverbs 23:31, 32) Let us take a closer look at the high cost of the misuse of alcohol.

"A drunk driver ran over a 25-year-old mother and her two-year-old son on Saturday. . . . The young woman, who was six months pregnant, died on Sunday. Her son, who suffered head injuries, is in critical condition," reported the newspaper *Le Monde*. Sadly, such accounts are far from rare. Perhaps you know someone who was involved in an accident that occurred because of alcohol misuse. Each year thousands of people are killed or injured in road accidents involving alcohol.

Death Toll

Worldwide, the cost of alcohol misuse in terms of human life is incalculable. In France alcohol abuse is the third cause of death, after cancer and coronary heart disease, killing some 50,000 people directly or indirectly each year. This is "the equivalent of two to three jumbo-jet crashes each week," accord-

ing to a report commissioned by the French Health Ministry.

The death toll exacted by alcohol is especially heavy among young people. According to a World Health Organization report published in 2001, alcohol is the leading cause of death among European men aged 15 to 29. It is predicted that soon in some Eastern European countries, misuse of alcohol will kill 1 out of every 3 young men there.

Violence and Sexual Assault

Alcohol contributes to acts of violence. Drinking can remove inhibitions and social restraints and can blur the way one interprets other people's actions, making a violent response more likely.

Alcohol is a significant factor in domestic violence and sexual assault. A French study of prison inmates suggested that alcohol was involved in two thirds of rapes and indecent assaults. Surveys indicate that in Poland, 75 percent of alcoholics' wives have been subjected to violence, notes the magazine *Polityka*. The authors of one study estimated that "the use of alcohol is associated with an approximately two-fold increased risk of homicide within all age groups and that [even] nondrinkers living in homes with alcohol users were at increased risk of homicide."

—American Medical Association, Council on Scientific Affairs.

Social Cost

When health and insurance costs and lost productivity resulting from accidents, illness, or premature death are calculated, the financial cost to society is staggering. Alcohol abuse is said to cost Ireland's four million people at least one billion dollars a year. A source quoted in *The Irish Times* stated that this sum is equal to "the price of a new hospital, a sports stadium and a jet for every Minister every year." In 1998 the *Mainichi Daily News* reported that the economic impact of

heavy drinking in Japan was "more than 6 trillion yen [\$55 billion] a year." A report to the U.S. Congress declared: "The estimated economic cost of alcohol abuse was \$184.6 billion for 1998 alone, or roughly \$638 for every man, woman, and child living in the United States that year." And what about the psychological cost of broken or bereaved families and stunted educations or careers?

The consequences to society of alcohol misuse are not hard to discern. Do your drinking habits pose a risk to your health and to that of others? This question will be considered in the following article.

ALCOHOL MISUSE AND HEALTH



"Santé!" "Salute!" "Za vashe zdorovye!" "Chuc suc khoe!" Whether in France, Italy, Russia, or Vietnam, similar salutations ring out before friends take a drink together: "Good health!" Yet, paradoxically, millions of people worldwide are drinking themselves into the grave.

ALCOHOL misuse is a multifaceted problem that includes hazardous use, harmful use, and dependence. *Hazardous use*, as defined by the World Health Organization, is "a pattern of alcohol consumption carrying with it a risk of harmful consequences," physical, mental, or social. It includes drinking more than the limits recommended by health authorities or imposed by the law. *Harmful use*, also called alcohol abuse, involves

(Continued on page 6)

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.

Awake! (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc.; M. H. Larson, President; G. F. Simonis, Secretary-Treasurer; 25 Columbia Heights, Brooklyn, NY 11201-2483. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices. **Changes of address** should reach us 30 days before your moving date. Give us your old and new address (if possible, your old address label). **POSTMASTER:** Send address changes to *Awake!*, c/o Watchtower, Wallkill, NY 12589. © 2005 Watch Tower Bible and Tract Society of Pennsylvania. All rights reserved. Printed in U.S.A.



ONE FOR THE ROAD?

Restrictions on driving under the influence of alcohol have existed nearly as long as cars have. The first country to introduce such legislation was Denmark in 1903.

When you drink on an empty stomach, the alcohol in your blood reaches its highest level within about half an hour after it is ingested. Contrary to popular opinion, drinking coffee, taking

in fresh air, and doing physical exercise will not help you to sober up. The only thing that will reduce the effect of alcohol on your body is the passing of time. Don't forget, too, that "a drink is a drink is a drink." That is, if you have a standard drink of wine, beer, or spirits, the alcohol content is the same.*

Even small amounts of alcohol can impair your driving ability. Alcohol affects your eyesight. Road signs appear to be smaller. Peripheral vision as well as your ability to judge distances and to focus on distant objects is reduced. Information processing, reflexes, and coordination are slowed down.

* Generally speaking, about seven grams of alcohol are eliminated per hour. A standard drink varies from country to country. The World Health Organization defines a standard drink as containing 10 grams (0.35 ounce) of pure alcohol. This is the approximate equivalent of 250 milliliters of beer, 100 milliliters of wine, or 30 milliliters of spirits.

If you have an accident after having imbibed alcohol, your injuries are likely to be more serious than if you had been sober. Moreover, your chances of surviving any emergency surgery diminish because of the effect of alcohol on the heart and the circulation. "Thus, contrary to generally accepted ideas, the majority of alcohol-related deaths are of drunk drivers themselves," notes a report by the French National Institute of Health and Medical Research. In view of the dangers, the report gives the following recommendations:

- Don't drink and drive.
- Don't get into a car with a driver who has been drinking.
- Don't let friends or parents drive under the influence of alcohol.



A bottle of regular beer
(330 ml at 5% alcohol)



A single shot of spirits
(whiskey, gin, vodka)
(40 ml at 40% alcohol)



A glass of wine
(140 ml at 12% alcohol)



A small glass of liqueur
(70 ml at 25% alcohol)

Semimonthly Languages: Afrikaans, Albanian, Arabic, Cebuano, Chinese, Chinese (Simplified), Croatian, Czech,* Danish,* Dutch, English,^{**+○} Estonian, Finnish,* French,* German,* Greek, Hungarian, Iloko, Indonesian, Italian,* Japanese,* Korean,* Latvian, Lithuanian, Norwegian, Polish, Portuguese,* Romanian, Russian, Serbian, Slovak, Slovenian, Spanish,* Swahili, Swedish,* Tagalog, Ukrainian

* Audiocassettes also available.

+ CD also available.

○ MP3 CD-ROM also available.

Monthly Languages: Amharic, Bulgarian, Chichewa, Georgian, Hebrew, Hiligaynon, Igbo, Macedonian, Malagasy, Malayalam, Myanmar, Nepali, Sesotho, Sinhala, Tamil, Thai, Tsonga, Tswana, Turkish, Xhosa, Yoruba, Zulu

Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, Scripture quotations are from the modern-language *New World Translation of the Holy Scriptures—With References*.

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.

ALCOHOL DEPENDENCE—IS IT IN THE GENES?

In a bid to find a treatment for alcoholism, scientists have striven to understand the role that genes play in its genesis and evolution. Scientists have since discovered several genes that seem to influence one's reaction to alcohol. However, genetic factors are not the only ones in alcoholism. Even if some people do have a certain genetic predisposition, dependence is not inevitable. Environmental components are involved. Poor parenting, alcohol abuse in the home or by peers, situations involving conflict, emotional difficulties, depression, aggressiveness, thrill seeking, high resistance to alcohol's effects, or addiction to another substance have all been cited as risk factors. These and other elements open the way for dependence.

FRANCE:

Studies estimate that the number of people who abuse alcohol is some five million, of which between two and three million are alcohol dependent

NIGERIA:

According to the Lagos newspaper *Daily Champion*, "over 15 million Nigerians are alcoholics"—that is nearly 12 percent of the population

PORTUGAL:

This country has one of the world's highest per capita consumptions of pure alcohol. The Lisbon newspaper *Público* reports that 10 percent of the population suffer from "serious disabilities related to alcohol"

UNITED STATES:

According to the *10th Special Report to the U.S. Congress on Alcohol and Health*, "approximately 14 million Americans—7.4 percent of the population—meet the diagnostic criteria for alcohol abuse or alcoholism"

(Continued from page 4)

drinking that is already provoking either physical or mental damage but has not yet led to dependence. *Dependence* has been described as "the loss of control to abstain from drinking." An alcohol-dependent person craves alcohol, continues to drink despite various alcohol-induced problems, and suffers from withdrawal in its absence.

No matter what your age, gender, or nationality, you are not free from the risks of hazardous drinking. Just what does alcohol do to the body? What are the health dangers of overdrinking? And what is generally considered a safe level of alcohol consumption?

Dangerous for the Mind

Ethanol, the chemical compound present in most alcoholic drinks, is a neurotoxin—that is, a substance that can damage or destroy the nervous system. Someone who is drunk is, in fact, suffering from a form of poisoning. In large quantities ethanol causes coma and death. For instance, among students in Japan, the practice of *ikkinomi*, or alcohol chugging, causes deaths every year. The body is able to convert ethanol into harmless substances, but this is not accomplished immediately. If alcohol is consumed at a faster rate than the body can handle it, ethanol builds up in the system and begins to interfere noticeably with brain function. In what way?

Speech, vision, coordination, thought, and behavior are all connected with an incredibly complex series of chemical reactions in the brain's neurons, or key cells. The presence of ethanol modifies those reactions, suppressing or enhancing the role of certain neurotransmitters—chemicals that relay signals from neuron to neuron. The stream of information in the brain is thus altered, preventing the brain from functioning normally. That is why when a person drinks too much, he

or she develops slurred speech, blurred vision, sluggish movement, and weakened behavioral restraints and inhibitions—all common symptoms of intoxication.

