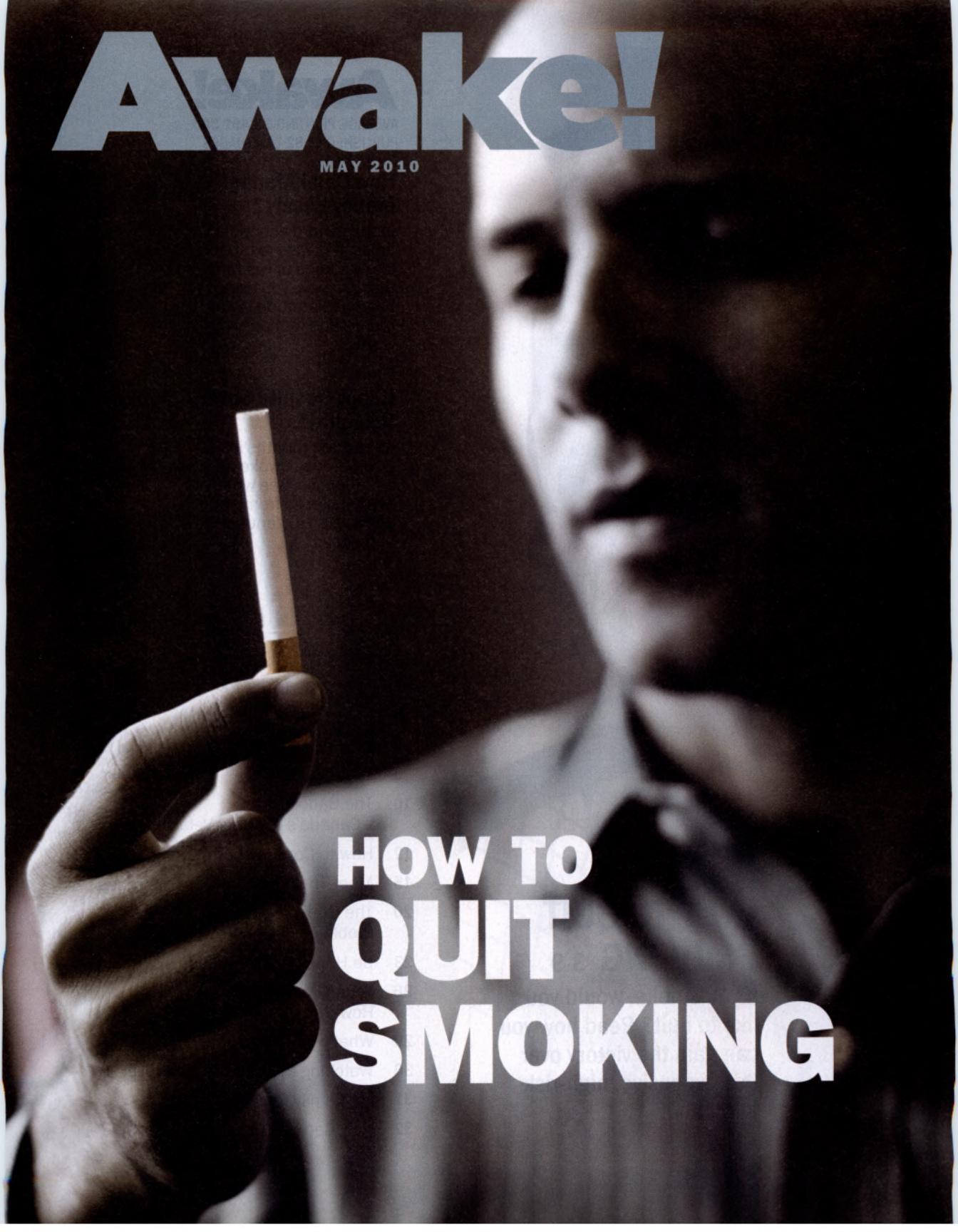


Awake!

MAY 2010

A black and white photograph of a person's face in profile, looking towards the right. Their hand is visible on the left side of the frame, holding a lit cigarette between their fingers. The lighting is dramatic, casting deep shadows on one side of the face.

**HOW TO
QUIT
SMOKING**



Awake!

AVERAGE PRINTING 38,451,000
PUBLISHED IN 82 LANGUAGES

How Can I Manage Money Wisely?

In these hard economic times, it is wise to tap into a source of wisdom that can help you have a balanced attitude toward money and manage it wisely.

18

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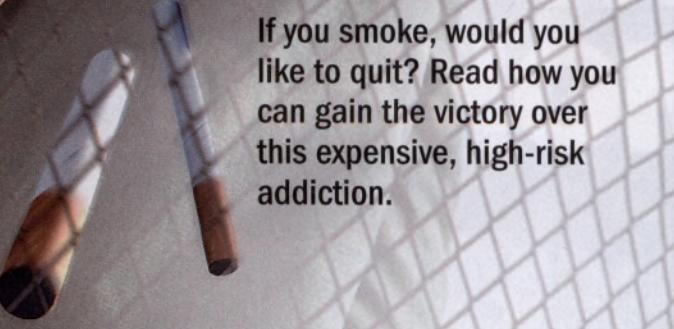


Happy Despite Severe Disabilities

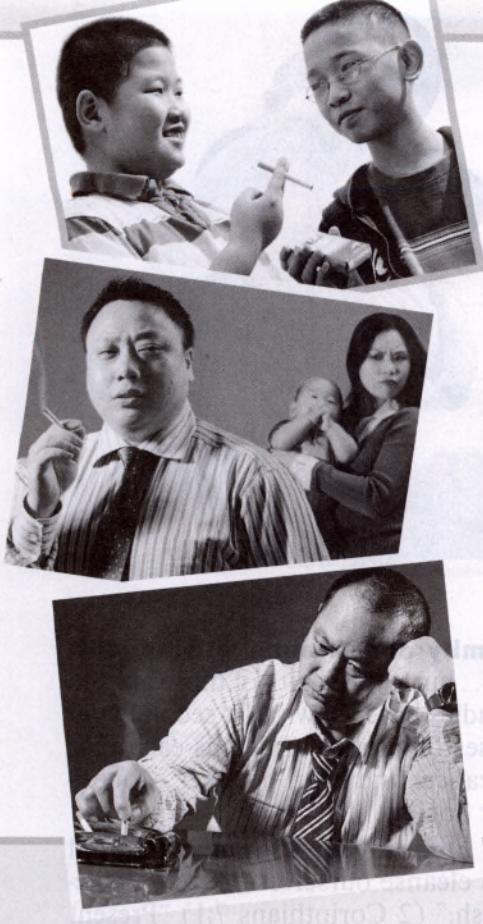
After three months in a coma, José awoke a quadriplegic. See what helped him go from deep depression to genuine happiness.

HOW TO QUIT SMOKING 3-9

If you smoke, would you like to quit? Read how you can gain the victory over this expensive, high-risk addiction.



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You have a "friend" you met in your youth. He made you feel more mature and seemed to help you fit in with your peers. When you were stressed, you could always turn to him for some "relief." Indeed, you have come to depend on him in many situations.

But in time, you discovered his dark side. He demands to be with you all the time, even if this makes you unwelcome in some places. And while he may have made you feel more mature, he did so at the cost of your health. To top it off, he has stolen a part of your wages.

In recent times, you have tried to break off the relationship, but he has not let you. In a way, he has become your master. You regret ever having met him.

A False Friend

SUCH is the relationship that many smokers have with the cigarette. After 50 years of smoking, a woman named Earline recalls: "The cigarette could help me more than having another person around. It was more than just an old friend—sometimes it was my *only* friend." As Earline came to realize, though, the cigarette is, in fact, both a false friend and a vicious one. Indeed, the opening words above could have been written about her—with one exception. When she learned that smoking is bad in God's eyes because it pollutes our God-given bodies, she quit her habit.—2 Corinthians 7:1.

A man named Frank also decided to quit in order to please God. But a day or so after he had his last cigarette, he found himself crawling under his house looking for old cigarette butts that had fallen between the floor-

boards. "That clinched it," said Frank. "Finding myself on my hands and knees scratching through dirt for old butts disgusted me. I never had another smoke."

Why does tobacco have such a grip? Researchers have discovered a number of reasons: (1) Tobacco products can be as addictive as illicit drugs. (2) Inhaled nicotine may reach the brain in just seven seconds. (3) Smoking is often woven into a person's life by its regular association with eating, drinking, conversing, the relief of stress, and so on.

Yet, as Earline and Frank have shown, it is possible to quit this harmful addiction. If you smoke but want to stop, reading the following articles may well be the start of a new way of life for you.

"A deep commitment to the process of quitting is the single most important characteristic of smokers who successfully quit."—"Stop Smoking Now!"

Strengthen Your Motivation

SIMPLY put, if you want to stop smoking, you should, at the very least, have a strong motivation to do so. How can you strengthen your motivation? For one thing, consider how much better off you will be if you quit smoking.

You will save money. A pack-a-day habit can cost thousands of dollars a year. "I never realized how much money I wasted on tobacco."—Gyanu, Nepal.

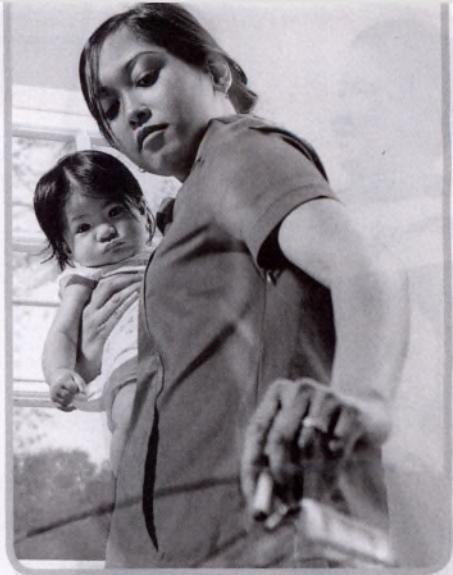
You should get more joy out of life. "My life started when I gave up smoking, and it just gets better and better." (Regina, South Africa) When people stop smoking, their senses of taste and smell improve markedly, and they usually have more energy and an improved physical appearance.

Your health may improve. "Quitting smoking has major and immediate health benefits for men and women of all ages."—The U.S. Centers for Disease Control and Prevention.

You will boost your self-confidence. "I quit smoking because I did not want tobacco to be my master. I wanted to be master of my own body."—Henning, Denmark.

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.



Your family and friends will benefit.

"Smoking . . . hurts the health of those around you. . . . Studies have shown that secondhand smoke causes thousands of deaths each year from lung cancer and heart disease."—American Cancer Society.

You will please your Creator. "Beloved ones, let us cleanse ourselves of every defilement of flesh." (2 Corinthians 7:1) "Present your bodies . . . holy, acceptable to God."—Romans 12:1.

"Once I understood that God disapproves of things that defile the body, I decided to quit smoking."—Sylvia, Spain.

