

Awake!

JUNE 8, 2003



WHAT HAS HAPPENED TO VALUES?

Awake!

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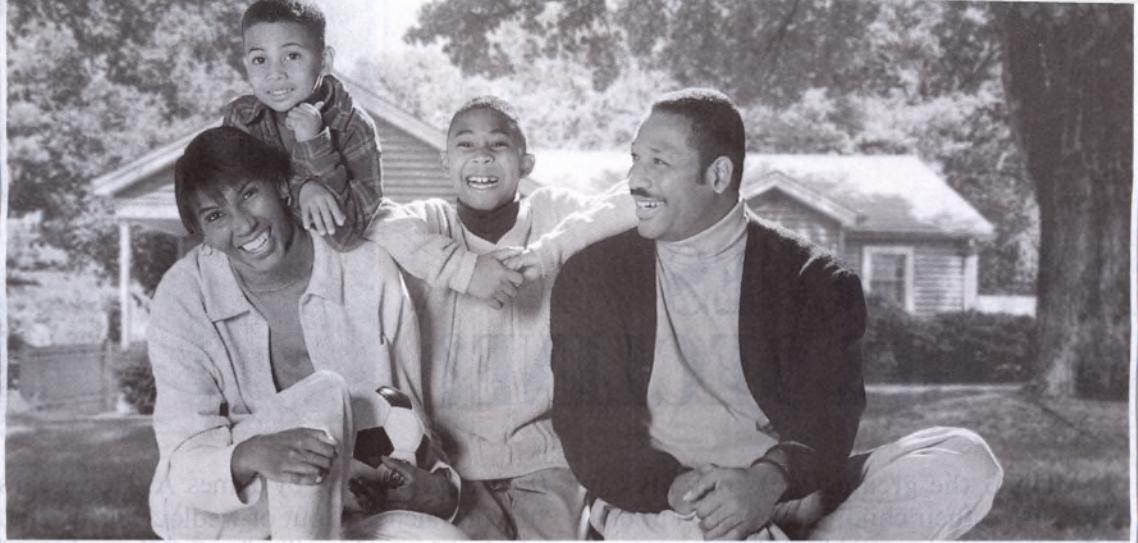
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At Nairobi National Park, the wild animals share their habitat with humans.



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This world's values are shifting rapidly and not for the better. How do these changes affect you?



WHY VALUES ARE CHANGING

“What matters most in life?”

That question was posed to 50,000 people in 60 countries. The Gallup pollsters report that the most frequent response from nearly every part of the world was “to have a happy family life” and “good health.”

AT FIRST glance, it would seem that people around the globe share a noble set of values. Yet, the picture is not quite so rosy. In times past, people's values were based upon traditional religious and moral principles. Things are changing fast, however. Researcher Marisa Ferrari Occhionero says regarding Italy: “The young manifest values that are less and less influenced by parental, traditional and religious influences.” The same can be said of people—both young and old—all over the world.

Professor Ronald Inglehart, coordinator of a research project called the World Values Survey, says: “A growing body of evidence indicates that deep-rooted changes in world views are taking place.” What is driving such changes? Inglehart claims: “These changes reflect economic and technological changes.”

The Gallup survey, for example, revealed

that in affluent lands employment was “rated quite low” among the things that mattered most in life. But in developing lands, having a job ranked as high as number one! Yes, when people are poor, day-to-day survival takes priority. As countries develop economically, people then give priority to such things as health, happy family life, and self-expression.

Because of technological advancement, these emerging values are sure to impact developing lands. The magazine *The Futurist* observes: “Our beliefs and values are shaped by what we see and hear.” The mass media have thus had an enormous impact on Western values. Says *The Futurist*: “These media are achieving global reach.”

What changes are we therefore seeing in attitudes and behavior? How are these changing values affecting you and your family?

ARE VALUES ON THE DECLINE?



AMONG the greatest gifts parents can give to their children are unconditional love and a set of values that the parents live by and do not just lecture about.

Without proper values, life is little more than a crude struggle for survival. Values give meaning to life. They establish priorities. They set moral boundaries and define rules of behavior.

Even so, many traditional values are changing rapidly. For example, Professor Ronald Inglehart says that "society is moving toward sexual norms that give wider latitude for individual sexual gratification and individual self-expression." A 1997 Gallup survey in 16 countries asked residents for their stand on the morality of out-of-wedlock births. Reports Gallup: "Acceptance of this modern lifestyle trend ranges from 90% or more in parts of Western Europe to under 15% in Singapore and India."

Some have praised this new sexual freedom. However, *The Rise of Government and the*

Decline of Morality, by James A. Dorn, cites "the prevalence of out-of-wedlock births" and "the breakup of families" as "obvious signs of moral decay."