With prolonged exposure to alcohol, brain chemistry adapts to counter the poisonous effect of ethanol and to maintain normal nerve function. This leads to *tolerance*, whereby the same amount of alcohol has less of an effect than it would have had previously. *Dependence* occurs when the brain has adapted so much to the presence of alcohol that it cannot operate properly without it. The body craves alcohol to maintain the chemical balance. When a person is deprived of alcohol, his brain chemistry is totally destabilized and withdrawal symptoms, such as anxiety, trembling, or even seizures, set in.

Besides causing modifications of brain chemistry, alcohol abuse can lead to cell atrophy and destruction, altering the brain's very structure. While partial recovery is possible with abstinence, some of this damage seems to be irreversible, further affecting memory and other cognitive functions. Damage to the brain is not just the result of long-term exposure to alcohol. Research seems to indicate that even relatively short periods of alcohol abuse can be harmful.

Liver Disease and Cancer

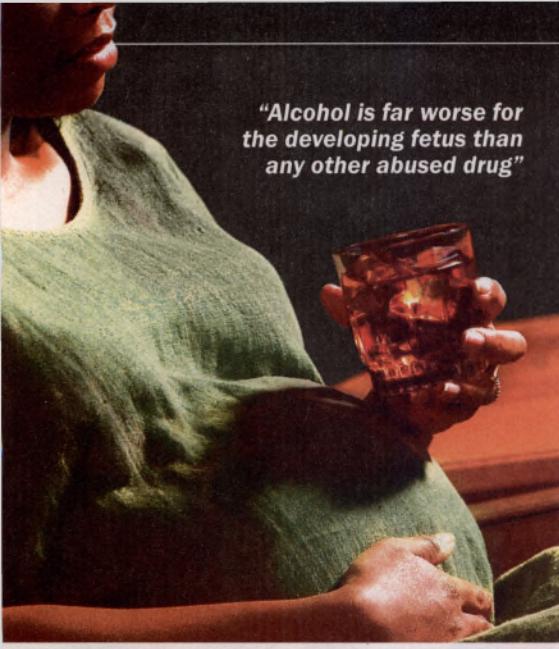
The liver plays a vital role in metabolizing food, combating infection, regulating blood flow, and removing toxic substances, including alcohol, from the body. Prolonged exposure to alcohol damages the liver in three stages. During the first stage, the breaking down of ethanol slows the digestion of fats, causing them to build up in the liver. This is called steatohepatitis, or fatty liver. In time, chronic inflammation of the liver, or hepatitis, sets in. While

alcohol can cause hepatitis directly, it also appears to lower the body's resistance to hepatitis B and hepatitis C viruses.* If unchecked,

* According to a study in France, the risk of developing cirrhosis is twice as high in patients infected with hepatitis C virus (HCV) who are heavy drinkers as it is in HCV patients who are moderate drinkers. It is recommended that HCV-positive individuals drink very little alcohol or none at all.

HOW ALCOHOL CAN DAMAGE YOU





"Alcohol is far worse for the developing fetus than any other abused drug"

inflammation causes cells to burst and die. Compounding this damage, alcohol seems to trigger the natural system of programmed cell death called apoptosis.

The final stage is cirrhosis. The vicious cycle of continuous inflammation and cell destruction causes irreversible scarring. Eventually, the liver becomes lumpy, instead of remaining spongy. Finally, scar tissue prevents blood from flowing normally, leading to liver failure and death.

Alcohol's effect on the liver has another insidious side effect—the liver is less capable of playing its defensive role in counteracting the effect of cancer-forming agents. In addition to favoring the development of cancer of the liver, alcohol greatly increases the risk of cancer of the mouth, the pharynx, the larynx, and the esophagus. What is more, alcohol makes the mucous membranes in the mouth more easily penetrated by cancerous substances in tobacco, elevating the risk for smokers. Women who drink daily are at greater risk of breast can-

cer. According to one study, the risk for those who drank three or more alcoholic beverages per day was 69 percent higher than that of nondrinkers.

Poisoned Babies

A particularly tragic outcome of alcohol abuse is its effect on the unborn. "Alcohol is far worse for the developing fetus than any other abused drug," reports the *International Herald Tribune*. When a pregnant woman drinks, her developing child also drinks, and the toxic effect of alcohol is especially devastating at this formative stage of the fetus. Alcohol causes irreversible damage to its central nervous system. Neurons do not form properly. Cells are killed off. Other cells end up located in the wrong place.

The result, fetal alcohol syndrome (FAS), is the foremost cause of mental retardation in newborns. Difficulties encountered by FAS children include intellectual impairment, language problems, developmental delay, behavioral dysfunction or deficit, slow growth, hyperactivity, and hearing and sight disorders. Many FAS babies are also born with characteristic facial deformities.

In addition, children whose mothers drank even moderate amounts of alcohol during pregnancy can suffer from certain disabilities, including behavioral problems and learning deficits. "You don't have to

LIMITING THE RISK

The following definitions of low-risk limits were published by the Department of Mental Health and Substance Dependence of the World Health Organization. Low risk does not mean no risk. Individual reactions to alcohol vary.

- No more than two standard drinks a day*
- On at least two days of the week, do not drink

In the following circumstances, even one or two drinks can be too much:

- When driving or operating machinery
- When pregnant or breast-feeding
- When taking certain medications
- When you have certain medical conditions
- If you cannot control your drinking

Source: *Brief Intervention for Hazardous and Harmful Drinking*

* One standard drink equals 0.35 ounce of alcohol per unit or per glass.

be an alcoholic to hurt your baby," remarks Professor Ann Streissguth, of the fetal alcohol and drug unit at the University of Washington, "you just have to be drinking enough and pregnant." The report of the French National Institute of Health and Medical Research *Alcool—Effets sur la santé* notes: "The absorption of alcohol is deleterious during the whole gestational period, and no minimal dose has ever been established below which there are no risks." Consequently, the wisest course for women who are pregnant or planning a pregnancy may be not to drink *any* alcohol at all.*

Safe Drinking

The list of health risks mentioned above is by no means exhaustive. In 2004 an article in *Nature* magazine pointed out that "even small amounts of alcohol increase the risk of injury and boost the chances of developing about 60 diseases." In view of this, what constitutes safe drinking? Today millions of people worldwide safely enjoy having an occasional drink. The key to good health is moderation. But just what is moderation? Most people would consider their personal consumption to be moderate, perhaps reasoning that as long as they do not get drunk or are not alcohol dependent, there is no problem. Nevertheless, in Europe 1 man out of 4 has an alcohol consumption rate that is considered hazardous.

Various sources define moderate drinking as 0.70 ounce of pure alcohol per day, or two standard drinks for men, and 0.35 ounce, or one drink, for women. French and British health authorities suggest "sensible limits" of three drinks per day for men and two for women. The U.S. National Institute on Alcohol Abuse and Alcoholism further recommends that "people aged 65 and older limit their consumption of alcohol to one drink per day."[#] However, we all react differently to alcohol. In some cases, even these lower limits may be too high. For example, "moderate amounts of alcohol can be harmful to people with mood and anxiety disorders," notes the *10th Special*

* Women who are breast-feeding should be aware that after they drink, alcohol builds up in their breast milk. In fact, the concentration of alcohol in breast milk is often higher than in blood, since there is more water in the milk to absorb the alcohol than there is in blood.

[#] Since what is termed a "drink" varies from place to place, the amount of alcohol in a glass will reflect local standard servings and should be considered before consumption.



ALCOHOL—GOOD FOR THE HEART?

Scientists suspect that chemicals in red wine (polyphenols) inhibit a chemical that causes blood vessels to constrict.

Furthermore, alcohol in general has been linked to increased levels of so-called good cholesterol. It also reduces substances that can cause blood clots.

Any benefits from alcohol seem to involve drinking *small* amounts spread throughout the week, rather than the total amount all at once on a night out. Exceeding two drinks per day is linked to increases in blood pressure, and heavy drinking raises the risk of stroke and can cause swelling of the heart as well as irregular heartbeat. Immoderate drinking causes these and other health risks to outweigh any positive effects of alcohol on the cardiovascular system. Too much of a good thing is precisely that—too much.

Report to the U.S. Congress on Alcohol and Health. Age, medical history, and physique are factors to be taken into consideration.—See the box "Limiting the Risk."

What help is available for those who misuse alcohol? The following article will answer this question.

BREAKING THE CHAINS OF ALCOHOL ABUSE

"My father was an alcoholic, and I followed in his footsteps. At 12 years of age, I was already drinking. By the time I married, I was getting drunk every day. I became violent; often the police came to my family's aid. My health deteriorated. Alcohol caused a gastric hemorrhage, which I barely survived. I then developed cirrhosis and anemia. I joined self-help groups in an attempt to quit, but to no avail. I felt as if I were caught in a spiderweb and could not break free."—VICTOR,* ARGENTINA.

AGAIN and again stories such as this one are told by people ensnared by alcohol. Like Victor, they feel trapped with no way out. Can alcohol-induced problems be overcome or even avoided? If so, how?

Recognizing the Problem

First, it is imperative that the person who drinks alcohol and those close to him or her recognize it when a problem exists. Dependence is only the tip of the iceberg. It develops over a length of time from a pattern of drinking that was perhaps once moderate. Surprisingly, the majority of accidents, violence, and social difficulties caused by alcohol are not provoked by people who are compulsive alcohol drinkers. Note what the World Health Organization (WHO) says: "The best way to reduce the total of alcohol-related problems in a society is to focus on curtailing the drinking of *moderate* rather than *heavy* drinkers." (Italics ours.) Does your drinking exceed the limits recommended by health authorities? Do you drink in situations requiring your full attention and quick reflexes? Are your drinking habits causing problems in your family or at work? Ac-



Admitting the problem is the first step

knowledging that one's level of consumption is potentially dangerous and reducing it accordingly is indeed "the best way" to avoid serious problems later. Once a person is dependent, it is far harder to make changes.