Often, though, motivation alone is not enough. We may also need the help of others, including family and friends. What can they do?

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"If somebody could overpower one alone, two together could make a stand against him."

—Ecclesiastes 4:12.

Seek Out Help

WHEN we have the support of others, we have a greater chance of success against a foe—whatever that foe may be. So if you want to conquer the smoking habit, you may be wise to look to your family and friends for help—or to anyone who will be genuinely supportive and patient.

Consider seeking out those who have quit the habit themselves, since they may be not only empathetic but also helpful. “The support of others was invaluable to me,” says Torben, a Christian in Denmark. Abraham, who lives in India, writes: “The genuine love shown by my family and fellow Christians helped me to quit.” But sometimes even the support of family and friends is not enough.

“I smoked for 27 years,” says a man named Bhagwandas, “but because of learning what the Bible says about unclean habits, I decided to quit. I tried cutting back. I changed my associates. And I went for counseling. Nothing worked. Finally, one night I opened my heart to Jehovah God in prayer and begged him to help me quit. Then, at last, I succeeded!”

Another important thing to do is prepare for the hurdles you will likely face. What are these? The next article explains.

SHOULD YOU USE MEDICATION?

Medications to help smokers quit, such as the nicotine patch, have become a multibillion-dollar industry. Before going down that road, consider the following questions:

What are the benefits? Many therapies are said to increase your chances of quitting by reducing withdrawal symptoms. There is some debate, though, about their long-term effectiveness.

What are the risks? Some medications have potential side effects, such as nausea, depression, and suicidal thoughts. Keep in mind too that nicotine-replacement therapies simply provide another form of the drug, along with its health risks. In reality, therefore, the person using them is still in a state of addiction.

What alternatives exist? In one survey 88 percent of successful quitters said that they went cold turkey by abruptly ceasing tobacco use without the aid of drugs.

Languages: Afrikaans, Albanian, Amharic, Arabic, Armenian, Bislama, Bulgarian, Cebuano, Chichewa, Chinese (traditional)⁺ (audio Mandarin only), Chinese (Simplified), Chitonga, Ciembra, Croatian, Czech,⁺ Danish,⁺ Dutch,⁺ English,⁺ Estonian, Ewe, Fijian, Finnish,⁺ French,⁺ Georgian, German,⁺ Greek, Gujarati, Hebrew, Hiligaynon, Hindi, Hungarian, Icelandic, Igbo, Iloko, Indonesian, Italian,⁺ Japanese,⁺ Kannada, Kirghiz, Korean,⁺ Latvian, Lingala, Lithuanian, Luvale, Macedonian, Malagasy, Malayalam, Maltese, Myanmar, Norwegian,⁺ Polish,⁺ Portuguese,⁺ Punjabi, Rarotongan, Romanian, Russian,⁺ Samoan, Sepedi, Serbian, Sesotho, Shona, Silozi, Sinhala, Slovak, Slovenian, Spanish,⁺ Swahili, Swedish,⁺ Tagalog, Tamil, Thai, Tok Pisin, Tongan, Tsonga, Twana, Turkish, Ukrainian, Urdu, Vietnamese, Xhosa, Yoruba, Zulu

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"I decided to quit for the sake of our newborn baby's health. So I posted a 'No Smoking' sign in our house. Just one hour later, the craving for nicotine came over me like a tsunami, and I lit up a cigarette."

—Yoshimitsu, Japan.

Prepare for the Hurdles

AS Yoshimitsu's experience indicates, the process of quitting has its hurdles. Moreover, studies show that nearly 90 percent of those who stumble stay down by resuming their habit. Hence, if you are trying to quit, you are more likely to succeed if you are prepared for the hurdles. What are the more common ones?

The craving for nicotine: This usually peaks within three days after your last cigarette and subsides after about two weeks. During that time "the desire comes in waves; it is not constant," says one ex-smoker. Even years later, however, you may have a sudden urge to smoke. If so, don't do anything rash. Wait for five minutes or so, and the desire should pass.

Other withdrawal symptoms: Initially, people find it harder to stay awake or concentrate and may tend to gain weight more easily. They may also experience aching, itching, sweating, and coughing, as well as mood changes demonstrated by impatience, a proneness to anger, or even depression. Most symptoms, though, abate within four to six weeks.

During this critical time, there are some practical things you can do that will help. For example:

- Allow more time for sleep.



- Drink plenty of water or juice. Eat wholesome food.
- Engage in moderate exercise.
- Breathe deeply, and picture clean air filling your lungs.

Triggers: These are activities or feelings that can trigger the urge to smoke. For instance, perhaps you normally had a cigarette when drinking a beverage. If so, when quitting smoking, don't linger over your beverage. In time, of course, you will be able to enjoy your beverage at a more leisurely pace.

That said, psychological links can remain long after your body is free of nicotine. "Nineteen years after quitting," admits Torben, quoted earlier, "I am still tempted to smoke during coffee breaks." As a general rule, however, the association of smoking with specific activities will weaken in time and lose its force.

With alcohol, the situation is different. Indeed, while you are trying to quit smoking, you may need to abstain from alcohol and avoid places where it is served, for a high percentage of relapses occur while people are drinking. Why is that?

- Even small amounts of alcohol increase the pleasure derived from nicotine.

LETHAL IN ALL ITS FORMS

Tobacco is used in many ways. Some tobacco products are even sold in health-food and herbal-medicine stores. Nevertheless, "all forms of tobacco are lethal," says the World Health Organization. Death may result from any number of tobacco-related diseases, such as cancer and cardiovascular disease. Smoking mothers may also harm their unborn babies. In what forms are tobacco products usually used?

Bidis: These small, hand-rolled cigarettes are commonly used in Asian lands. Bidis deliver several times more tar, nicotine, and carbon monoxide than do regular cigarettes.

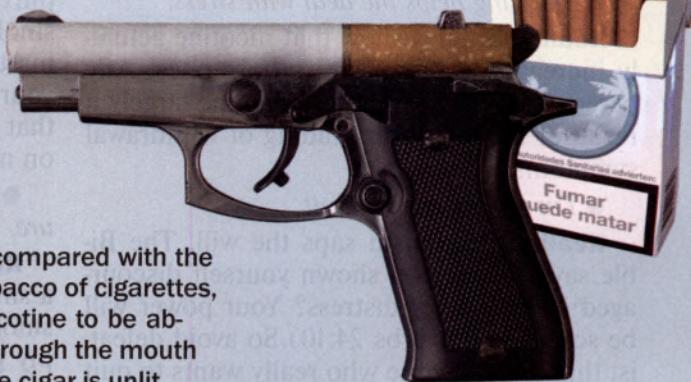
Cigars: These are made of filler tobacco tightly wrapped in tobacco leaf or in paper made from tobacco. The slightly alkaline tobacco of ci-

gars, as compared with the acidic tobacco of cigarettes, allows nicotine to be absorbed through the mouth even if the cigar is unlit.

Kreteks, or clove cigarettes: These usually contain about 60 percent tobacco and 40 percent cloves. They deliver more tar, nicotine, and carbon monoxide than do regular cigarettes.

Pipes: Smoking a pipe is not a safe alternative to smoking cigarettes, for both habits can cause many of the same cancers and other diseases.

Smokeless tobacco: This includes chewing tobacco, snuff, and flavored *gutkha*



used in Southeast Asia. Nicotine is absorbed into the bloodstream through the mouth. Smokeless tobacco use is every bit as dangerous as other tobacco use.

Water pipes (bongs, hookahs, narghiles, shishas): With these devices, tobacco smoke passes through water before being inhaled. Nevertheless, the process may not reduce the amount of toxins, including cancer-causing agents, that get into the lungs.

- Social drinking is often intimately linked with smoking.

- Alcohol impairs judgment and lowers inhibitions. The Bible rightly says: 'Wine takes away good motive.'—Hosea 4:11.

Associates: Be selective. For instance, avoid needless association with people who smoke or who may invite you to do so. Also stay away from individuals who try to undermine your efforts to quit, perhaps by teasing you about it.

Emotions: In one study almost two thirds of those who relapsed felt stressed or angry

just prior to their relapse. If a certain feeling triggers the urge to smoke, distract yourself—perhaps by drinking water, chewing gum, or going for a walk. Try to fill your mind with positive thoughts, perhaps by going to God in prayer or reading a few pages of the Bible. —Psalm 19:14.

Rationalizations to Avoid

- *I'll only take one puff.*

Reality: Just one puff can satisfy up to 50 percent of certain nicotine receptors in your brain for three hours. The result is often a full relapse.

- *Smoking helps me deal with stress.*

Reality: Studies show that nicotine actually increases levels of stress hormones. Any perceived relief from stress may be largely a result of the temporary fading of withdrawal symptoms.

- *I'm too far gone to quit.*

Reality: Pessimism saps the will. The Bible says: "Have you shown yourself discouraged in the day of distress? Your power will be scanty." (Proverbs 24:10) So avoid defeatist thinking. Anyone who really wants to quit and who applies practical principles, such as those mentioned in this magazine, can succeed.

- *The withdrawal symptoms are too much for me.*

Reality: Granted, withdrawal symptoms are powerful, but they will subside within just a few weeks. So stay focused! If a desire to smoke resurfaces months or years later, it too will pass, likely in just a few minutes—if you do not light up a cigarette.

- *I have a mental illness.*

Reality: If you are being treated for a mental condition, such as depression or schizo-

phrenia, ask your doctor to help you quit smoking. He or she might be more than willing to rally to your side, perhaps by altering your treatment to compensate for the effect that your decision may have on your illness or on medicines you may be taking.

- *If I have a relapse, I'll feel that I'm a failure.*

Reality: If you trip over a hurdle and have a smoke—as many do while trying to give up smoking—your situation *is not* hopeless. Simply get up and press on. Falling down does not spell failure. Staying down is failure. So keep trying. Eventually you will succeed!

Consider the experience of Romualdo, who smoked for 26 years and quit over 30 years ago. "I lost count of my relapses," he writes. "Each time, I felt terrible, as if I were a lost cause. However, once I made a firm determination to have a good relationship with Jehovah God and repeatedly asked for his help in prayer, I was finally able to quit for good."

In the last article of this series, we will consider just a few more practical suggestions that may help you to become a happy ex-smoker.

HELPING SOMEONE ELSE TO QUIT

- **Be positive.** Praise and rewards work better than nagging and lecturing. "I think you can do it if you try again" has more power than "You failed again!"

- **Be forgiving.** Do your best to overlook anger or frustration directed at you by someone trying to quit. Use kind expressions such as, "I know this is hard, but I'm so proud of you for doing it." Never say, "I liked you better when you were smoking!"

- **Be a true friend.** The Bible states: "A true companion is loving all the time, and is a brother that is born for when there is distress." (Proverbs 17:17) Yes, try to be patient and loving "all the time" toward someone trying to quit—whatever the hour of the day or the mood of the person.



You Can Win!