Other Deteriorating Values

Other long-held values have also suffered a notable decline. The World Values Survey, headed by Professor Inglehart, reports a "declining respect for authority" in industrialized lands.

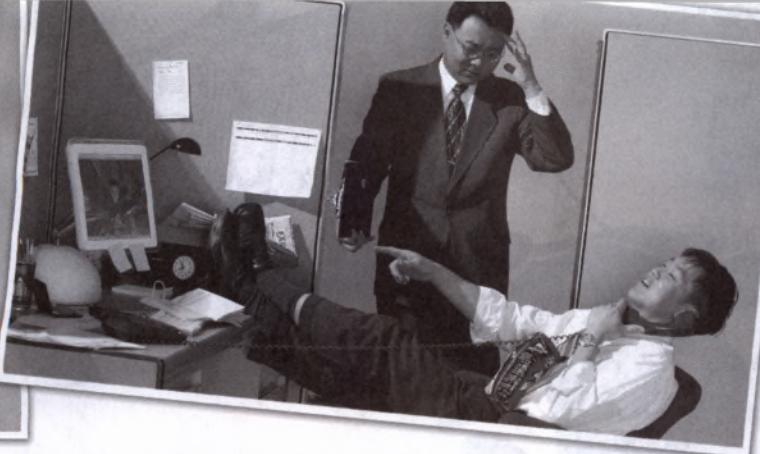
Another traditional value has been a strong work ethic. However, there is evidence that this too is suffering a decline. In the United States, the National Federation of Independent Business surveyed over half a million employers. "Thirty-one percent of those polled said that filling job openings was hard, and 21 percent said the quality of labor was generally poor." One employer says: "It's getting harder to find workers who come to work for more than one day, on time, and sober."

Awake!®

THIS JOURNAL IS PUBLISHED for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events; yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

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Family breakups, poor work ethics, and unruly behavior characterize today's declining values

Economic forces may drive this downward trend. As profits dwindle, employers lay off workers or cut certain benefits. Says the journal *Ethics & Behavior*: "Workers experiencing this lack of loyalty and commitment begin to exhibit corresponding negative behavior toward their employers. The commitment to work hard is absent because tomorrow the worker might not be employed."

Still another area in which values have declined noticeably is manners and civility. A survey in Australia concluded: "Over 87.7% of employees reported [that] bad manners in the office are affecting staff morale." In a U.S. survey of business professionals, "eighty percent of respondents reported an increase in rudeness in business." According to the CNN news agency, "poor customer service has become so rampant that nearly half of those surveyed said they have walked out of a store in the past year because of it. Half said they often see people talking on cellular tele-

phones in a loud or annoying manner. And six drivers in 10 said they regularly see other people driving aggressively or recklessly."

How Valuable Is Human Life?

In some cases, people say that they have embraced certain "values," but their words do not necessarily translate into action. For example, the Institute for Global Ethics polled representatives from 40 countries. Forty percent chose "reverence for life" as being among the top five "most important" values.*

However, what happens in actual practice? Industrialized nations certainly have the resources to eliminate much human suffering. But a book written by Carol Bellamy, executive director of the United Nations Children's Fund, noted in 1998 that malnutrition

* Over 50 years ago, the United Nations adopted the Universal Declaration of Human Rights. Article 1 of that Declaration states: "All human beings are born free and equal in dignity and rights."

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**Millions of babies,
just a few weeks younger
than this premature infant,
are aborted every year**

"plays a role in more than half of the nearly 12 million deaths each year of children under five in developing countries, a proportion unmatched since the Black Death ravaged Europe in the 14th century." Such reports are alarming to anyone who cherishes human life. "Yet," observes Bellamy, "the worldwide crisis of malnutrition has stirred little public alarm, despite substantial and growing scientific evidence of the danger. More attention is lavished on the gyrations of world stock markets than on malnutrition's vast destructive potential—or on the equally powerful benefits of sound nutrition."

A curiously skewed view of life is evident in the medical community. As recently as the early 1970's, a baby born after just 23 weeks in the womb had almost no chance of survival. Today, perhaps up to 40 percent of such premature babies can survive. In view of this, how ironic it is that worldwide an estimated 40 to 60 million abortions occur every year! The majority of these abortions are performed on fetuses just weeks younger than the premature infants doctors struggle to keep alive! Does not the above suggest that great moral confusion prevails?