A common reaction among those who abuse alcohol is denial. "I drink like everyone else" or "I can stop whenever I want to," they claim. "Even though alcohol nearly killed me, I never considered myself an addict, so I never took steps to quit," states Konstantin, in Russia. "I tried many times to break free," recalls

* Some names have been changed.

Marek, in Poland, "but I did not really admit to myself that I was an alcoholic. I minimized alcohol-related problems."

How can a person be helped to recognize his drinking problem and then to take positive action? First, he has to admit that his difficulties arise from abuse of alcohol and that abstinence will improve his quality of life. As stated in *La Revue du Praticien—Médecine Générale*, his reasoning needs to change from "I drink because my wife left me and I lost my job," to "my wife left me and I lost my job because I drink."

If you want to help an alcohol-dependent person achieve this transformation in his thinking, you may want to follow these suggestions: Listen attentively, use open questions that allow the person to express his emotions and feelings freely, display an empathetic attitude that helps him feel that he is understood, give encouragement even for slight progress, avoid being judgmental or having an attitude that could block him from open expression and from seeking help. Having him write down two lists based on the questions What will happen if I continue to drink? and What will happen if I stop? may also be useful.

Seeking Help

When someone begins to abuse alcohol, he or she is not worthless or beyond hope. Some even manage to break free on their own. However, individuals who are alcohol dependent may need professional help to become abstinent.* For some people outpatient

* There are many treatment centers, hospitals, and recovery programs that can provide help. Jehovah's Witnesses do not endorse any particular treatment. Care must be exercised so that one does not become involved in activities that would compromise Scriptural principles. In the final analysis, however, each will have to decide for himself what type of treatment is needed.

Many need professional help to break free



treatment works, but when withdrawal symptoms are severe, hospitalization may be necessary. Once the initial physical withdrawal symptoms have passed—between two and five days—medication may be prescribed to reduce craving and to continue abstinence.

Detoxification programs, however, are no guarantee of success. Medication is only a temporary measure, not a cure. Alain, in France, undertook several detoxification treatments. "As soon as I left the hospital, I started drinking again because I associated with the same drinking partners. Basically, I did not have the proper motivation to stop," he says.

Filling the Void

In effect, many fail because the absence of alcohol leaves a void, somewhat like losing the companionship of a close friend. "I constantly thought of drinking," says Vasiliy, in Russia. "If a day went by without a drink, it was pointless." To one dependent on alcohol, all other activities are subordinate to satisfying the craving to drink. "My sole purpose in life was to drink and to find money to drink," recalls Jerzy, in Poland. Evidently, it is vital for the recovering alcoholic to find a new purpose in life if he is to stay abstinent.

A manual published by WHO with advice for those trying to change their drinking habits highlights the importance of purposeful activities in avoiding a relapse. One idea given as an example is engaging in religious activities.

Being occupied with spiritual activities can help a person to break the hold that alcohol has on him. For example, after his third stay in prison for alcohol-related reasons, Alain began studying the Bible with Jehovah's Witnesses. He says: "Studying the Bible gave me a

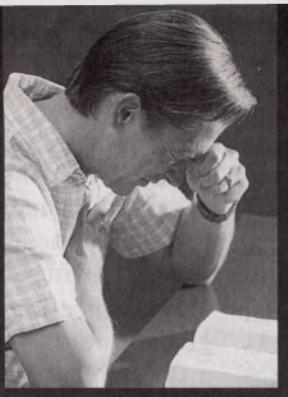
purpose in life and enabled me to hold out. My motivation was not just to stop drinking but to please Jehovah."

Coping With a Relapse

Counselors on alcohol abuse point out the importance of support and encouragement for the recovering alcoholic. Many have lost family and friends because of their deplorable condition. The resulting isolation can lead to depression and even suicide. The manual mentioned above gives the following advice for those assisting someone with a drinking problem: "Try not to criticize the person you are helping, even if you get annoyed and frustrated with his or her behaviour. Remember that changing habits is never easy. There are bound to be good weeks and bad weeks. Your encouragement, support of low-risk drinking or abstinence, and creative ideas are needed."

"What helped me," relates Hilario, who drank for nearly 30 years, "was the love and care of friends in the local congregation of Jehovah's Witnesses. I had many relapses, but they were always by my side to give me encouragement and timely Bible counsel."

If you are struggling to break free of alcohol, remember that relapses are likely to occur and that you should consider them as part of the road to recovery. Do not give up! Analyze what led to the relapse, and use that knowledge to prevent future slips. Identify specific situations that arouse in you the desire to drink. Could it be boredom, depression, loneliness, arguments, stress, or events or places where others drink? Then avoid them! "I learned to understand and identify the emotions that could lead to drinking," states Jerzy, who took two years to become totally abstinent. "I now avoid any trigger situations. I stay away from places where people drink alcohol. I do not eat anything with alco-



Prayer can help

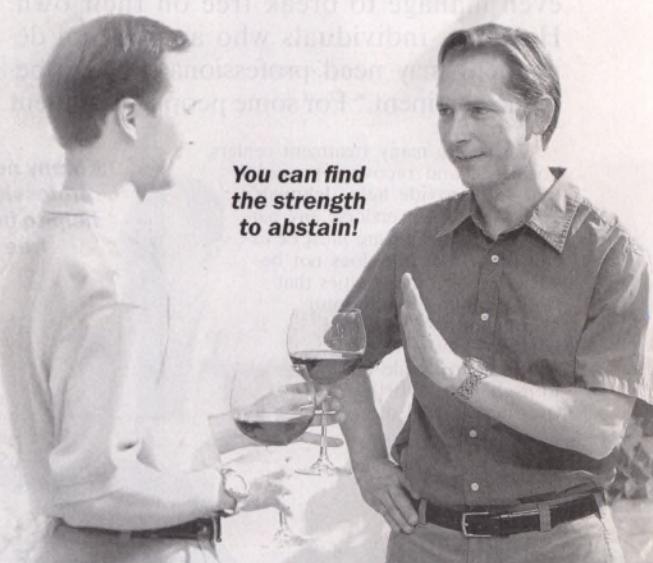
hol in it, and I even avoid body care products or medicines that are alcohol based. I also don't look at any advertising for alcohol." Many have found that praying to God for "the power beyond what is normal" has been fundamental in mastering their urge to drink.

—2 Corinthians 4:7; Philippians 4:6, 7.

Freedom!

While it can be an ongoing challenge, escape from the shackles of alcohol dependence is possible. All the individuals mentioned in this article have succeeded. They are healthier and are reaping benefits on a family and a professional level. States Alain, "I now have the freedom not to drink." Konstantin observes: "Getting to know Jehovah preserved my family. I now have a purpose in life. My happiness does not depend on alcohol." Victor comments: "I feel like a free person. I have recovered my dignity and my identity."

A person can make changes whether he is at risk of an accident through misuse of alcohol, is suffering problems because of abusing alcohol, or is alcohol dependent. If your drinking poses a threat to your well-being, do not hesitate to make the necessary changes. It can be for your own good and for the good of those who love you.



You can find
the strength
to abstain!

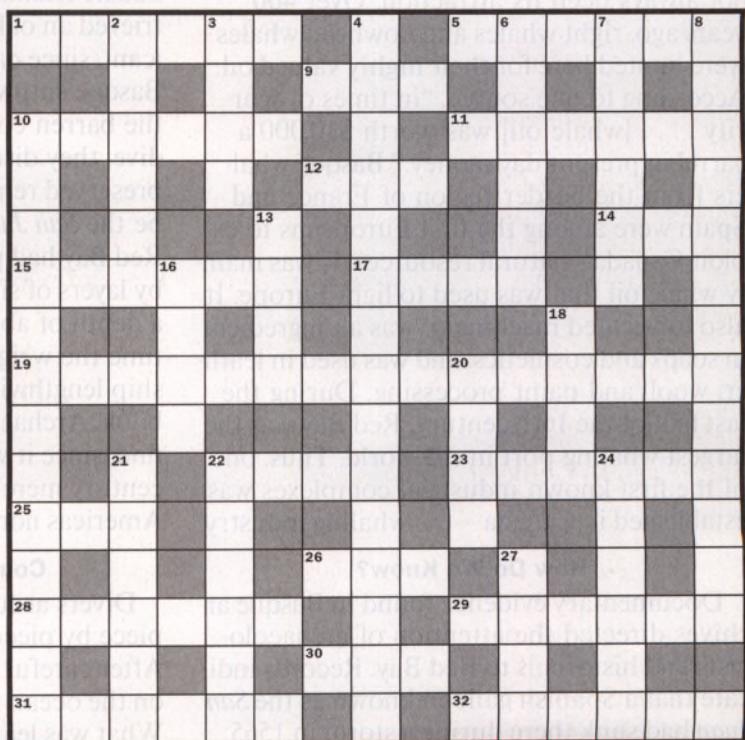
Crossword Puzzle

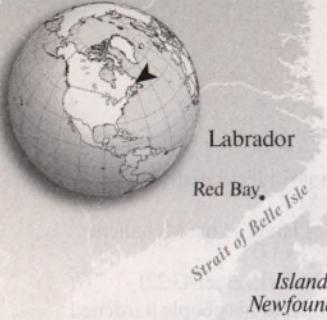
Clues Across

- Pharaoh said that the Israelites should dwell in this region, "the very best of the land" of Egypt (Genesis 47:6)
- A sentiment that stirs up contentions (Proverbs 10:12)
- Son of Noah from whom some Arabian and African tribes descended (Genesis 10:1)
- Jehovah did this with his hand when making an oath (Ezekiel 36:7)
- Island off the coast of Turkey mentioned in the account of Paul's third missionary journey (Acts 21:1)
- Jesus said that he often yearned to gather the unresponsive inhabitants of Jerusalem together in the way this bird gathers her chicks (Matthew 23:37)
- Earlier than the present time (Psalm 44:1)
- Mount Sinai, upon which Moses received the Law covenant, was located in this land (Galatians 4:25)
- The son of Adam and Eve from whom Jesus descended (Luke 3:38)
- Influential group of Jewish leaders who conspired to have Jesus executed [3 words] (Matthew 26:3)
- The invitation extended to all who are thirsting for life-giving spiritual waters (Revelation 22:17)
- If anyone is lacking in wisdom, he should keep on doing this (James 1:5)
- King Hezekiah's mother (2 Kings 18:2)
- Jehovah built the one he took from Adam into a woman (Genesis 2:22)
- A goldsmith who helped rebuild Jerusalem's walls in Nehemiah's day (Nehemiah 3:8)
- By means of his shed blood, Jesus bought people for God out of every one (Revelation 5:9)
- One can last 24 hours, 1,000 years, or much longer (Genesis 5:1; 2 Peter 3:8)
- Another pronunciation of the divine name (Exodus 6:3, footnote)
- Founder of one of the divisions of the tribe of Issachar (Numbers 26:24)