THE time has come for you to “be courageous and act.” (1 Chronicles 28:10) What final steps can you take to increase your chances of success?

Set a date. The U.S. Department of Health and Human Services recommends that once you have decided to quit, the first day of your life free from cigarettes should be within two weeks. That way your motivation will stay high. Mark the day on your calendar, tell your friends, and stick to the date even if your circumstances change.

Make a “quit card.” It might contain the following information, plus anything else that may strengthen your motivation:

- Your reasons for quitting
- Phone numbers of people to call when you feel you may cave in
- Thoughts—perhaps including Bible texts such as Galatians 5:22, 23—that will help you toward your goal

Take your quit card with you at all times, and read it several times a day. Even after you quit, continue to review the card whenever you feel an urge to smoke.

Weaken the links proactively. Prior to your quit date, begin disrupting any habits linked to your smoking. For example, if you smoke as soon as you get up each morning, put off smoking for an hour or so. If you smoke during a meal or immediately afterward, break that routine. Avoid places where others smoke. And privately practice saying aloud: “No thanks. I’ve quit smoking.” Such steps will do more than prepare you for the day you quit. They will also remind you that soon you *will be* an ex-smoker.

Get set. As your quit date nears, stock up on oral substitutes: carrot sticks, gum, nuts,

and so on. Remind your friends and family of your quit date and how they can support you. Just before that day, dispose of ashtrays, lighters, and any booby traps—such as cigarettes lying around your home, in your car or pockets, or at your place of work. To be sure, it is harder to ask a friend for a cigarette or to buy a pack than to reach into a drawer for one! Also, keep praying for God’s support, doing so all the more earnestly after your final smoke.—Luke 11:13.

A countless number of people have “broken up” with their onetime false, vicious friend, the cigarette. You can do it too. Better health and a great feeling of freedom await you.



Take your quit card with you at all times, and read it frequently during the day



Library of Congress

How It's Made

The Canoe

Canada's "Perfect Vehicle"

FRENCH explorer Samuel de Champlain crossed the Atlantic Ocean and sailed up the St. Lawrence River in what is today Canada. Soon he encountered a major obstacle at the site of Montreal: the Lachine Rapids. Any efforts to get his boats past the rapids would be in vain, he wrote in his journal in 1603. Dense forest made travel on foot impractical. So how did Champlain and his men continue their journey?

They took a lesson from the indigenous people and used canoes. "With the canoes," noted Champlain, "one may travel freely and quickly throughout the country, as well up the little rivers as up the large ones."

The "Perfect Vehicle"

Canada's lakes and rivers were, indeed, ideal highways, and the canoe was considered to be the perfect vehicle. It enabled Native Americans to explore, hunt, and transport goods. Of course, canoe designs and construction methods varied because of such factors as function and natural resources. For example, people on Canada's west coast built dugout canoes by hollowing out giant red cedars. The shell was then filled with water and hot stones. This softened the wood so that it could be suitably shaped. Some of these canoes could carry up to two tons, and they



were both fast and safe at sea, where they were used to hunt large sea mammals, including whales.

Perhaps the most famous North American canoe was the birch-bark canoe, formed from the outer rind of birch trees. Thanks largely to a substance called betulinol, birch bark is both durable and impervious to water. It is also exceptionally pliable and tough. "A birch-bark canoe can go through rapids that would damage a wood-and-canvas canoe," explains canoe builder David Gidmark.

Birch-bark canoe materials also included birch wood, cedar wood, spruce roots, and tree resin. Because these products all came from the forest, canoes could be repaired rather easily. What is more, the vessels were relatively light, making it easy to carry them around dangerous rapids and other obstacles. They were also environmentally friendly. When a canoe was discarded, it simply returned to the ecosystem, just like a fallen tree.

Construction methods were impressive. The native people "make no use of nails and screws but everything is sewn and tied together," reported a 19th-century observer. "The seams, stitches and knots are so regular, firm

and artistic that nothing better could be asked for."

Before the railway era, the canoe was the fastest and most reliable means of transportation in much of Canada. Even after the introduction of the railway, canoe travel did not immediately become obsolete, for people often traveled by both train and canoe.

Canoes were so important to life in early North America that they influenced both the culture and the beliefs of the indigenous people. For example, according to some legends, canoes, not the Biblical ark, carried survivors safely through a great flood.

Canoeing Today

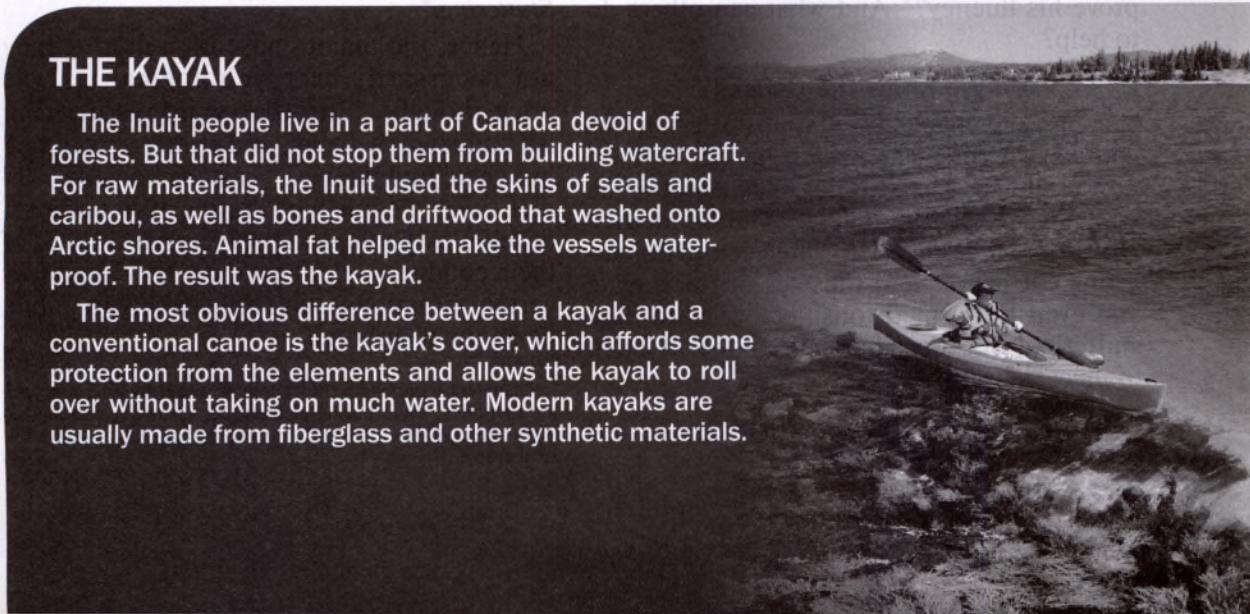
Canoeing is still popular in Canada but mainly as a form of recreation. Sadly, suitable trees to build good birch-bark canoes are becoming increasingly scarce. Other materials are readily available, though, including aluminum, canvas, wood, and fiberglass.

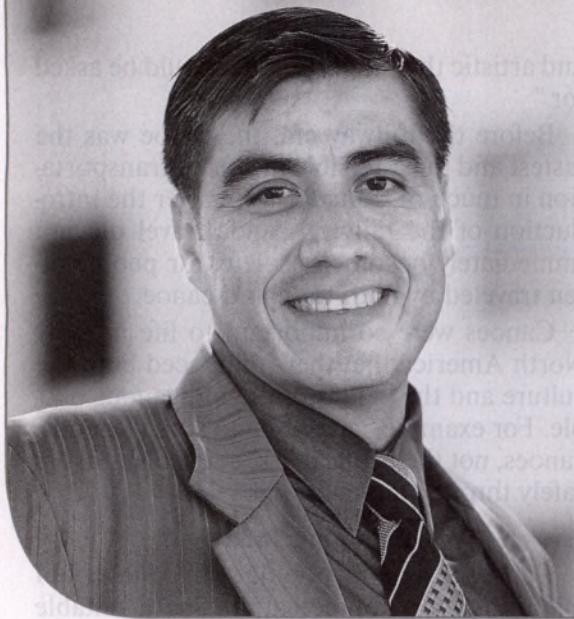
Bill Mason, a famous canoeist, added another dimension to canoeing when he said: "A journey by canoe along ancient waterways is a good way to rediscover our lost relationship with the natural world and the Creator who put it all together so long ago." Many would heartily agree with that!

THE KAYAK

The Inuit people live in a part of Canada devoid of forests. But that did not stop them from building watercraft. For raw materials, the Inuit used the skins of seals and caribou, as well as bones and driftwood that washed onto Arctic shores. Animal fat helped make the vessels waterproof. The result was the kayak.

The most obvious difference between a kayak and a conventional canoe is the kayak's cover, which affords some protection from the elements and allows the kayak to roll over without taking on much water. Modern kayaks are usually made from fiberglass and other synthetic materials.





HOW TO COPE WITH Stuttering

"When I stutter, I get nervous, so I stutter even more. It's like I'm in a deep hole, unable to get out. Once I went to a psychologist for help. She said that I needed to get a girlfriend—to have sex in order to increase my self-esteem! Needless to say, I didn't go back there. I just want people to accept me as I am."—32-year-old Rafael.

IMAGINE what it would be like if just asking for a bus ticket made you break into a cold sweat and if when speaking, you often got stuck on words, repeating the first sound. Such is the case with some 60 million people worldwide—1 in 100—who stutter. They are often ridiculed and discriminated against. They may even be viewed as less intelligent because they substitute troublesome words with simpler ones that they can articulate.

What causes stuttering? Can it be cured? Is there anything that a sufferer can do to improve his fluency?* And what can others do to help?

Do We Know the Causes?

Some ancients believed that stuttering was caused by evil spirits, which had to be exorcised. During the Middle Ages, the tongue was considered the culprit. The "remedy"? Hot irons and spices! In later centuries surgeons cut nerves and muscles of the tongue and even performed tonsillectomies to cure stuttering. But those harsh methods all failed to meet their objective.

* This article uses the masculine gender because more than 80 percent of people who stutter are male.

Modern research suggests that stuttering may have several contributing factors rather than just one single cause. One factor may be a person's response to stress. Another may be genetics, for about 60 percent of people who stutter have relatives with the same problem. Moreover, research using neuroimaging suggests that the brain of a stutterer processes language differently. Some "may begin speaking before the brain dictates how the words should be articulated," says Dr. Nathan Lavid in his book *Understanding Stuttering*.*

Hence, the major cause of stuttering may not necessarily be psychological, as was once thought. "In other words, stuttering isn't affected by belief, and stutterers can't be 'psyched' into fluency," says the book *No Miracle Cures*. People who stutter may, however, develop psychological problems as a result of their condition. For instance, they may fear certain situations, such as speaking in public or on the telephone.

* Current theories on the causes of stuttering and appropriate therapies, while having elements in common, may not always agree. *Awake!* does not endorse any particular viewpoint or therapy.