Needed—A Moral Compass

When asked, "What matters *least* in life?" the majority of those polled by the Gallup organization chose "being faithful to my religion" as one of the two least important things. Not surprisingly, then, church attendance continues to decline. Professor Inglehart suggests that the prosperity of Western lands has "produced an unprecedented sense of security" and that "this has diminished the need for the reassurance that religion traditionally provided."

Declining confidence in organized religion is paralleled by a loss of confidence in the Bible. In one international survey, respondents were asked whom or what they relied upon when it came to knowing what is morally right. The vast majority cited personal experience. "God's word was a very distant second," says the survey report.

Little wonder that values are changing for the worse! A lack of a moral compass, along with an increasing emphasis on materialistic goals and selfish individualism, has promoted a culture of greed and indifference to the feelings of others. What important things have been lost as a result of these changes?

CHANGED VALUES DO YOU FEEL THE LOSS?

“WHAT is the most important problem facing the country?" When asked this question, the majority of people surveyed in the United States identified family and moral decline at or near the top of the list of their concerns. In this, they are not alone.

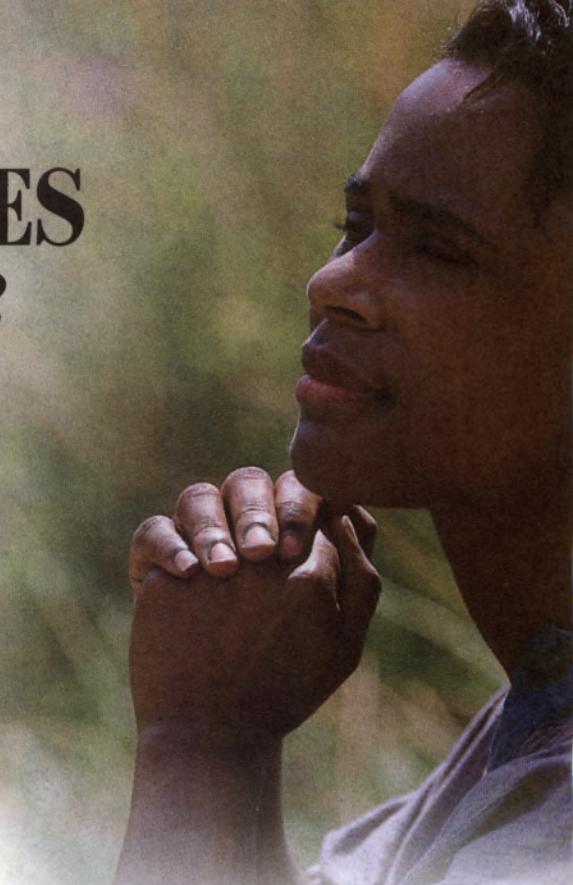
For example, the Paris daily *International Herald Tribune* noted: "There is a palpable yearning, especially among the young, for some kind of unifying vision, a set of acknowledged ideals with which to address and tame the mechanics of greed, of selfishness, of loss of community, which seem to be taking over the world. . . . This mounting debate about the need for a global ethic is an admission that something is missing."

Do you feel that governments and world leaders, including business leaders, have the values needed to lead us to a happier, safer, more secure future? Do you feel a sense of loss, at least to some extent, as a result of the changing values you see around you?

One matter of deep concern may be your personal safety. Do you live in an area where it is safe to leave your home unlocked? Do you feel comfortable walking the streets of your neighborhood at night? If you have the good fortune of living in an area that is free of outright warfare, ethnic unrest, or deadly gang warfare, you may still fear being the victim of assault, mugging, home invasion, or theft. This can

**“GREED, SELFISHNESS, AND
LOSS OF COMMUNITY SEEM TO
BE TAKING OVER THE WORLD.”**

—INTERNATIONAL HERALD TRIBUNE



understandably cause feelings of distress and a sense of loss.

In addition to this, you may have lost—at least to some extent—the sense of trust in others that you once had. Through experience, perhaps both professionally and personally, you may have encountered an increasing tendency for individuals to do you wrong if it furthers their own interests, even marginally.

Government Example Needed

Throughout history, there has been an acknowledged close link between the personal values a society embodies and the values manifested by its government. Calvin Coolidge, who later served as president of the United States, said: "Men speak of natural rights, but I challenge any one to



***When King Solomon obeyed God's laws,
he imparted high values to his subjects***

show where in nature any rights ever existed or were recognized until there was established for their declaration and protection a duly promulgated body of corresponding laws."

In the final analysis, it is the ruling government—no matter by what means it came into power—that can promote or hinder civil rights, such as free press, freedom of assembly, freedom of religion, and freedom to speak out in public, to be free from unlawful arrest or harassment, and to obtain a fair trial.