Clues Down

- One of King David's six older brothers (1 Chronicles 2:13)
- Name given to the well over which the servants of Isaac and the shepherds of Gerar quarreled (Genesis 26:20)
- It was in regard to these that Moses and Aaron sinned against Jehovah by failing to credit him for his miracle [3 words] (Numbers 20:12, 13)
- The king of the Philistine city of Gath who was tricked into believing that David had gone crazy (1 Samuel 21:14)
- This brother of David was the fifth-named son of Jesse (1 Chronicles 2:14)
- Greed for this would prevent a man from being a Christian overseer [2 words] (Titus 1:7)
- King Darius ordered that funds from this source be used to rebuild
- the temple in Jerusalem [2 words] (Ezra 6:8)
- Father of Israel's king Menahem (2 Kings 15:17)
- A male goat (Ezekiel 43:22)
- By saying that his people hardened this, Jehovah meant that they were unresponsive, stubborn, and rebellious (Jeremiah 7:26)
- The Israelites were to inculcate Jehovah's words in their sons' hearts even when they walked on this (Deuteronomy 6:7)
- Grandson of Esau and sheikh of Edom (Genesis 36:17)
- Birthplace of Simon, who was pressed into service to carry Jesus' torture stake (Matthew 27:32)
- Jesus quoted this prophet in condemning those who honored God with their lips but not in a heartfelt way (Matthew 15:7, 8)
- Jesus performed his first miracle, that of turning water into wine, in this town (John 2:11)





Discovery at Red Bay

By Awake! writer in Canada

IT'S NOT the end of the earth, but you can see it from there," some might say. If you have ever visited Red Bay, in eastern Canada, most likely you too would describe it as a place almost at the end of the earth. This tiny community is nestled on Labrador's scenic coast, off the Strait of Belle Isle. What makes quiet Red Bay with its sheltered harbor unique and fascinating?

Its Unique History

The town teems with visitors when it comes time for whale watching. But this has not always been its attraction. Over 400 years ago, right whales and bowhead whales were hunted here for their highly valued oil. According to one source, "in times of scarcity . . . , [whale oil] was worth \$10,000 a barrel in present-day money." Basque whalers from the border region of France and Spain were among the first Europeans to exploit Canada's natural resources. It was mainly whale oil that was used to light Europe. It also lubricated machinery, was an ingredient in soaps and cosmetics, and was used in leather, wool, and paint processing. During the last half of the 16th century, Red Bay was the largest whaling port in the world. Thus, one of the first-known industrial complexes was established in Canada—the whaling industry.

How Do We Know?

Documentary evidence found in Basque archives directed the attention of archaeologists and historians to Red Bay. Records indicate that a Spanish galleon known as the *San Juan* had sunk there during a storm in 1565.

Land excavations on Saddle Island, just off the shore of Red Bay, unearthed artifacts related to the early whaling industry, such as a double-barbed harpoon head. In fact, visitors can still see piles of red Spanish roofing tiles up and down the beaches. For years local children played with them. One resident commented, "We used the red tiles as chalk to draw and color in pictures on the rocks, never knowing what we were playing with!"

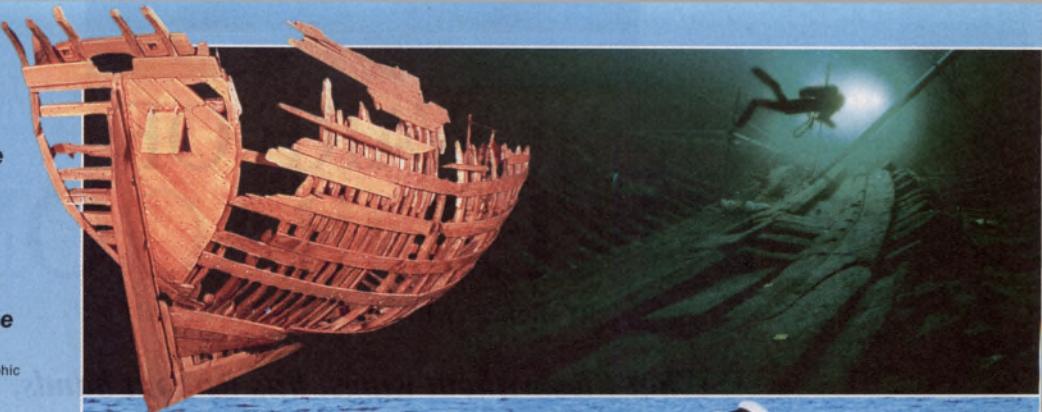
In the summer of 1978, working from a barge approximately 100 feet off the shore of Saddle Island, underwater archaeologists retrieved an oak plank. This was quite significant, since oak was the wood most used by Basque shipwrights and it is not found on the barren coast of Labrador. On a later dive, they discovered the remarkably well-preserved remains of a ship they believed to be the *San Juan*. The icy cold waters of Red Bay had preserved the vessel. Covered by layers of silt, it rested on the seafloor at a depth of about 30 feet. Evidently, over time the weight of masses of ice split the ship lengthwise, flattening it like an opened book. Archaeologists were excited about this find, since it was the first largely intact 16th-century merchant ship ever excavated in the Americas north of Florida.

Could It Be the *San Juan*?

Divers arduously excavated the vessel piece by piece and numbered each piece. After careful study the vessel was reburied on the ocean floor for further preservation. What was learned? This ship, an estimated

► One-tenth-scale model of what is presumed to be the "San Juan"

Parks Canada Agency,
Photographer Denis Pagé



► Far right:
Diver excavating the sunken vessel

Bill Curtsinger/National Geographic Images Collection

► Far right:
The right whale is an endangered species

NOAA

► Basque whaling boat, a "chalupa," discovered in Red Bay

Parks Canada/Shane Kelly/1998



300 tons, was built for seaworthiness, not for looks or extravagance. Both ends were squared off to ensure full storage capacity for the large cargoes of whale oil that would be carried back to Spain. Early records concerning the sunken *San Juan* indicate she had a full cargo of whale oil aboard. Much of it was salvaged by the crew. On the lower levels of the shipwreck, divers discovered the remains of approximately 450 barrels, evidently the ones left behind because they were too difficult to retrieve. No human remains were found aboard. Basque documents did not

mention any loss of life. These similarities have led researchers to believe that this vessel is the sunken *San Juan*. In addition, while excavating the sunken galleon, a Basque whaling boat, known as a *chalupa*, was discovered. The *chalupa* is "one of mankind's great achievements in marine technology," claims Robert Grenier, head of marine archaeology at Parks Canada.

Who would have thought that quiet Red Bay was once a bustling whaling capital? Times have indeed changed. Yet, here bits of history remain for all to see.

Red Bay

Red Spanish roofing tiles often wash ashore

Parks Canada/Doug Cook/1997



BEWARE OF “WHITE DRAGONS”!

BY AWAKE! WRITER IN SWITZERLAND

*What flies without wings, hits without hands,
and sees without eyes?—A riddle about white dragons told
since the Middle Ages.*

AVALANCHES, aptly named white dragons, can swallow a mountaineer or even entomb a whole village in just the blink of an eye. For that reason, people called avalanches the white death. What are these awe-inspiring phenomena? If you live among snowcapped mountains, you already know the answer. If, though, you call a tropical region your home or you are a lowlander, you may not be concerned, since avalanches will never threaten you unless you take a trip and venture into white dragon territory.

Avalanches are born in high mountains where snow falls freely and often. Their birth is announced suddenly when large masses of snow, ice, earth, rock, and other materials, such as tree trunks, cascade swiftly down a mountainside or over a precipice, often destroying everything in their path. Not only do the weight and power of an avalanche wreak havoc but the air pressure that precedes one can also lay low dense clusters of trees and damage other objects in its way, such as bridges, roads, or railway lines.

A Natural Phenomenon

For the most part, the mass of thundering tons of white power is made up of tiny snowflakes. How can something as beautiful as falling snow become so deadly as a roaring avalanche? The answer lies in the characteristics of snow. Snow comes in different shapes: crystals, pellets, and granules. The

crystal flakes are always six-pointed stars in an endless variety of patterns. Each one is a marvel in itself. Once these crystals have fallen to the ground, they can change their appearance. Differences in air temperature and the pressure from accumulating snow cause them to become smaller as they settle. Within a period of merely 24 hours, a foot of fresh snow can compact to only four inches.