Help for Those Who Stutter

Interestingly, people who stutter can usually sing, whisper, talk to themselves or their pets, speak in chorus, or impersonate others with little or no stuttering. Moreover, 80 percent of children who stutter recover spontaneously. But what about the other 20 percent?

Today there are speech-therapy programs that can improve fluency. Some techniques involve relaxing the jaw, lips, and tongue and breathing from the diaphragm. Patients may also be taught to do "gentle onsets," which involve taking smaller breaths from the diaphragm and releasing a little air as a lead-in to speaking. Additionally, they may be encouraged to prolong vowels and certain consonants. The rate of speech is gradually increased as fluency improves.

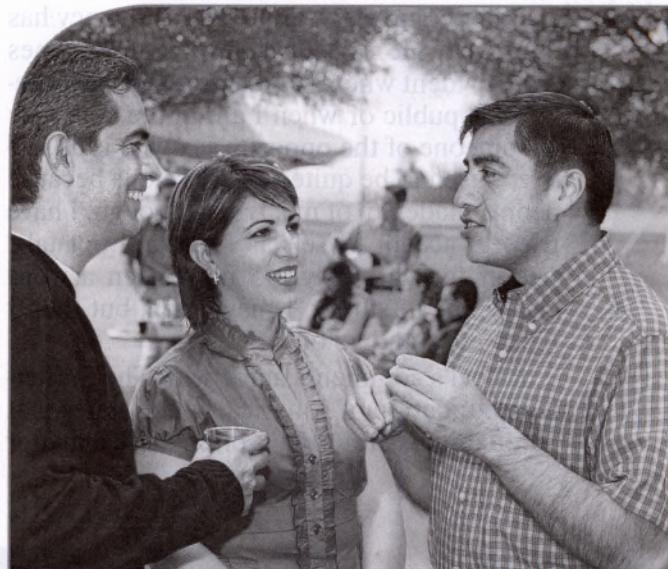
Acquiring such skills may take just a few hours. But using those approaches successfully in high-stress situations may involve thousands of hours of practice.

How early should training begin? Is it wise just to wait and see if a child outgrows stuttering on his own? Figures suggest that less than 20 percent of children who stutter for five years recover spontaneously. "By age six," says the book *No Miracle Cures*, "a child is unlikely to recover without speech therapy." Hence, "children who stutter should see a speech-language pathologist as soon as possible," the book adds. Of the 20 percent of children who continue to stutter into adulthood, an estimated 60 to 80 percent respond to speech therapy.*

Be Realistic

According to speech pathologist Robert Quesal, who himself stutters, perfect fluency under all circumstances is not a realistic goal for most sufferers. Rafael, mentioned at the outset, has not been able to overcome the

* In some cases therapists may recommend antistuttering devices that cause delayed auditory feedback or medication to reduce speech-related anxiety.



HOW CAN YOU HELP SOMEONE WHO STUTTERS?

- Provide a relaxed, unhurried environment. Today's fast-paced, high-pressure lifestyle often exacerbates the problem.
- Instead of telling the stutterer to slow down, set the example by speaking more slowly yourself. Listen patiently. Do not interrupt. Do not finish sentences for him. Pause before replying.
- Avoid criticism and correction. By appropriate eye contact, facial expressions, body language, and comments, show interest in what he says, not how he says it.
- Stuttering should not be a taboo subject. A friendly smile and an occasional kind acknowledgment of the problem can put the one who stutters more at ease. Perhaps you could say something like this: "Sometimes it is not easy to say what we want."
- Above all, convey your acceptance of him as he is.

disorder completely, although his fluency has improved. He says: "My problem becomes more evident when I have to read or speak before the public or when I am in the company of someone of the opposite sex who is attractive. I used to be quite self-conscious because people made fun of me. Lately, though, I have tried to accept myself as I am and not take myself too seriously. So now when a word causes me to stutter, I may laugh, but then I try to relax and go on."

Rafael's comments agree with The Stuttering Foundation of America, which states that "overcoming stuttering is often more a matter

of losing fear of stuttering than a matter of trying harder."

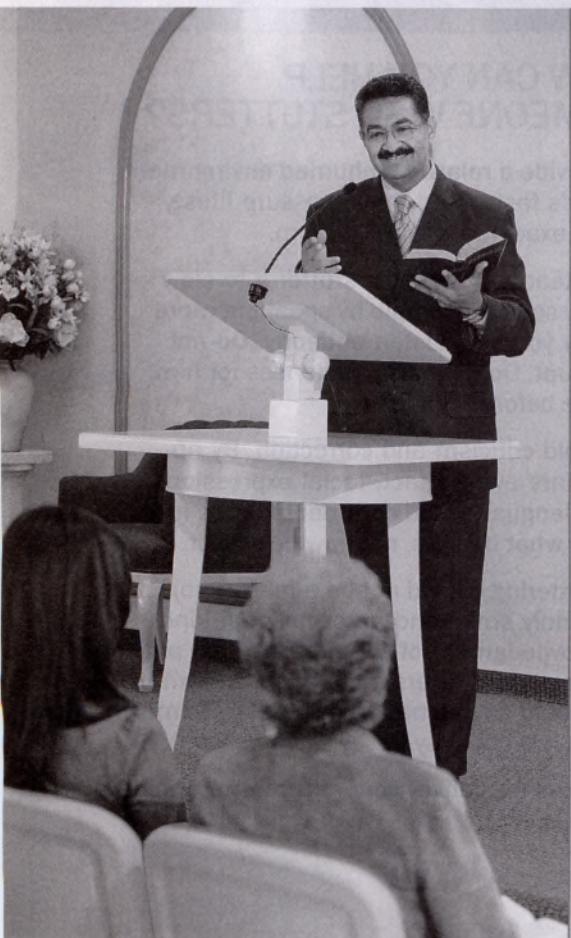
Many who struggle with the problem have not let it rob them of a meaningful life. Some have even become famous, including physicist Sir Isaac Newton, British statesman Winston Churchill, and American actor James Stewart. Others have developed nonverbal skills, such as playing an instrument, painting, or learning sign language. Those of us who speak without stuttering should appreciate the great effort made by those who stutter. So let us give them all the encouragement and support that we can.

"LITTLE BY LITTLE I STUTTERED LESS"

Víctor, who stuttered for several years during a time of great family stress, was able to overcome his speech problem without therapy. Being one of Jehovah's Witnesses, he enrolled in the Theocratic Ministry School, which is held weekly in every congregation. Although the school is not designed to provide speech therapy, it helps students improve their speaking ability and gain confidence.

The textbook used is entitled *Benefit From Theocratic Ministry School Education*. Under the heading "Coping With Stuttering," the book says: "It is important to keep on trying. . . . If you are going to give a talk, prepare well. Become engrossed in your delivery. . . . If you begin to stutter while speaking, then, as much as possible, keep your voice and manner calm. Relax the muscles of your jaw. Use short sentences. Minimize the use of interjections, such as 'um' and 'ah.' "

Did the school help Víctor? He recalls: "I would concentrate so much on what I was going to say, and not on how I would say it, that I would forget I had a problem. Also, I rehearsed a lot. Little by little I stuttered less."





Meet Thailand's Colorful Hill Tribes

Chiang Mai's markets pulse with life. Crowds jostle through roadside stalls filled with exotic goods. Shoppers haggle with traders above the din of traffic. Here in bustling northern Thailand, visitors are able to meet Thailand's colorful hill tribes.

THAILAND'S 65 million inhabitants include people from 23 minority ethnic groups referred to as hill tribes. Most of those tribes live in northern Thailand, a region of mountains, rivers, and fertile valleys, stretching out into Myanmar and Laos.

The majority of Thailand's hill tribes arrived there within the past 200 years. The Karen, the largest of the six major tribes, came from Myanmar. The Lahu, Lisu, and Akha arrived from Yunnan, in China's southwest highlands. And the Hmong and Mien came from central China.*

The tribes migrated largely to escape wars, social pressures, and competition for fertile

Both pictures: Hilltribe Museum, Chiang Mai

* Tribes may have several names. In different countries, for example, the Mien are called the Lu Mien, Mian, Yao, Dao, Zao, or Man.

land.* Northern Thailand proved to be an ideal refuge, as it was remote, mountainous, and mostly uninhabited. And Thailand allowed the immigrants to stay. Soon hill-tribe villages dotted the landscape, with different tribes settling side by side and forming a mosaic of cultures and languages.

Distinctive Dress and Colorful Customs

Each hill tribe can be identified by its distinctive dress. Akha women, for example, wear elaborate silver headdresses, which resemble elegant towers draped with tassels, embroidery, and coins. Some of their other

* Large numbers of hill-tribe people still live in China, as well as in Vietnam, Laos, and Myanmar. In more recent times, sizable immigrant communities of hill-tribe people have developed in Australia, France, the United States, and other countries.





Hilltribe Museum, Chiang Mai

DO COILS STRETCH THE NECK?

Many Kayan women take personal adornment to extraordinary lengths by wearing up to 15 inches of glittering brass coils around their neck.* The process starts when girls are about five years of age. Every few years the coils are replaced with longer, heavier ones until, as adults, the women wear up to 25 rings weighing nearly 30 pounds! Contrary to appearances, their necks do not stretch. Rather, the coils push down on the collarbone and compress the rib cage.

* The Kayan came to Thailand from Myanmar, where some 50,000 still live. There they are called *Padaung*, meaning "Long Necks."

head coverings look like helmets made of mail, or metal pieces, decorated with gleaming buttons, beads, and balls. Mien women look striking in their ornately embroidered trousers, which may take up to five years to make. Stylish turbans, ankle-length tunics with red ruff collars, and indigo sashes complete their glamorous outfits.

In their full regalia, hill-tribe women wear an array of silver ornaments that jingle and sparkle, announcing their status and wealth to admiring onlookers and potential suitors. Other fashion accessories may feature glass, wood, and yarn.

Most highlanders take pride in their traditional customs. Karen teenagers, for example, dress up more for funerals than for any other event. The reason? Scores of teens turn out for these events, hoping to meet their future spouse. After sunset, the young—male and female—join hands, slowly circle the deceased,

and sing traditional love songs throughout the night.

Hmong teens court while playing a special game at the New Year's festival. Boys and girls who may be romantically attracted pair off, facing each other in lines several paces apart. Then a boy and a girl toss a soft cloth ball back and forth to each other. When one drops the ball—deliberately or by accident—he or she forfeits a small ornament to the other person. Later in the evening, these items can be redeemed in exchange for a song. If the singing is good, it may attract quite a crowd, besides improving a young person's prospects of winning a heart.

Coping With Change

In earlier times most hill tribes practiced slash-and-burn farming, felling virgin forest to plant crops and raise livestock. This practice caused serious environmental problems. But now the people manage the land more responsibly, with beneficial results.