Abraham Lincoln, who later served as president of the United States, once said: "The legitimate object of government is to do for a community of people, whatever they need to have done, but can not do, at all, or can not, so well do, for themselves—in their separate, and individual capacities." When govern-

ments work to meet such lofty purposes, people are inclined to trust those in power.

However, cynicism and wariness seem to have replaced such confidence and trust today. One recent study in the United States reported that 68 percent of those surveyed judged the ethical practices of federal officials to be only fair or even poor. In many countries the public perception of government officials has been rocked by bribery scandals and corruption at the highest levels. Understandably, this has resulted in a sense of loss in growing numbers of people.

King Solomon's Good Example

One ancient example illustrates just how much impact the values of those governing can have. King Solomon ruled over the 12 tribes of Israel from 1037 to 998 B.C.E. His father, King David, had been one of Israel's

outstanding kings. The Bible depicts David as a lover of truth and righteousness and, above all, as a man with implicit trust and confidence in his God, Jehovah. David taught Solomon the same values.

Almighty God appeared to Solomon in a dream and said to him: "Ask! What shall I give you?" (2 Chronicles 1:7) Instead of asking for great wealth, personal glory, or political victories, Solomon revealed the values he held dear by requesting a wise, understanding, and obedient heart, so that he could provide good government for the nation of Israel.

How did the rule of Solomon affect the people? God blessed him with wisdom, glory, and personal wealth—as long as he remained true to the nation's spiritual values. Archaeological findings attest to the material prosperity of Solomon's reign. The book *The Archaeology of the Land of Israel* states: "The wealth that flowed into the royal court from all directions, and the flourishing commerce . . . brought about a rapid and noticeable revolution in every aspect of material culture."

Yes, Solomon's good government brought peace, security, and happiness to his subjects. "Judah and Israel continued to dwell in security, everyone under his own vine and under his own fig tree, from Dan to Beer-sheba, all the days of Solomon."—1 Kings 4:20, 25.

King Solomon's Bad Example

Unhappily, however, like the values of so many leaders today, Solomon's values eventually changed. The Bible account reads: "He came to have seven hundred wives, princesses, and three hundred concubines; and his wives gradually inclined his heart. And it came about in the time of Solomon's growing old that his wives themselves had inclined his heart to follow other gods; and his heart did not prove to be complete with Jehovah his God like the heart of David his father."—1 Kings 11:3, 4.

What effect did King Solomon's changed values have on his people? In spite of his

great ability and wisdom, Solomon became an oppressive ruler during the latter part of his reign. The high costs of his government caused an excessive drain on the nation's economy. The work force became discontented. Political rivals resisted the king and sought to usurp his power. The nation lost much of its sense of cohesion. How ironic that Solomon himself wrote: "When the righteous become many, the people rejoice; but when anyone wicked bears rule, the people sigh."—Proverbs 29:2.

Shortly after Solomon's death, political unrest and distrust led to a dividing of the nation and an ensuing period of hardship, disunity, and decline. The Israelites felt an overwhelming sense of loss. Their government had changed its values, forgetting the best interests of the people. The basic fault was that their leaders had ignored Jehovah and his laws. Thus, the entire nation suffered.

Widespread Lack of Trust Today

In government, business, and religious circles today, many have paid scant attention to maintaining high values. This, in turn, has produced a sense of loss in the minds and hearts of the population in general. More and more, governments and other leaders are unable to solve their countries' basic problems.

For example, they have been unable to bring an end to war or to curb the rising costs of health care or the bad effects of the illicit drug trade. And there has also been a breakdown in educational systems. A number of governments even sponsor organized gambling. Many business and religious leaders have likewise proved to be a shocking disappointment because of their corrupt and immoral actions. Little wonder that there is widespread lack of trust in the integrity of those to whom people look for leadership.

Is it possible for any government to protect and even take the lead in upholding basic human rights and values? Yes, it is possible. Our concluding article will explain how.

The meek will "possess the earth" and "find their exquisite delight in the abundance of peace." —PSALM 37:11

A GOVERNMENT TO UPHOLD GODLY VALUES

IMAGINE a world with only one government for people of every race and language. Imagine a government noted for protecting the loftiest of values and for eradicating war, hatred, crime, poverty, pollution, sickness, and even death!

'Wonderful, but impossible,' you might say. No, it is not impossible. In fact, it is inevitable. Jesus Christ promised such a government. He taught his followers to pray for it: "You must pray, then, this way: 'Our Father in the heavens, let your name be sanctified. Let your kingdom come. Let your will take place, as in heaven, also upon earth.'”—Matthew 6: 9, 10.