Depending on the shape of the snowflakes, the stability of the snow cover will fluctuate. Six-pointed crystals interlock, but granules and pellets roll over each other and produce unstable layers. These can easily slide over a more solid layer underneath. So the kind of snow, the quantity that has fallen, the steepness of the terrain, temperature differences, and the force of winds all determine whether an avalanche will be set in motion. An avalanche can also unwittingly be triggered by the body weight of either a man or an animal passing over a steep snowfield. However, other kinds of avalanches exist.

Wind avalanches originate when a mixture of granular and crystalline fresh snow—the kind of loose powder that skiers love—is sent airborne by a strong gust of wind. Being light, the snow is lifted into the air and can swoop down the valley at more than 200 miles an hour. In this case, air pressure ahead of the snow mass builds up to such an extent that the airborne avalanche can lift off roofs and even destroy houses in a matter of seconds.



AP Photo/Matt Hage

A most deadly kind of avalanche is the hard-slab avalanche. These slab avalanches are caused by a buildup of old snow that has settled and compressed over a period of time. When the top layer of snow breaks up, big chunks of ice may slide down a mountain slope at between 30 and 50 miles an hour. Such hard deposits may also hang out over the edge of a cliff. These pose a great danger for skiers, as the weight of just one skier is sufficient to break off the slab and trigger an avalanche that may bury him in seconds.

In springtime the danger of avalanches increases. Either rain or bright sunshine makes the snow mushy, which often results in wet

slab avalanches. They move more slowly, but a whole slope may be involved. As the snow mass glides down, it picks up boulders, trees, and soil, which develop into dirty walls of debris at its terminal point.

A phenomenon similar to the avalanche is the glacier, or ice avalanche. Glaciers are huge slabs of ice that form in very cold regions—in depressions or on shady slopes where the snow never melts. In the course of time, however, the snow freezes to solid ice. Glaciers move downward very slowly. Because their movement is predictable, they seldom cause much injury or damage.

Where Do Avalanches Occur?

Not all snowy regions on our planet produce avalanches. For them to occur, there must be mountains of a certain height and a climate that allows for snow and ice. Statistics indicate that worldwide about one million avalanches occur every year. Some danger zones exist in the Andes of South America, the Rocky Mountains of North America, the Himalayas in Asia and, of course, the Alps in Europe, which stretch from France

northeastward through Switzerland, Germany, and Austria. In the inhabited parts of these regions, an average of 200 human lives are lost each year as a result of avalanches. Of these, an average of 26 are in Switzerland.

Two exceptionally devastating avalanches have occurred in the Andes of Peru. In the year 1962, a half-mile-long chunk of ice separated from the 180-foot-thick icecap of 22,205-foot-high Mount Huascarán. The four-million-ton chunk of ice was four times the size of New York's Empire State Building! This mass traveled 11 miles in 15 minutes. Seven villages were buried beneath the snow, and between 3,000 and 4,000 lives were lost under the debris, which was 45 feet deep and covered an area one mile wide. In 1970, a similar event occurred again on that mountain. However, this time an earthquake shook loose the icecap on a northern peak. The mountain itself collapsed. Thousands of tons of snow, rock, and ice moved 200 miles an hour through a narrow gorge, scooping up boulders and houses along the way. It was estimated that 25,000 people died. What can be done to protect inhabitants of mountainous areas from such tragic occurrences?

Can Avalanches Be Prevented?

Some avalanches can be prevented. Others cannot. Weather-induced avalanches cannot be prevented; they are as normal as rainwater running off a roof. They are a natural consequence of the seasonal cycle. But experience has taught governmental authorities in areas where these avalanches occur to ban construction of houses in danger zones and protect traffic arteries by building tunnels or galleries. On the other hand, avalanches caused by imprudent people, such as daring skiers who ignore warnings and prohibitions, could be prevented.



Saint Bernard dogs are often pictured with a brandy keg, although they did not really carry them on rescue missions

In Switzerland, past experiences caused the government to take precautions. In 1931 a Swiss research commission was founded, and in 1936 the first team of courageous researchers took up scientific studies at a height of 8,835 feet in the area of the Weissfluhjoch, above the town of Davos. Later, in 1942, the Swiss Federal Institute for Snow and Avalanche Research was founded. Several other modern observatories were established in different locations in the mountains. These institutions make it possible for changing weather conditions to be forecast, and they regularly broadcast warnings regarding the danger of avalanches on exposed slopes.

Nevertheless, unforeseen weather developments are still possible, and risks cannot be eliminated. Therefore, everyone living in a danger zone or spending a vacation or a weekend in mountainous terrain in winter must be conscious of his responsibility to avoid causing avalanches. Interestingly, tests in France indicated that the sound waves planes create do not provoke avalanches, nor do human voices, as was formerly believed.

Official Measures of Protection

Soon after people started to settle in mountainous regions, they recognized the danger of avalanches. In order to stop the snow from burying their homes, they planted so-called ban forests on the slopes above their settlements. In many cases this protection was effective, which is why until today ban forests are still cared for by the local authorities. They are the best *natural* defense against

avalanches. However, experience has shown that the forest must be dense and contain several hundred trees for every 2.5 acres, as well as older and younger trees of different species.

In recent times engineers have made metal barriers anchored in concrete. These are placed in breakaway zones above the first fence of trees. They can be constructed up to 12 feet in height, but it would be too expensive to place them on every slope. To protect buildings from being swept off their foundation, avalanche breakers are also made of huge mounds of rock and dirt and are set at the bottom of slopes. These piles can divert avalanches and keep them from rushing into villages and homes in valleys. Other types of breakers are V-shaped walls of dirt 6 feet thick and 16 feet high. The point of the V faces uphill, so it can split an avalanche in two and force the snow to deflect to either side. The legs of the V measure 300 or 400 feet in length and can protect entire towns. However, when important main roads or railway lines in the valleys are threatened, the best protection—and the costliest too—is provided by tunnels or galleries made of wood, steel, and concrete.

Another way to prevent avalanches is to break up heavy masses of snow. The Canadian army, for example, patrols between towns each winter and shoots into the snow. In this way they guard the Trans-Canada Highway, breaking up snow before it can avalanche and cover the road. To a certain extent, this method is also used in Switzerland, where in an effort to prevent avalanches, explosives are shot or dropped from helicopters onto unstable slopes to dislodge snow.

Avalanche Rescue

Skiers and hikers are supposed to wait while slopes are being tested for safety. Never ignore posted warnings! Remember that even the most experienced professional skier can be buried in snow. If you are caught in an avalanche, don't panic! Move as if you were swimming in the ocean, advise experts. This will help to keep you near the top of the slide. Or push one arm as high as possible overhead. This might alert rescuers to your position. Cover your mouth and nose with your other hand. Rescue statistics show that only half of avalanche victims survive after being trapped for more than 30 minutes. Nowadays, some skiers carry beacons, such as battery-operated transmitters. Since the white death is ever present in high altitudes, speedy efforts to rescue avalanche victims are necessary.

If you are caught in an avalanche, move as if you were swimming in the ocean

For centuries, the famous Saint Bernard dogs were raised by Augustinian monks in the Swiss Alps. These dogs had the strength and stamina to move through deep snow and to withstand freezing winds and cold weather. They had a good sense of orientation and were very sensitive to sound and motion undetectable by humans. They thus saved hundreds of lives, even though they *did not* carry a keg of brandy on their collar while on rescue missions, as many pictures have portrayed them! Today most rescue dogs are German shepherds, but some other breeds are also trained for this type of work. In addition, electronic aids are effective, and careful probing by rescue workers can save lives. They cannot, however, match the success of trained dogs.

As we have seen, "what flies without wings, hits without hands, and sees without eyes" is a phenomenon demonstrating the powerful forces active in nature. White dragons demand our respect.



Rehabilitation IN MEXICO'S PRISONS

By Awake! writer
in Mexico

REHABILITATION is sometimes given as a reason why criminals are put in prison. However, incarceration alone cannot rehabilitate a prisoner. The motivation to change must come from within the person's mind and heart, followed by sincere repentance for past wrongdoing and a desire to behave differently. In many prisons throughout the world, successful rehabilitation has been attained through Bible education carried out by Jehovah's Witnesses. Let us take a look at their program in Mexico.

Jehovah's Witnesses visit 150 prisons in Mexico, providing a program of Bible reading and education in morals and Bible doctrines. In the penitentiary in Ciudad Juárez, Chihuahua, for instance, ministers of Jehovah's Witnesses regularly preach to the some 1,200 prisoners. The inmates have great respect for them and even protect them from dangerous circumstances. Once, when a riot broke out in that prison, some of the fiercest convicts quelled the mob so that the Witnesses could leave safely.

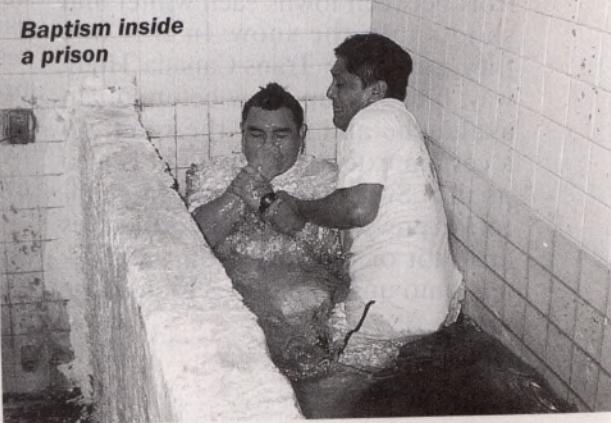
The May 8, 2001, issue of *Awake!* with the cover series "Can Prisoners Be Reformed?" attracted the attention of inmates and prison authorities alike. In the penitentiary in San Luis Rio Colorado, Sonora, 12 Witnesses distributed 2,149 copies of the magazine.