Living as they do in the Golden Triangle—an area that includes parts of Thailand, Laos, and Myanmar—many hill tribes used to grow opium. Nowadays, though, they grow coffee, vegetables, fruit, and flowers, thanks to crop-substitution programs sponsored by the Thai royal family and international aid agencies. Many highlanders also sell goods, services, and traditional handicrafts to the growing tourist trade.

Hill-tribe women in full regalia



Hilltribe Museum, Chiang Mai ▶

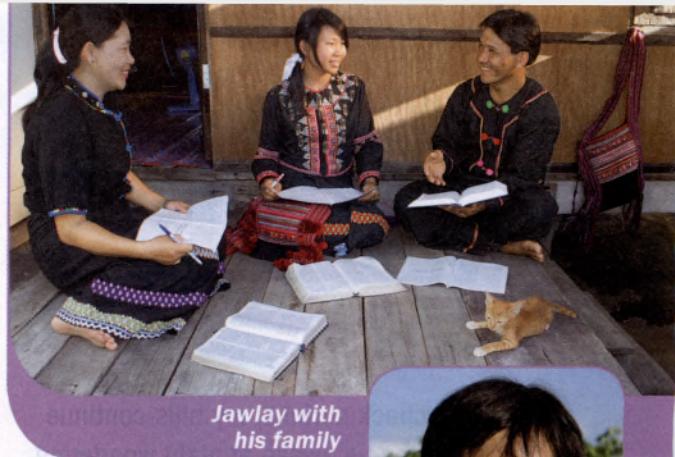
Nevertheless, poverty, poor sanitation, and illiteracy make life a struggle for many. Other negatives include declining natural resources, cultural change, racial prejudice, and drug and alcohol abuse. The ancestors of the hill tribes fled to Thailand to escape similar problems. But where can refuge be found today?

A Reliable Refuge

Many highlanders have found the best refuge of all—the true God, Jehovah. At Psalm 34:8, the Bible states: “Taste and see that Jehovah is good, O you people; happy is the able-bodied man that takes refuge in him.” Jawlay, a member of the Lahu tribe, relates: “By the time I was married at 19 years of age, I was a drunkard and drug addict. Without drugs, I couldn’t work, and without work, I had no money. My wife, Anothai, felt abandoned and unloved. We argued constantly.

“After our daughter, Suphawadee, was born, Anothai began studying the Bible with Jehovah’s Witnesses. I, though, would run into the forest whenever the Witnesses came to our home. Soon, however, my wife’s conduct began changing for the better. She spoke to me respectfully and was more attentive to her household duties. So when she encouraged me to study the Bible, I agreed.

“As Bible teachings touched my heart, I gradually made progress. Finally, with God’s



Jawlay with his family



help, I conquered my addictions. Now my family is truly happy, for we have found the best way of life! We also delight in sharing the Bible’s wholesome teachings with other hill-tribe people.”

Jawlay’s words call to mind a prophecy in the Bible book of Revelation, which states that during the final days of the present wicked world, “everlasting good news” would be declared to “every nation and tribe and tongue and people.” (Revelation 14:6) Jehovah’s Witnesses count it a privilege to share in that work, which confirms God’s love for all people, including Thailand’s colorful hill tribes.—John 3:16.

LEGENDS OF A GREAT FLOOD

The Lisu and Hmong tribes both have legends about a great flood. In one Hmong legend, the “Lord of the Sky” warns two brothers that a flood will soon engulf the earth. He instructs the violent older brother to build an iron boat and the gentle younger brother to build a

wooden boat. He then tells the latter to take his sister, as well as a male and female of each animal species and two seeds from every type of plant, aboard the wooden vessel.

When the flood comes, the iron boat sinks, but the wooden boat floats. A rainbow-shaped dragon

then dries the earth. Finally, the younger brother marries his sister, and their descendants repopulate the earth. Note the similarities between this legend and the accurately documented account recorded in the Holy Bible in Genesis chapters 6 through 10.

"As my paycheck shrinks, my bills continue to grow. I often lie awake at night wondering how to provide for my family."—James.

"It's as if the walls were closing in on me and I had no way out."—Sheri.

DURING periods of economic instability, such observations are not rare. Commenting on the recent global economic downturn, Juan Somavia, director-general of the International Labour Office, observed: "This is not simply a crisis on Wall Street," adding: "This is a crisis on all streets."

The sudden loss of employment or the lack of funds for the basic needs of one's family can lead to deep anxiety and even feelings of hopelessness. At one stage in his life, the Bible writer David felt that way. He prayed: "Distresses of my heart have multiplied; from the stresses upon me O bring me out." (Psalm 25:17) What does the Bible say about our times, and can its inspired wisdom enhance our security and give us more peace?

Wisdom for Critical Times

The Bible foretold that "the last days" of the present world would be marked by "pangs of distress" and "critical times hard to deal with." (2 Timothy 3:1; Matthew 24:8) Those words are certainly proving to be true! Still, we are not without hope, for God, by means of the Holy Bible, has made available to us

How Can I Manage Money Wisely?



the very wisdom we need for coping with times of economic uncertainty.

For instance, the Bible helps us to have the right view of money. Ecclesiastes 7:12 reads: "Wisdom is for a protection the same as money is for a protection; but the advantage of knowledge is that wisdom itself preserves alive its owners." Yes, money can provide some protection, but only godly wisdom, as found in the pages of the Bible, can offer genuine security at all times. Consider some examples.

Coping With Hard Economic Times

Be diligent. "The lazy one is showing himself desirous, but his soul has nothing. However, the very soul of the diligent ones will be made fat." (Proverbs 13:4) The lesson? Develop the reputation of being an honest, hard worker. Good workers are greatly valued by employers and may be more likely to be the first ones hired and the last ones fired.—Ephesians 4:28.

Consider the cost before buying. Jesus said: "Who of you that wants to build a tower does not first sit down and calculate the expense, to see if he has enough to complete it?" (Luke 14:28) Although Jesus was illustrating the need to count the cost of becoming one of his followers, his words are obviously true in a literal sense. So prepare a budget, listing your real needs and the costs.

Do not waste money on bad habits. Such practices as gambling, smoking, and drug and alcohol abuse are all bad in God's eyes.—Proverbs 23:20, 21; Isaiah 65:11; 2 Corinthians 7:1.

Avoid "the love of money." (Hebrews 13:5) Money lovers are bound to suffer unhappiness and disillusionment, in effect, 'stabbing themselves all over with many pains.' (1 Timothy 6:9, 10) What is more, they become slaves to an insatiable appetite, for no matter how much they have, it is never enough.—Ecclesiastes 5:10.

Learn contentment. "We have brought nothing into the world, and neither can we carry anything out. So, having sustenance and covering, we shall be content with these things." (1 Timothy 6:7, 8) People who are content with less may be able to avoid becoming overly anxious when the economy takes a downturn. So learn to live contentedly within your means.—See the box at the right.

None of us know what tomorrow holds. "Time and unforeseen occurrence befall [us] all," says Ecclesiastes 9:11. The wise, therefore,

fore, "rest their hope, not on uncertain riches, but on God," who has promised his loyal ones: "I will by no means leave you nor by any means forsake you."—1 Timothy 6:17; Hebrews 13:5.

WAYS TO SAVE



Shopping:

Make a list.
Avoid impulse buying.
Look for the best prices.
Make use of coupons and rebates. Purchase needed items on sale and off season. When possible, buy in bulk.

Home finances: Pay bills on time to avoid extra charges. Prepare meals and beverages at home, and be moderate in food and alcohol consumption. Turn off lights and appliances when they are not in use. If possible, use energy-efficient devices. Insulate your home. Consider downsizing.

Transportation: If you need a personal vehicle, buy a reliable, fuel-efficient one. It need not be new. Combine errands, and carpool when possible. Otherwise, use public transportation, walk, or ride a bike. Vacation off season and perhaps closer to home.

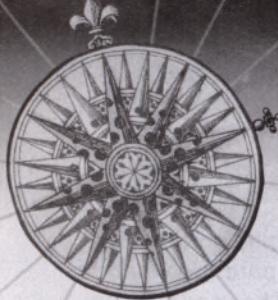
Phones and entertainment: Do you need a home phone as well as a cell phone? If your children have cell phones, can they use them more sparingly or even manage without them? If you subscribe to a TV service, can you cut costs by reducing the number of channels?* Borrow books and movies from the library instead of buying them.

HAVE YOU WONDERED?

- How does the Bible describe our times?
—2 Timothy 3:1-5.
- Where can trustworthy guidance be found today?—Psalm 19:7.
- How can I provide a secure future for my family?—Ecclesiastes 7:12.

* For additional suggestions, see the articles "Manage Your Money Wisely," in the March 2009 issue of Awake! and "Young People Ask . . . How Can I Control My Spending?" in the June 2006 issue of Awake!

The Quest to Solve the “Longitude Problem”



On October 22, 1707, a squadron of British naval ships sailed toward the English Channel. But they miscalculated their position. The result? Four ships were wrecked on the Isles of Scilly, an island group in the Atlantic Ocean southwest of Land's End, England. Nearly 2,000 men perished.

SAILORS in those days could easily measure their latitude—their distance north or south of the equator. But they had no accurate way of measuring their longitude—how far east or west they had traveled. By the early 18th century, hundreds of ships were plying the Atlantic each year, and shipwrecks were common. But it was the disaster of 1707 that focused English minds on the longitude problem, as it was called.

In 1714 the British Parliament offered a prize of 20,000 pounds to anyone who could accurately determine longitude at sea. Today that prize would be equivalent to several million U.S. dollars.

Tantalizingly Difficult

Ascertaining longitude was extremely difficult because it required precise timekeeping. To illustrate: Imagine that you live in London. At noon you receive a phone call from a person who lives at the same latitude as you, but her clock reads 6:00 a.m. on the same day. This puts her six hours behind you. You know your geography, so you rightly deduce that

she lives in North America, where the sun is just coming up. Now imagine that you know her precise local time to the very second, not according to a broad time zone, but according to her actual position in relation to the sun. You could calculate her longitude very accurately.

Centuries ago, a navigator anywhere on earth could determine noon locally by simply looking at the sun. If he also knew the time back home accurately enough, he could plot his longitude to within some 30 miles. That, in fact, was the accuracy required at the end of a six-week-long voyage to win the aforementioned prize.

The challenge, however, was to know the precise time back home. The navigator could carry along a pendulum clock, but that would not work on a ship tossed by high seas, and clocks with springs and wheels were still crude and inaccurate. Clocks were also influenced by changing temperatures. But what about the big clock around us—the celestial bodies, including the moon?

An "Astronomical" Task

Astronomers proposed a theory of measurement called the lunar distance method. The concept involved preparing tables that would help navigators determine their longitude according to the location of the moon in relation to certain stars.

For more than a century, astronomers, mathematicians, and navigators wrestled with the problem, but the complexities hampered progress. In view of the formidable obstacles, the expression "discovering the longitude" came to refer to any problem that seemed insurmountable.