When genuine interest in the Bible is found, Jehovah's Witnesses return week after week to teach Bible classes and conduct religious services. To what extent has this Bible education program been effective in changing prisoners' lives?

Prisoners Become Christian Ministers

Jorge had already started a life of crime before he turned 20 years of age. After he served a 13-year sentence in the penitentiary at Islas Marias, he was released. Soon, though, he slipped back into the criminal business of drug trafficking. A professional gunman, he learned to follow orders to kill and was eventually responsible for killing 32 people. In prison again, he was informed by his lawyers that his former crime bosses were willing to pay a large sum of money to free him. The crime bosses wanted him out of prison so they could order him to assassinate one more person. But by this time Jorge was studying the Bible with Jehovah's Witnesses. He had progressed spiritually to the point of baptism and had become a full-time preacher, or pioneer minister, in the prison. Would he accept freedom and work for the drug lords again or stay in prison and serve Jehovah? "I prefer to stay in prison and pay for the bad things I have done," Jorge answered. "Now I serve Jehovah God, the Sovereign Lord." Jorge re-

**Baptism inside
a prison**



mained faithful to God and died with the hope of a resurrection. His spiritual companions say of him, “He ‘knew the truth and the truth set him free.’”—John 8:32.

David, who is serving a prison sentence of 110 years for homicide, kidnapping, and theft, is confined to a high-security unit for dangerous criminals. However, because of the remarkable changes in his conduct since he started studying the Bible with Jehovah’s Witnesses, he received special permission to attend a meeting under guard outside this unit. His life has been transformed according to Bible requirements, so that he now participates in the preaching work and is conducting eight Bible studies with other inmates in the unit. His own family is so impressed by the changes he has made that they go to him for Bible lessons. David says, “I never tire of thanking Jehovah for giving me spiritual freedom.”

As a result of the Bible education program

Full-time ministers and their instructors at a Pioneer Service School inside a prison



carried out by Jehovah’s Witnesses, 175 rehabilitated inmates in 79 prisons in Mexico are approved for the preaching work, and 80 of these are baptized. They conduct a total of 703 Bible studies with other prisoners. Additionally, some 900 inmates attend the Christian meetings held in the prisons.

Praise From Authorities

Prison authorities recognize the work that Jehovah’s Witnesses do. For example, the officials at the penitentiary in Tekax, Yucatán, gave them a certificate of acknowledgment for their “valuable altruistic and humanitarian support” of the prisoners during the year 2002.

When the Bible education program by the Witnesses was first started at this prison, their group meetings were held under the strict surveillance of several guards. But, over time, as the personality of the prisoners improved, the group won the respect of the guards, until just one was posted to keep watch over them.

The penitentiary in Ciudad Juárez has its own Kingdom Hall. Permission was granted to take in construction materials to convert an abandoned metal-frame structure into a place of worship. The 13 baptized inmates and their prison Bible students did all the construction work. The hall has a sound system, a bathroom, theater seats, and a seating capacity of 100. About 50 people regularly attend the five weekly meetings.

Yes, rehabilitation is possible through Bible education. Just as the Bible character Manasseh—a Judaean king who committed great badness and was a prisoner in Babylon—repented and prayed for forgiveness, prisoners today can transform their personalities and become God-fearing individuals.—2 Chronicles 33:12, 13.



An Artist's Search for Happiness in "Paradise"

BY AWAKE! WRITER IN TAHITI

EVER since the first man, Adam, lost Paradise, his descendants have been on a quest to regain what was lost. This feverish search for Paradise has spurred many artists to try to find it in their painting. One such painter was the famous 19th-century artist Paul Gauguin.

About two years ago, hundreds of visitors, including amateur painters, went in two ships to the tiny island of Hiva Oa, one of the Marquesas Islands, in French Polynesia. It was on this island that Gauguin died in 1903. On the centennial of his death, the inauguration of the cultural center that bears his name

is what attracted these visitors so fascinated with his work.

Where Is Paradise?

But why did Gauguin more than a century ago flee Europe to end his days on this peaceful island in the South Pacific? After a difficult existence as a poor artist in Europe, Gauguin came to despise his own civilization. He disdained what he saw as the narrow-minded conventions of European culture and its established order. Gauguin reached this conclusion after his first visit to Tahiti, which lasted about two years. Following his return to Europe, he decided: "Nothing will keep me from leaving, and for good. What a stupid existence we have here in Europe!" He expressed his rejection of Western values, and along with many people in the Europe of his time, Gauguin shared the dream of a long-lost paradise where one would be sheltered from the harmful effects of civilization. Gauguin hoped to fulfill his desire for paradise in a garden of delights in the Pacific where peace and sun would reign. He yearned for this beautiful exile, his ideal place for painting.

Gauguin thought, like many others of his time, that living far from established civilization and in harmony with nature is better because of the simplicity of that life. Since the Polynesians lived close to nature and in harmony with it, some people thought that they

Crossword Solutions

G	O	S	H	E	N	W	H	A	T	R	E	D
G	O	S	H	E	N	W	H	A	T	R	E	D
R	A	B	I	A	S	E	T	H	I	N		
R	A	B	I	A	S	E	T	H	I	N		
Y	E	G	R	S	A	G	O					
O	M	K	H	E	N	I	D	H				
R	A	I	S	E	D	T	R	H	O	D	E	S
H	S	H	A	M	C	A	I					
O	M	K	H	E	N	I	D	H				
L	U	D	O	N	E							
R	E	C	H	I	E	F	P	R	I	E	S	T
E	M	C	O	M	E	A	S	K	I	N	G	
A	B	I	Y	R	D	S	A					
S	Z	R	R	I	B	C	A	I				
U	Z	Z	I	E	L	B	N	A	T	I	O	N
R	A	A	N	D	A	Y	N	A				
Y	A	H	W	E	H	H	J	A	S	H	U	B

could do only good. Their innocent simplicity and gentle disposition seemed to represent the perfect world. Gauguin was in search of such happiness. Agonizingly, however, he was still searching for answers to the mystery of existence and human destiny and the remedy for despair and fear of death.

Gauguin found a source of inspiration in the South Seas. This environment engendered within him an artistic rebirth. One of his preferred subjects was the simple beauty of the people. The faces that he painted gave the impression of serenity, confidence, and satisfaction. Through his canvases, Gauguin wanted to convey a pictorial expression of a legendary world, a dreamlike atmosphere of peace under tropical skies.

True Happiness

Did Gauguin find true happiness in Tahiti or Hiva Oa or on any other island? He was forced to realize that even on these small

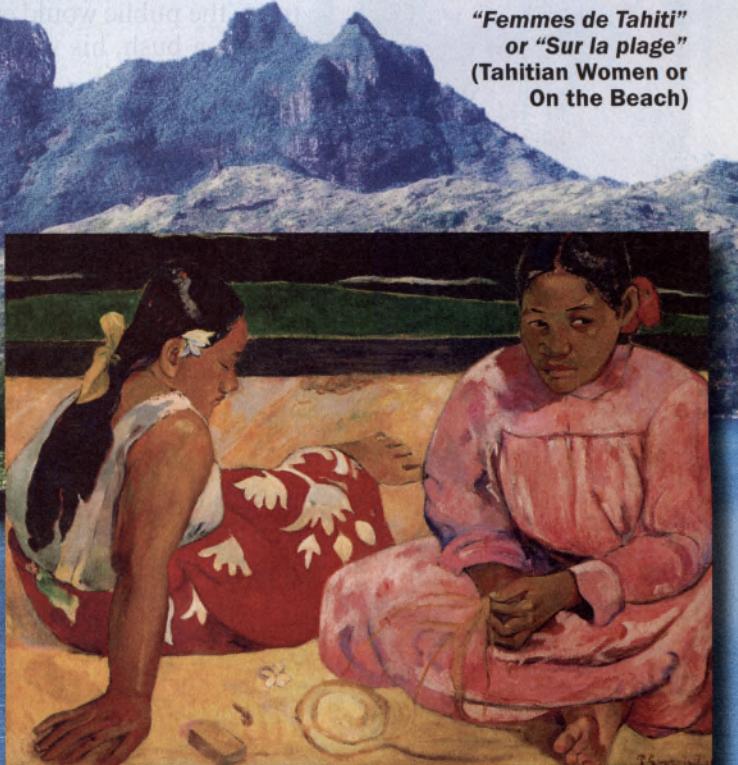
tropical islands, all life succumbs to death. Perfection is not of this world. At one point in his early years in Tahiti, he wrote: "For some time now I have been feeling gloomy, and my work is being affected. . . It is joy that's lacking." The happy lands depicted in his paintings did not fulfill his expectations. He still felt a need for money, and he also had health problems. Even in this environment, he still could not answer the big questions regarding life. With his mind fixed on the paradox, he decided to paint a large canvas, which would become the masterpiece of his Tahitian work. It was a huge allegorical painting 12 feet long entitled *D'où venons-nous? Que sommes-nous? Où allons-nous?* (Where Do We Come From? What Are We? Where Are We Going?). Through it, he attempted to formulate his incomprehension of the world, the impenetrable mystery of our existence.

Answers to the questions about life expressed by Gauguin in his paintings and by

**Self-portrait of
Paul Gauguin**



**"Femmes de Tahiti"
or "Sur la plage"
(Tahitian Women or
On the Beach)**





Copie d'œuvre de Gauguin, avec l'aimable autorisation de Claude et Viera Farina

others before and after him are found in the Bible, the book in which God reveals his purpose for mankind. The answers given there are true and satisfying. They offer a sure hope for the future. Besides, they teach us that no matter where we live—in the Pacific or elsewhere—it is only by living in harmony with our Creator, Jehovah God, that we can find true happiness. Jehovah's Witnesses in French Polynesia as well as the rest of the world are happy to share this marvelous hope of a future paradise with others.

Copying the Master

During Gauguin's centennial celebration, a hundred faithful reproductions of his canvases were on exhibit. These were principally the work of two artists, Claude and Viera Farina. They have lived on Hiva Oa for some time in order to produce copies of Gauguin's paintings, which they have contributed to the cultural center.

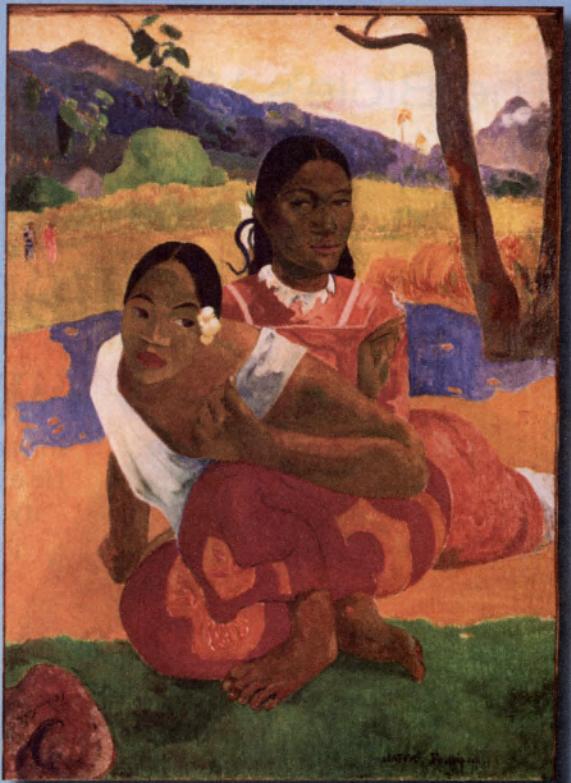
To reproduce and convey the exact impression Gauguin intended, they have studied in the minutest detail the colors and the forms on large photographs of the originals. They explain that far from being a simple task, copying works of art is difficult and takes much time and energy. "The master has in his favor the freedom to create, and if he placed five legs on a table, no one would find that unusual—in fact, on the contrary, the public would cry genius. But if the copyist forgets a leaf on a bush, his work is severely criticized! That explains

"Femme à la mangue" (Woman With Mango), original at top, along with a copy made by Claude and Viera Farina, who are shown below in their studio in Atuona



why copyists are less numerous than other artists," the couple relate. What makes a good copyist? "He must have a profound knowledge of the master and his life because he has nothing to work from apart from the photographs, and even then the colors may not always be faithful. He must, therefore, gather precise information from museums." Today Gauguin's canvases fetch a high price, and as a consequence, the Farinas' work is a precious addition to the cultural center.

"Les Parau Parau" (Idle Rumors)



**"Quand te maries-tu?"
(When Will You Get Married?)**

The Bible's Viewpoint

SHOULD WOMEN HIDE THEIR BEAUTY?



“WOMEN love fashion,” said George Simon-ton, a veteran fashion designer and professor at New York’s Fashion Institute of Technology. He explains: “Women like to express their individuality, to pull themselves together, to enhance their appearance . . . I think doing so shows respect for yourself and respect for the people you’re with.”

Yes, adornment has long been recognized as a way for women to express their femininity, to enhance their appearance, and to achieve a measure of self-confidence.

However, in the name of religion, some have cast a negative light on female adornment. “Holy women . . . if . . . naturally beautiful, . . . must not increase beauty, but try to subdue it,” wrote Tertullian in the third century C.E. Regarding cosmetics, he continued: “Women sin against God who anoint their faces with creams, stain their cheeks with rouge, or lengthen their eyebrows.” And he described gold and silver “articles of ornament” as “tools of allurement.”

Today, many still hold strong views about female adornment. Some religions even forbid members to wear any ornamental jewelry, makeup, or colorful clothing. Must a Christian woman hide her beauty, or may she take steps to enhance her appearance?

God's View

The Bible does not discuss in detail the wearing of jewelry and the use of cosmetics.

Still, there is enough evidence to show that God does not condemn these or other forms of adornment.

For instance, when describing the way he blessed Jerusalem,

God spoke as if that city were a woman, saying: "I went on to deck you with ornaments . . . , and you grew to be very, very pretty." (Ezekiel 16:11-13) Such ornaments, although symbolic, included bracelets, a necklace, and earrings. The Scriptures also favorably compare personal ornaments of gold to a "wise repressor" whose words are received by a willing listener. (Proverbs 25:1, 12) It would seem that if the Scriptures make these favorable comparisons, God would not be against women using beautiful objects to enhance their appearance.

Christian Women Adorn Themselves

Some Bible passages deal directly with the subject of female adornment. The apostle Paul wrote: "I desire the women to adorn themselves in well-arranged dress." When this is done with "modesty and soundness of mind," it can be a reflection of a woman's reverence for God. (1 Timothy 2:9, 10) As Christian women exhibit such modest beauty, it can reflect well on the teachings of God and the congregation.

Some people counter that the same verses say the adornment is not to be "with styles of hair braiding and gold or pearls or very expensive garb, but in the way that befits women professing to reverence God, namely, through good works." Does this mean that women must not fix their hair or wear jewelry?

No, it does not; the Bible speaks well of adornment. So rather than forbidding certain ornamentation, Paul was encouraging women to focus primarily on adorning themselves with Christian qualities and good works.

Motives Matter

The apostle Paul wrote: "Let us not be judging one another any longer, but rather make this your decision, not to put before a brother a stumbling block or a cause for tripping." (Romans 14:13) How does this apply to what we choose for personal adornment?

First, Paul tells us not to be "judging one an-

other." We must guard against 'putting before a brother a stumbling block.' Standards of what is acceptable may vary from land to land and culture to culture. What is acceptable in one time and place may be inappropriate in another. We should not stumble or offend others by wearing adornment that our culture associates with an objectionable lifestyle. Godly women do well to ask themselves: How does the community view what I wear? Are members of the congregation embarrassed, puzzled, or ashamed because of what I wear? Even if a Christian woman has a *right* to dress or groom in a certain manner, she will forgo that right if her style of grooming would be offensive.—1 Corinthians 10:23, 24.

Also, focusing too much attention on one's appearance can lead to an unwholesome attitude. Today in many lands some women flirtatiously use adornment to attract attention to themselves in an immodest way. However, Christian women strictly avoid such a misuse of adornment, striving to be sound in mind and chaste in their personal affairs, "so that the word of God may not be spoken of abusively."—Titus 2:4, 5.

Godly women understand that to whatever extent they choose to use external adornment, their real beauty lies within "the secret person of the heart" and is thus reflected in their attitude and demeanor. (1 Peter 3:3, 4) The woman who makes sensible choices regarding her manner of dress, her use of cosmetics, and her jewelry gains the respect of others and honors her Creator.

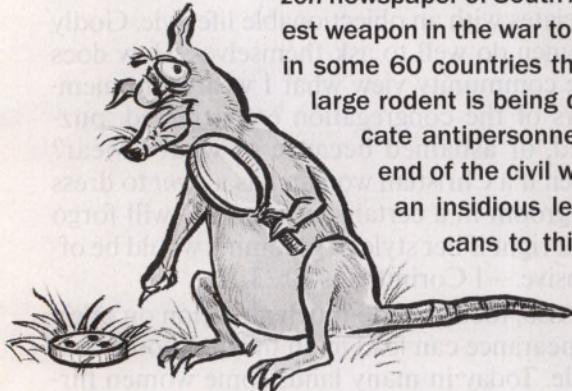
In Our Next Issue

- **Newspapers—Do They Shape Your Thinking?**
- **A Conflict That Changed My Life**
- **Chat Rooms—How Can I Avoid the Dangers?**

Watching the World

Rats to the Rescue

Metal detectors, long used to detect land mines, "are slow and tedious as they react to every metal fragment, which is then checked," reports *The Citizen* newspaper of South Africa. "Enter the Gambian giant pouched rat, the latest weapon in the war to remove more than 100 million landmines scattered in some 60 countries that kill or injure an estimated 50 people daily." The



large rodent is being deployed along with metal detectors and dogs to locate antipersonnel mines that remain in Mozambique long after the end of the civil war there in 1992. "Landmines," says the report, "are an insidious legacy of that conflict that maim and kill Mozambicans to this day, including rural children who were born long after the guns were silenced." The Gambian giant pouched rat, named after the large pouches inside its cheeks for carrying food, is found in much of Africa, is easily tamed, and is a favorite pet.

Ocean Floor Teeming With Life

An international project called Census of Marine Life is conducting an extensive study of the ocean, including the ocean floor. So far, "knowledge about sea life is almost exclusively limited to life near the surface, down to a depth of 200 meters [650 feet]," explains the Spanish newspaper *El País*. Since most of the ocean floor ranges from three to seven miles beneath sea level, 95 percent of the seabed remains unexplored. To carry out this difficult part of the census, biologists will use sophisticated devices to locate and photograph species in their natural location, since the characteristics of some of these life forms change

noticeably when the creatures are taken to the surface. One team of 50 biologists expects to find millions of new species in the deep sea. Project manager Pedro Martínez Arbizu points out that 500 species were found in one ten-square-foot section of ocean floor off Angola, Africa. Of these, "90 percent are new to science and must be described and named," he said.