A Carpenter Accepts the Challenge

A village carpenter named John Harrison, from the Lincolnshire village of Barrow Upon Humber, decided to tackle the longitude problem. In 1713, before he was 20 years old, Harrison built a pendulum clock almost entirely of wood. Later, he invented mechanisms to reduce friction and compensate for temperature changes. At that time the world's finest watches erred by a minute a day, but Harrison's clocks were accurate to one second a month.*

* Harrison, aided by his brother, measured the accuracy of his timepiece over many nights by marking the precise moment when certain stars disappeared from his view behind a neighbor's chimney.

Harrison then turned his attention to the challenges of keeping accurate time at sea. After pondering the matter for four years, he set off for London to submit his proposal to the Board of Longitude, which was empowered to award the prize. There Harrison was introduced to leading watchmaker George Graham, who gave him a generous, interest-free loan to build a timepiece. In 1735, Harrison presented the world's first accurate marine chronometer before a delighted Royal Society, a body of the most distinguished scientists in Britain. The clock weighed 75 pounds and gleamed with brass.

Harrison and his clock were sent on a sea trial to Lisbon—not the West Indies, as required to win the prize—and the device performed admirably. He could have demanded an immediate cross-Atlantic trial to demonstrate that his clock was worthy of the prize. In fact, at the first meeting of the Board of Longitude, the only one who criticized the clock was Harrison himself! A perfectionist, he felt that he could improve the design. So he merely asked for a little money and more time to build an even better timepiece.

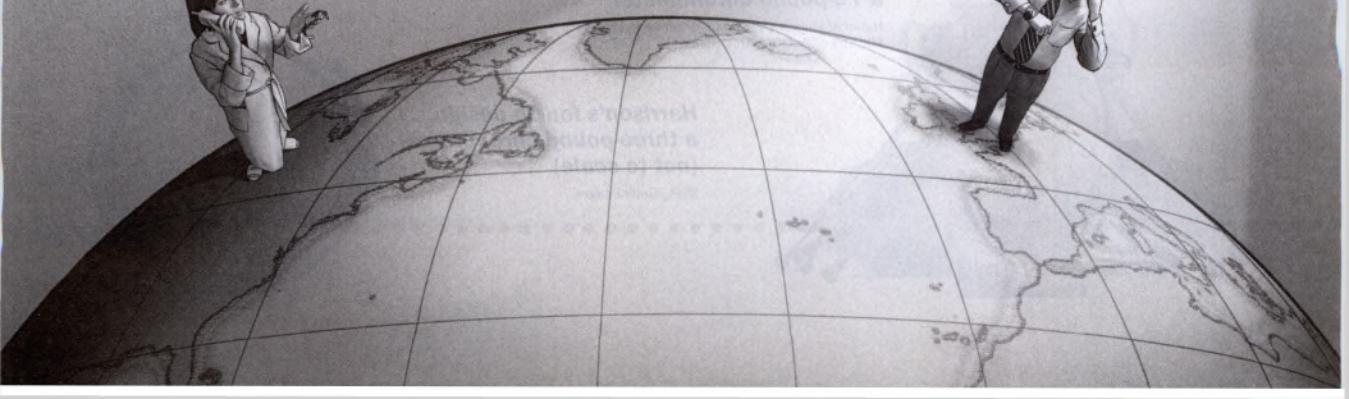
Six years later Harrison's second chronometer, which weighed 86 pounds and included several improvements, won the full support of the Royal Society. But Harrison, now 48 years old, was still not satisfied. He returned to his

6:00 A.M.
NORTH
AMERICA



Determining your longitude
using time

12 NOON
BRITAIN

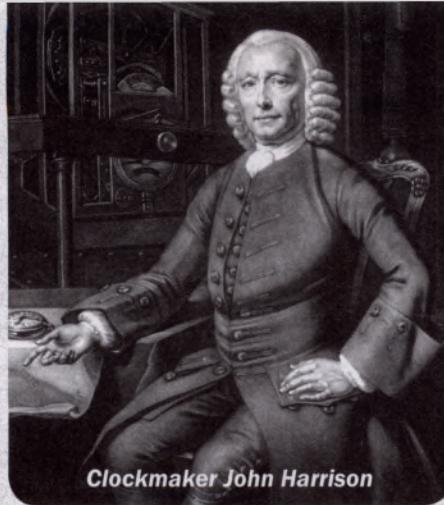


workshop and spent the next 19 years toiling on a third, quite different, design.

While working on his hefty third model, Harrison discovered something quite by accident. A fellow clockmaker built a pocket watch based on a design by Harrison. It had always been assumed that large clocks would be more accurate than pocket watches. But Harrison was amazed at the accuracy of the new device. So when a cross-Atlantic test was finally arranged in 1761, he placed his full confidence, not in his third design, but in his fourth, a three-pound chronometer based on the pocket-watch design. Harrison allegedly stated: "I heartily thank Almighty God that I have lived so long, as in some measure to complete it."

Biased Judgment

By this time, however, astronomers were close to succeeding with their method to determine longitude. In addition, the person who now dominated the panel of judges authorized to issue the prize money was an astronomer, Nevil Maskelyne. Harrison's timepiece was put to the test by means of an 81-day Atlantic crossing. How did the device

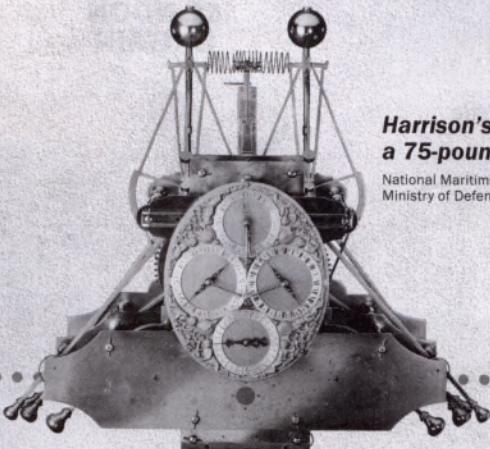


SSPL/Getty Images

perform? It lost a mere five seconds! Nevertheless, the judges delayed awarding Harrison the prize, claiming that certain rules had been broken and that the accuracy of the timepiece was just good luck. As a result, he received only part of the prize. Meanwhile, in 1766, Maskelyne published tables of the moon's predicted positions that enabled navigators to calculate their longitude in only half an hour. Harrison feared that Maskelyne himself might take the prize.

Then, in 1772, British explorer Captain James Cook entered the scene. On his second historic voyage, Cook used a duplicate of Harrison's timepiece, later reporting that it exceeded all expectations. Meanwhile, Harrison, now 79, became so frustrated with the Board of Longitude that he appealed to the king of England. As a result, Harrison received the balance of the prize money in 1773, although he was never officially declared the winner. John Harrison died three years later, on his 83rd birthday.

Within a few years, accurate marine chronometers could be purchased for 65 pounds. Yes, the impossible had become reality, thanks largely to the brilliance and dedication of a village carpenter.



**Harrison's first design,
a 75-pound chronometer**

National Maritime Museum, Greenwich, London,
Ministry of Defence Art Collection

**Harrison's fourth design,
a three-pound chronometer
(not to scale)**

SSPL/Getty Images



Be Happy With Your Skin Color



● Some people in Africa, Southern Asia, the Caribbean, and the Middle East associate a lighter complexion with prosperity and high fashion. As a result, a considerable number of men and women in these places use products to lighten their skin tone—but sometimes at a high cost to their health.

Some skin-lightening creams contain hydroquinone, a bleaching agent that suppresses the production of melanin, thus reducing the skin's natural protection against damaging ultraviolet (UV) radiation. Hydroquinone penetrates the skin and may cause irreversible damage to connective tissue. A result is premature aging. The chemical may also be cancer-causing. Other creams contain mercury, which is another toxin.

Furthermore, continuous use of such products can cause disfiguring rashes, unsightly blotches, and skin so weakened that it cannot be stitched if cut. And if the chemicals in some of these cosmetics are absorbed into the bloodstream, they can damage the liver, the kidneys, or the brain—even causing organ failure.

Ironically, while some dark-skinned people want to lighten their complexion, many fair-skinned people go to great lengths to get a deep tan. To be sure, moderate exposure to the sun can be healthful. It can, for example, enable the production of vitamin D. But extended exposure, especially when the sun is high in the sky, can be harmful. A tan, in fact, indicates that the skin has already suffered damage and is trying to protect itself from further exposure to harmful UV rays. But that protection is limited. A dark tan on fair skin, for instance, provides a sun-protection factor of no more than four. While regular use of sunscreens may help, it does not provide complete protection against skin damage and certain cancers, including melanoma.

Hence, the World Health Organization recommends “strengthening the message that everyone should be happy with their natural skin colour,” which “is an important step in promoting ‘sunsmart’ attitudes.” However, those who are truly wise focus on what the Bible calls “the secret person of the heart,” which, unlike aging skin, can improve with time!—1 Peter 3:3, 4; Proverbs 16:31.



José at the age of 18, one year before his accident

AT FIRST, I was angry with God and asked him why he let me live. I even considered suicide. I sought refuge in several religions, but none gave me genuine comfort or satisfied my spiritual need. In fact, they did not even encourage people to live by Bible teachings and standards! When my mother died in 1981, I turned to alcohol and gambling. I thought that because of my condition, God would take pity on me and forgive me for getting drunk. I also took up an immoral lifestyle by living with a woman to whom I was not married.

A Major Change in My Thinking

At the age of 37, I had my first contact with Jehovah's Witnesses. My mother, influenced by hearsay, had always said that they were the worst religion of all. Nevertheless, I received them into my home—with the sole intention of proving them wrong, for I thought I knew a

Happy Despite Severe Disabilities

AS TOLD BY JOSÉ GODOFREDO VÁRGUEZ

I was healthy at birth and had a normal childhood. At the age of 17, I began to work as an industrial welder. Two years later I was welding on a platform near high-tension wires when it began to rain. Suddenly I got a tremendous electrical jolt that sent me 46 feet to the ground below, knocking me unconscious. I went into a coma and awoke three months later. The only thing I could move was my head. I was a quadriplegic, and I was devastated!

lot about the Bible. To my surprise, however, I discovered that I knew relatively little! What is more, my visitors amazed me by using the Bible to answer all my questions. I soon became convinced that I had found the truth.

Sadly, the woman with whom I was living rejected my newfound beliefs, and we parted. I continued to clean up my life and to change my attitudes and thinking to conform to Bible teachings. With God's help I have also been able to adjust mentally and emotionally to the ravages of my accident—so much so

1. In the courtyard of the high priest's home. **2.** Peter decided to deny knowing Jesus. **3.** Peter went made an alliance with wicked King Ahab.
4. Jehovah's先知 installed God-fearing judges in the cities and also levites and priests in Jerusalem. **5.** He

ANSWERS TO PAGE 31

that for the past 20 years, I have found great satisfaction in serving as a full-time evangelizer. In view of my disability, many people wonder how I manage. Well, I am not alone. I live with my younger brother, Ubaldo, who has Down syndrome. Ubaldo too has accepted Bible truth, and he serves Jehovah with me.

We make a good team and look out for each other. When we share in the ministry, Ubaldo pushes my wheelchair and knocks on doors for me, and when I converse with householders, he helps me with the Bible and shows the appropriate literature. He also helps me with my other physical needs. I, in turn, support the two of us financially by selling cosmetics. Additionally, members of our local congregation of Jehovah's Witnesses help out with the cooking, household chores, and visits to the doctor—all of which Ubaldo and I greatly appreciate!

Within the Christian congregation, I have the privilege of serving as an elder, and my spiritual brothers are always willing to help me research Bible topics. I am able to under-

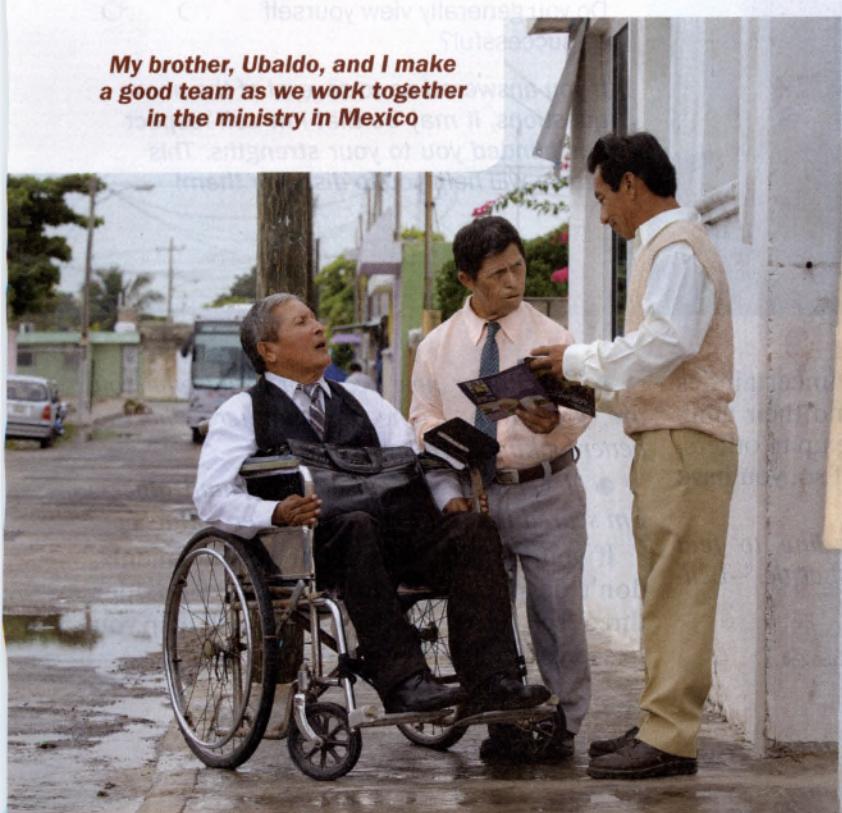


A fellow Witness turns the pages in my Bible as I deliver a talk at the Kingdom Hall

derline important points in our study aids by holding a pencil in my mouth.

When people ask me if I am happy, I always answer with a wholehearted yes! How could I be otherwise? I have found true meaning in life, and I look forward to the marvelous hope that God holds out to his faithful worshippers—perfect health in the coming Paradise on earth.—Isaiah 35:5, 6; Luke 23:43.

My brother, Ubaldo, and I make a good team as we work together in the ministry in Mexico



Members of the local congregation help with cooking and household chores

YOUNG PEOPLE ASK

How can I boost my self-respect?



MOST youths struggle with uncertainties about their appearance and their abilities, as well as how they measure up to others. Do you fall into that category? If so, you have plenty of company!

● “*My imperfections cause me to feel down. Usually, I am my own worst critic.*”—Leticia.*

* Some names in this article have been changed.

YES NO

- | | | |
|---|----------------------------------|----------------------------------|
| When you look in the mirror,
do you like what you see? | <input checked="" type="radio"/> | <input type="radio"/> |
| Do you feel that you have
praiseworthy skills? | <input type="radio"/> | <input checked="" type="radio"/> |
| Are you able to stand up to peer
pressure? | <input type="radio"/> | <input checked="" type="radio"/> |
| Can you handle valid criticism? | <input type="radio"/> | <input checked="" type="radio"/> |
| Can you handle unfair remarks
others make about you? | <input type="radio"/> | <input checked="" type="radio"/> |
| Do you feel loved? | <input type="radio"/> | <input checked="" type="radio"/> |
| Do you take care of your health? | <input type="radio"/> | <input checked="" type="radio"/> |
| Are you happy for others when
they succeed? | <input type="radio"/> | <input checked="" type="radio"/> |
| Do you generally view yourself
as successful? | <input type="radio"/> | <input checked="" type="radio"/> |

If you answered no to several of the above questions, it may be that low self-respect has blinded you to your strengths. This article will help you to discover them!

● “*No matter how pretty or handsome you are, you always come across others who are better-looking.*”—Haley.

● “*I get very self-conscious around others. I’m scared that I’ll look like a loser.*”—Rachel.

If you identify with the above statements, don’t despair. You *can* get help. Consider three “self-respect boosters” that will help you to see yourself in a more positive light.

1. Make Friends

Key scripture. "A true companion is loving all the time, and is a brother that is born for when there is distress."—Proverbs 17:17.

What it means. A good friend can be a tremendous support during times of adversity. (1 Samuel 18:1; 19:2) Even the thought that someone cares can lift your spirits. (1 Corinthians 16:17, 18) So draw close to those who have a positive influence on you.

"Real friends won't let you stay down."—Donnell.

"Sometimes the most important thing is knowing that someone sincerely cares. That can make you feel valuable."—Heather.

Caution: Make sure your friends bring out the *real* you—not a persona that you create just to fit in. (Proverbs 13:20; 18:24; 1 Corinthians 15:33) Engaging in unwise acts just to impress others will leave you feeling degraded and used.—Romans 6:21.

Your turn. Below, fill in the name of a friend who might boost *your* self-respect.

Why not make arrangements to spend some time with the person you named? Note: The person doesn't have to be in your age group.

2. Give of Yourself

Key scripture. "There is more happiness in giving than there is in receiving."—Acts 20:35.

What it means. When you help others, you help yourself. How? "Generosity will be rewarded," states a Bible proverb. "Give a cup of water, and you will receive a cup of water

"A person can be very good looking and still feel ugly. Or a person can be less attractive and think he or she is the best-looking person around. It's all about attitude."
—Alyssa

WHAT YOUR PEERS SAY



Aubrey

“Even the strongest building needs support and, at times, repairs. Often my support came from the loving words of a friend or even a simple smile or a hug.”



Lauren

“Instead of feeling bad over the good qualities that others have, we can benefit from their good qualities—just as they can from ours.”

in return." (Proverbs 11:25, *Contemporary English Version*) There's no denying it—your sense of well-being soars when you help others!*

"I think of what I can do for others and try to fill a need for someone in my congregation. Giving love and attention to others makes me feel better."—Breanna.

"The Christian ministry is rewarding because it forces you to stop thinking about yourself and start thinking about others."—Javon.

Caution: Don't help others solely for the purpose of getting something in return. (Matthew 6:2-4) Giving with the wrong motive

* If you are one of Jehovah's Witnesses, consider the great joy you can gain by sharing the Kingdom message with others. —Isaiah 52:7.



The value of money does not lessen because it is torn. In the same way, your value in God's eyes does not lessen because of imperfection

falls flat. It is usually seen for just what it is—a false front!—1 Thessalonians 2:5, 6.

Your turn. Think of someone you have helped in the past. Who was that person, and what did you do for him or her?

How did you feel afterward?

Think of someone else you could help, and write down how you can assist that one.

3. Bounce Back From Your Mistakes

Key scripture. “All have sinned and fall short of the glory of God.”—Romans 3:23.

What it means. There’s no getting around it—you’re imperfect. That means there will be times when you will say or even do the wrong thing. (Romans 7:21-23; James 3:2) While you can’t avoid making mistakes, you can control how you react to them. The Bible says: “Even if good people fall seven times, they will get back up.”—Proverbs 24:16, CEV.

“Sometimes low self-esteem results when we compare our weakness to another person’s strength.”—Kevin.

“Everyone has good and bad qualities. We

should be proud of the good and work on the bad.”—Lauren.

Caution: Don’t use your imperfection as an excuse to practice sin. (Galatians 5:13) Deliberately engaging in wrongdoing will cut you off from the most important approval you could have—that of Jehovah God!—Romans 1:24, 28.

Your turn. Below, write a quality that you would like to improve in.

Write today’s date next to the quality you noted. Do research on how to improve, and check your progress in one month.

Your True Value

The Bible says that “God is greater than our hearts.” (1 John 3:20) This means that he can see value in you that you may not see in yourself. But do your imperfections change that? Well, imagine that you had a \$100 bill with a small tear in it. Would you throw it away or view it as worthless because of that tear? No way! It’s still worth \$100—with or without a tear.

It’s similar with God’s view of your worth. He notices and values your efforts to please him, no matter how insignificant they may seem to you! Indeed, the Bible assures us that “God is not unrighteous so as to forget your work and the love you showed for his name.”—Hebrews 6:10.

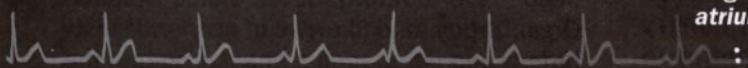
More articles from the “Young People Ask” series can be found at the Web site www.watchtower.org/ype

TO THINK ABOUT

What will you do if you start feeling low because

- Your peers put you down?
- You feel that you do not measure up to others?
- You seem to notice only your weaknesses?

What's in a Heartbeat?



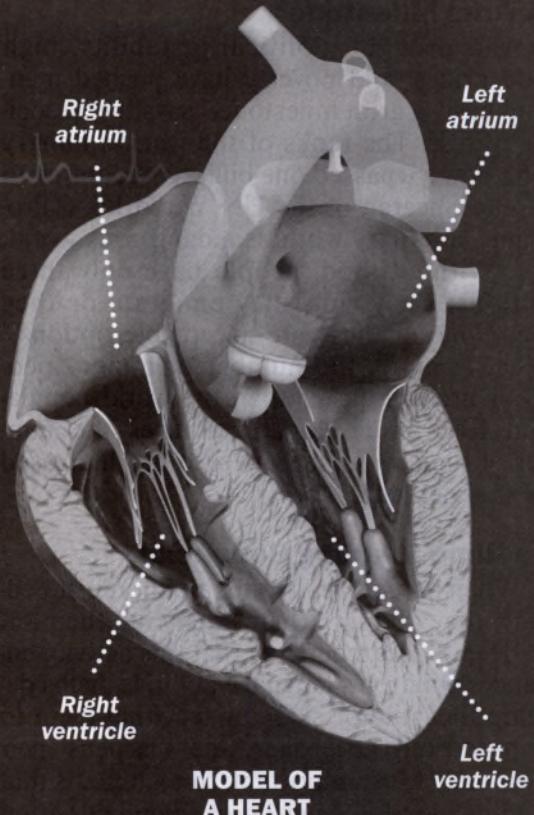
● Your heart is at the hub of your circulatory system and is an exceptionally hard worker. If you are an adult, your heart likely beats over 100,000 times a day. Even when you are at rest, your heart muscles work hard—twice as hard, in fact, as your leg muscles do when you sprint. And when necessary, your heart can double its pace within five seconds. In adults, cardiac output varies from 5 liters [10 pints] a minute—5 liters being the approximate amount of blood in the body—to as much as 20 liters a minute during exercise.