Chocolate Deadly to Dogs

Chocolate "causes vomiting and convulsions in dogs" and "can kill [them] if eaten in sufficient quantities," warns BBC News. Chocolate contains theobromine, a chemical that is toxic to dogs and affects their heart,

kidneys, and central nervous system. The report says that "[7 ounces] of dark chocolate could be fatal for a dog weighing [55 pounds], such as a female Labrador." A mere ounce of unsweetened baking chocolate can kill a small dog. However, artificial dog chocolate purchased from pet shops is safe.

When Faced With Car Theft

Auto theft has become a big business in Mexico City, reports *El Universal*. Each day an average of 80 cars are stolen and then resold. According to one prosecutor, men traveling alone appear to be the preferred victims, as women are thought by the thieves to be more inclined to scream or to be accompa-

nied by children, complicating the theft. Youths between the ages of 18 and 25 make up 85 percent of the perpetrators caught. Methods of theft commonly employed include holding up the driver when stopped at a traffic light, colliding with the car to obligate the driver to get out, or accosting the driver when he is opening his garage. The newspaper recommends that drivers not offer resistance but, rather, stay calm—especially if weapons are used—and memorize as much information as possible about the criminals. To facilitate recovery of their vehicle, victims should know their license plate number and car color and report this and other pertinent information to the police at once.

Teenage Drivers

Parents who may have wished to restrict driving by their teenage children can now find support in recent research by the U.S. National Institutes of Health. This study “suggests that the region of the brain that inhibits risky behavior is not fully formed until age 25,” reports the international edition of *The Miami Herald*. Previously, it was thought that brain maturity was attained at least by the age of 18, when senses and reflexes reach their peak. However, statistics from the Insurance Institute for Highway Safety show that “teenagers are four times as likely as older drivers to be involved in a crash and three times as likely to die in one,” evidence of their susceptibility to dis-

traction and their tendency to take risks while driving.

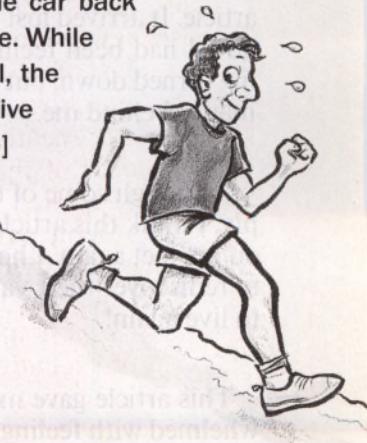
Tooth-Whitener Warning

Odontologists at the Fray Antonio Alcalde Civil Hospital in Guadalajara, Mexico, warn that tooth whiteners can cause injury and pain, reports *Milenio* newspaper of Mexico City. They can cause “superficial-to-deep wear” on teeth and may not even be effective in whitening them. According to these experts, healthy teeth can have a variety of hues ranging from orange to gray. A white color does not necessarily mean that a person has excellent teeth, says specialist Rocio Liliana Hernández, although people have been encouraged to believe that white teeth are the “prettiest and healthiest ones.”

Up or Down?

Does it make any health difference whether you exercise by hiking up or down a steep incline? Researchers say that in some ways it might. A study was conducted on a mountain in the Alps where for two months 45 volunteers hiked up the 30-degree slope and rode a cable car back down. Then, for two months more, they did the opposite. While hiking in either direction helped lower bad cholesterol, the study suggested that “hiking uphill was more effective for lowering levels of fats called triglycerides, [while] hiking downhill was better for reducing blood sugars and improving glucose tolerance,” says *Tufts University Health & Nutrition Letter*. Downhill exercise, therefore,

may be good for diabetics and a bit easier for those just starting to exercise. For city dwellers, this can be accomplished in taller buildings by taking the elevator up and then walking down the stairs or by exiting a car at the top of a hill and meeting the car at the bottom. However, be aware that downhill exercise puts greater pressure on the knees.



From Our Readers

Beauty I am 11 years old, and I really appreciated the series "What Kind of Beauty Matters Most?" (December 22, 2004) Sometimes I find myself being overly concerned about how I look. This article has helped me to realize that the person on the inside is what people notice.



A. L., United States

I am not entirely happy with my appearance. But I hope that my inner beauty is acceptable to Jehovah and that he is pleased with me and my way of life. Such articles are not only very interesting but strengthening as well.

M. G., Germany

Young People Ask Thank you for publishing "Young People Ask . . . What if He Says No?" (December 22, 2004) Just like those quoted in the article, I was attracted to a Christian man but my love was unreturned. My feelings were crushed. With the help of this article, I am praying positively to Jehovah to help me to keep busy in spiritual things. I want to overcome the blow I received from this unrequited love.

I. Y., Japan

Words cannot express what I felt after reading the article. It arrived just in time, and it described exactly how I had been feeling! It wasn't easy to accept being turned down, but the article helped me to put the matter behind me.

M. P., Italy

Although some of the points may be difficult to apply, I think this article has finally enabled me to stand on my feet again. I hope that it will help many others to rediscover their value in Jehovah's eyes and begin to live again!

J. E., United States

This article gave me the strength not to be overwhelmed with feelings of disappointment. Although

the experience of rejection is still with me, the article helped take the sting out of it. It is good to know that Jehovah cares for each one of us.

M. L., United States

The day I received this issue of *Awake!* I also received a letter in which a Christian man kindly but clearly refused me. For days I could not eat or sleep, but this article helped me to have a realistic view and to maintain my self-respect.

M. I., Japan

After suffering for a long time because of a romantic feeling that was not mutual, I realized that the best thing I could do was to face the facts. I now see that I am not the only one who has suffered from a no. Thank you very much.

L.A.C., Brazil

I was disappointed and hurt when the person I was interested in said no. I cried after reading the article because by means of it, Jehovah helped me. Now I know that he wanted to save me from much pain. I love Jehovah all the more.

D. O., Austria

The point in the "Young People Ask" article that Jehovah put the desire for love into humans and that he knows how we can control that love was new and comforting to me. I want to become someone who, as the cover series in this issue said, is beautiful in Jehovah's eyes—beautiful on the inside.

H. W., Japan

EVERY caring parent knows that toddlers thrive on loving attention and that they will crawl onto their parent's lap when they need to be cuddled. By the time they reach adolescence, however, they are more likely to push parents away, says Dr. Barbara Staggers, director of adolescent medicine at Children's Hospital and Research Center in Oakland, California, U.S.A. Yet, this is the time in life when they most need parental attention. Why is that the case?

With adolescence comes unstructured and unsupervised time, and this is one of the biggest dangers facing teenagers, according to Staggers. "Adolescence," she says in the *Toronto Star* newspaper report, "is a time when kids are learning about who they are and how they fit into the world around them. Mix that with the propensity for risk-taking and the power of peer pressure, and the perils can be huge." Adolescence consists of various stages and is not about age. Rather, as Staggers says, "it's about how [teenagers] are functioning and processing information and experimenting." Early adolescence is a time of self-absorption, preoccupation with body changes, and impulsiveness. Middle adolescence is characterized more by experimentation, and late adolescence by independent thinking.

Yes, teenage years can be exciting, but they can also be confusing—both for parents and for teenagers. Staggers, who has looked after adolescents for more than 20 years, says most of them "need human connection time with an adult who cares about them." How is this achieved?

Keep the lines of communication open! Parents, reassure your children that you care about them by being a good listener. Show you care by asking questions to help your teenagers piece thoughts and ideas together and to help them to identify the consequences of any poor decisions they may make. Be positive about the good that results from right decisions. Help them to know what behavior is acceptable.

If parents follow conventional wisdom that children must learn to handle problems on their own, they leave young ones vulnerable

to the harmful influence of unprincipled and unscrupulous individuals. (*Proverbs 13:20*) On the other hand, parents who apply Bible counsel will give their children the best possible opportunity to make their way successful through adolescence and to become responsible adults. Parents, therefore, must learn to "train up a boy according to the way for him." —*Proverbs 22:6*.

Practical advice on effective communication and training of teenage offspring is contained in the book *The Secret of Family Happiness*.* It also offers practical Scriptural counsel for each member of the family.

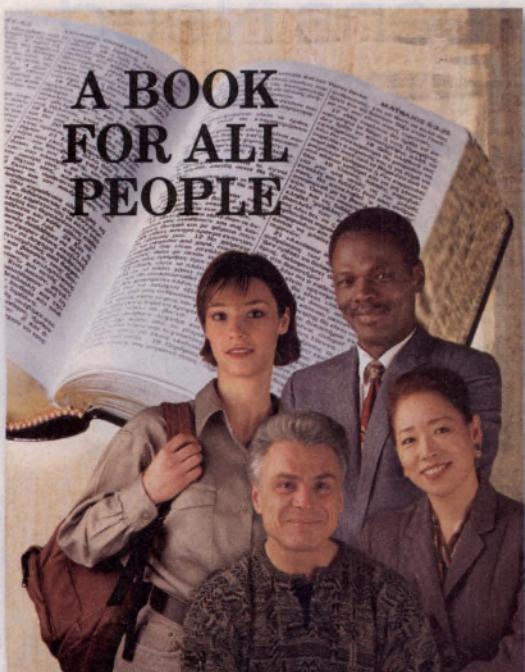
* Published by Jehovah's Witnesses.

Teens Need "Human Connection Time"





Why a book for all people?



■ Did you know that the Bible is by far the most widely circulated and widely distributed book in all history? The 32-page brochure *A Book for All People* explains why the Bible is beloved and trusted by millions of people despite efforts to misrepresent and suppress it.

This brochure describes briefly what the Bible contains and why we can trust it. It also shows that the Bible is scientifically accurate, even though parts of it were written over 3,500 years ago. Moreover, the brochure explains how Bible teachings are a practical guide for modern-day living. In particular, you will see how Bible prophecies given hundreds of years in advance realized fulfillment, thus providing a basis for confidence in the marvelous promises the Bible contains of a coming righteous new world.