Your heartbeat is controlled by what has rightly been called a stunningly designed nervous system. This system ensures that the heart's upper chambers (atria) contract before its lower chambers (ventricles) by delaying the contraction of the latter by a fraction of a second. Interestingly, the *lub-dup* sound that doctors hear through their stethoscope emanates from closing heart valves, not from pulsating heart muscles.

A Billion Beats

As a general rule, an animal's heart rate varies inversely with its body size—that is, the bigger the animal, the slower the heart rate. For instance, an elephant's heart beats, on average, 25 times a minute, while that of a canary virtually buzzes at about 1,000 beats a minute! In humans the rate slows from about 130 beats a minute at birth to 70 or so in adulthood.

Most mammals appear to have a life expectancy of roughly a billion heartbeats. Therefore, a mouse, with 550 heartbeats a minute, may live close to 3 years; whereas a blue whale, with roughly 20 beats a minute,



may live more than 50 years. Humans are an exception. Judged by our heart rate, our life span ought to be about 20 years. A healthy human heart, however, may beat three billion times or more and thus live in excess of 70 or 80 years!*

Even so, none of us would like to limit our life span to a set number of heartbeats, because deep down, humans yearn to live forever. In fact, this desire is natural, for God put it in us. What is more, the time is fast approaching when sin—the cause of death—will be done away with. (Romans 5:12) As a result, “death will be no more,” says Revelation 21:3, 4.

* The figures are approximations. Both the heart rate and the life span of individual creatures may vary considerably from the average.

"A Grim Milestone"

War, drought, political instability, high food prices, and poverty have pushed mankind past "a grim milestone," says the Associated Press. The ranks of the world's hungry have now surpassed one billion. According to Josette Sheeran of the UN World Food Program, "a hungry world is a dangerous world. . . . Without food, people have only three options: They riot, they emigrate or they die. None of these are acceptable options." What is more, the number of hungry people is growing faster than the world population. Even in developed countries, the number of undernourished people has increased by 15.4 percent.

Bedtime Reading Beneficial

When parents read to their children at bedtime, they do more than simply lull them off to sleep. Researchers say that this activity enhances children's language abilities, helps develop their motor skills by teaching them to grip and turn the pages, and sharpens their memory. "Most important, though, . . . is that reading aloud is a period of shared attention and emotion between parent and child," says

An encyclical letter of Pope Benedict XVI states: "There is a strongly felt need . . . for a reform of the *United Nations Organization*, and likewise of *economic institutions and international finance*, so that the concept of the family of nations can acquire real teeth."—*L'OSSESSORATORE ROMANO*; italics theirs.

"Every third Ukrainian smokes

about a pack of cigarettes daily."—*EXPRESS, UKRAINE*.

In the United States, 44 percent of teenage boys surveyed said that they have "seen at least one nude photo of a female classmate online or via cell phone."

—*TIME, U.S.A.*

The Guardian newspaper. "This reinforces reading as a pleasurable activity." And according to Professor Barry Zuckerman, who led the study, "children ultimately learn to love books because they are sharing [them] with someone they love."

Contented Cows, More Milk

"A cow with a name produces more milk than one without," say scientists at Newcastle University, England. In fact, treating cows as individuals can increase their milk yields by almost 500 pints a year. Why? "Just as people respond better to the personal touch, cows also feel happier and more relaxed if they are given a bit more one-to-one attention," says Dr. Catherine Douglas of the university's School of Agriculture, Food and Rural Development. "What our study shows is what many good, caring farmers have long since believed," she explains. "By placing more importance on the individual, such as calling a cow by her name or interacting with the animal more as it grows up, we can not only improve the animal's welfare and her perception of humans, but also increase milk production."





Was It a Good Decision?

Read Mark 14:66-72. Now look at the picture, and write your answers on the lines below.

- 1. Where did the event in the picture take place?**

CLUE: Read Mark 14:53, 54.

- 2. When identified as a follower of Jesus, what decision did Peter make?**

- 3. What happened after a cock crowed a second time?**

FOR DISCUSSION:

Why, do you think, did Peter react the way he did? How can you avoid making the same type of mistake?



CHILDREN'S PICTURE SEARCH

Can you find these pictures in this issue? In your own words, describe what is happening in each picture.

WHAT DO YOU KNOW ABOUT KING JEHOASHAPHAT?

- 4. How did Jehoshaphat improve the judicial system in Judah?**

CLUE: Read 2 Chronicles 19:5-11.

- 5. What mistake did Jehoshaphat make?**

CLUE: Read 2 Chronicles 18:1-3; 19:1-3.

FOR DISCUSSION:

What lesson can you learn from Jehoshaphat when choosing your associates?

CLUE: Read 1 Corinthians 15:33.

• Answers on page 24

FROM THIS ISSUE

Answer these questions, and provide the missing Bible verse(s).

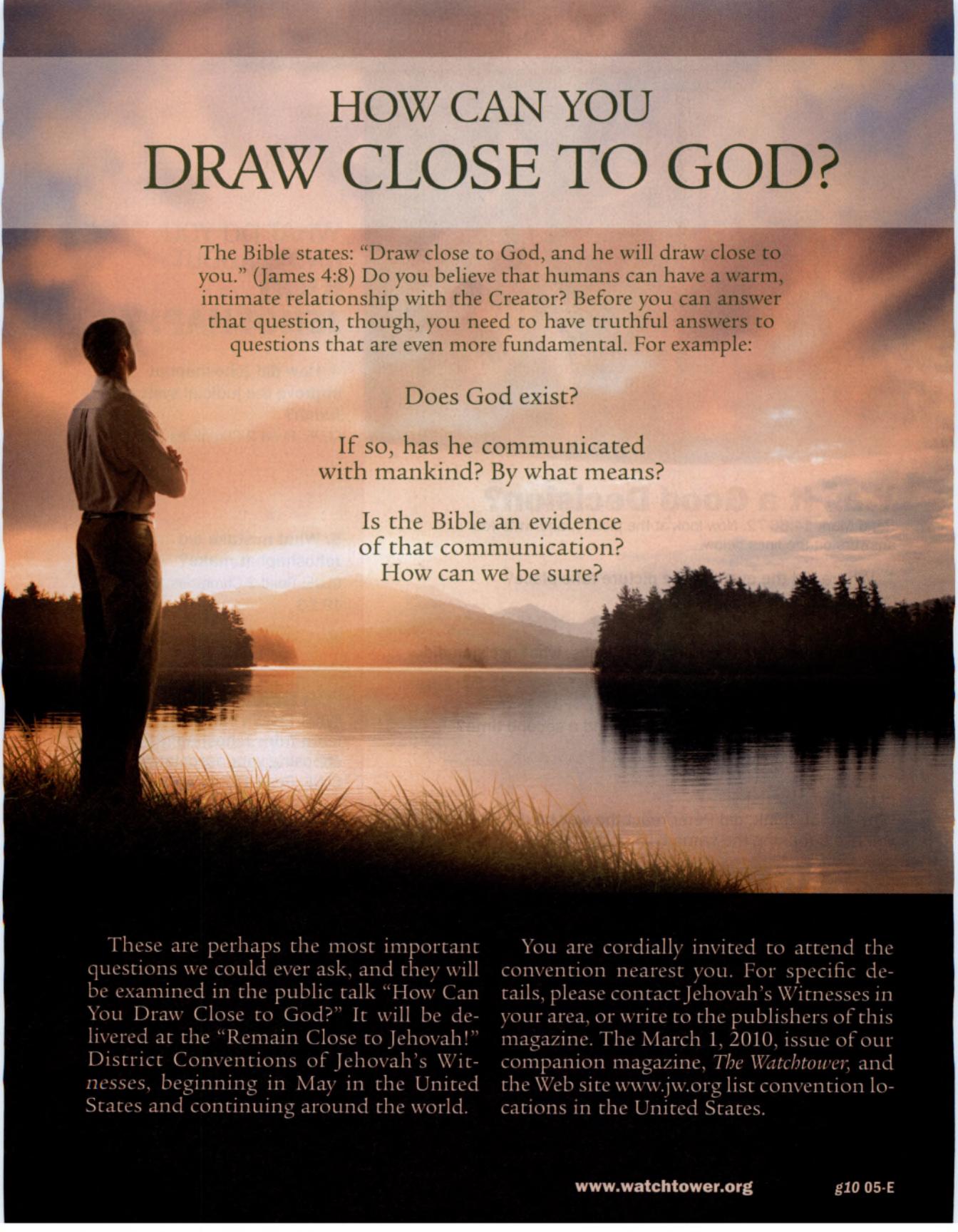
- PAGE 4** What should we cleanse ourselves of?
2 Corinthians 7:_____

- PAGE 5** What can two together do? Ecclesiastes 4:_____

- PAGE 19** The wise do not rest their hope on what?
1 Timothy 6:_____

- PAGE 27** What are you far happier doing? Acts 20:_____

HOW CAN YOU DRAW CLOSE TO GOD?

A photograph of a man from behind, standing on a grassy bank of a lake. He is wearing a light-colored shirt and dark trousers, with his hands clasped in front of him. The lake reflects the warm, golden light of a setting sun, which is visible on the horizon. In the background, there are forested hills under a sky with scattered clouds.

The Bible states: "Draw close to God, and he will draw close to you." (James 4:8) Do you believe that humans can have a warm, intimate relationship with the Creator? Before you can answer that question, though, you need to have truthful answers to questions that are even more fundamental. For example:

Does God exist?

If so, has he communicated with mankind? By what means?

Is the Bible an evidence of that communication?
How can we be sure?

These are perhaps the most important questions we could ever ask, and they will be examined in the public talk "How Can You Draw Close to God?" It will be delivered at the "Remain Close to Jehovah!" District Conventions of Jehovah's Witnesses, beginning in May in the United States and continuing around the world.

You are cordially invited to attend the convention nearest you. For specific details, please contact Jehovah's Witnesses in your area, or write to the publishers of this magazine. The March 1, 2010, issue of our companion magazine, *The Watchtower*, and the Web site www.jw.org list convention locations in the United States.