Perhaps you are familiar with the words of that prayer, for millions of people around the world know it or have heard of it. But have you ever thought carefully about what those words are really saying? Notice that the Kingdom is linked to the taking place of God's will upon the earth. What, then, is God's Kingdom? And what is God's will for our earth?

What God's Kingdom Is

One definition of a kingdom is a government headed by a king. The Kingdom of God is Jehovah God's means of expressing his universal sovereignty. It is a royal government headed by his Son, Jesus Christ. As for God's will regarding the earth, this is expressed simply and clearly at Psalm 37:10, 11: "Just a little while longer, and the wicked one will be no more; and you will certainly give attention to his place, and he will not be. But the meek ones themselves will possess the earth, and they will indeed find their exquisite delight in the abundance of peace."

So if you feel a sense of hopelessness because of this world's deteriorating values, take heart. The Bible promises that soon the world's conditions and values will undergo drastic change. The promise that God's Kingdom will shortly rule over the earth to enforce God's values is a sure basis for hope.

Learning to trust in God's Kingdom promises can heighten our sense of security. Consider the values associated with the rule of that Kingdom: "Come, you people, behold the activities of Jehovah, how he has set astonishing events on the earth. He is making wars to cease to the extremity of the earth." (Psalm

46:8, 9) What a wonderful promise for peace and security!

In a prophecy concerning the King of God's Kingdom, Jesus Christ, Psalm 72:12-14 says: "He will deliver the poor one crying for help, also the afflicted one and whoever has no helper. He will feel sorry for the lowly one and the poor one, and the souls of the poor ones he will save. From oppression and from violence he will redeem their soul, and their blood will be precious in his eyes."

Bible Values

Consider some of the values the Bible promotes: "Happy are those conscious of their spiritual need." (Matthew 5:3) Another: "Trust in Jehovah with all your heart and do not lean upon your own understanding. In all your ways take notice of him, and he himself will make your paths straight."—Proverbs 3: 5, 6.

The Bible also teaches that we are all accountable for the values we choose to live by. Consider Ecclesiastes 11:9: "Rejoice, young man, in your youth, and let your heart do you good in the days of your young manhood, and walk in the ways of your heart and in the things seen by your eyes. But know that on account of all these the true God will bring you into judgment." Accountability for our actions is directly stated at Proverbs 2:21, 22: "The upright are the ones that will reside in the earth, and the blameless are the ones that will be left over in it. As regards the wicked, they will be cut off from the very earth; and as for the treacherous, they will be torn away from it."

With this positive hope of a righteous government, how beneficial it is to develop a close friendship with God! Associating with others who also wish to be subjects of God's Kingdom will help us put ourselves in line to experience the rulership of his glorious Kingdom and the fruitage of the marvelous values it will promote.

Life's Precious Liquid **Water**



TOA Samaritan woman drawing water from a well, Jesus spoke of a fountain of water bubbling up to impart everlasting life. (John 4:14) While the water he referred to is symbolic, in a literal sense water is essential to life, being second only to oxygen in this regard. One can survive for several weeks without food but only about five days without water!

Up to three quarters of our body weight is water. For example, the brain is 75 to 85 percent water, and the muscles are 70 percent. Among other things, water helps us to digest and absorb food, carrying nutrients to the cells. It removes toxins and other waste, lubricates joints and the colon, and regulates body

temperature. But did you know that drinking enough water is also a factor in weight loss?

Drink Water to Lose Weight

First of all, water has no calories, is fat-free and cholesterol-free, and is low in sodium. Second, it is an appetite suppressant. Third, water helps the body to metabolize stored fat. How? Well, when the kidneys do not have enough water, they cannot function properly. The liver steps in as a backup, but doing so hinders its ability to metabolize fat effectively. The fat thus remains stored in the body, and you gain weight. Hence, as Dr. Donald Robertson of the Southwest Bariatric Nutrition Center in Scottsdale, Arizona, U.S.A.,

Tips for Increasing Water Intake

- Carry a water bottle.
- Drink a glass with every meal.
- Drink before, during, and after exercise.
- Take water breaks instead of coffee breaks.
- To improve the taste of tap water, add lemon juice or use a filter.

says, "proper water intake is a key to weight loss. If people who are trying to lose weight don't drink enough water, the body can't metabolize the fat adequately."

True, water retention is often responsible for weight gain. Hence, many who are prone to water retention think that the solution is to reduce their water intake. The contrary is true, however. When the body experiences a water deficit, it attempts to hold on to every available drop by storing it in such places as the feet, the hands, and the legs. So nutritionists recommend that we give our body what it needs—enough water. And remember, the more salt you eat, the more water you will retain to dilute it.

Hydrate Your Body

Each day, on average, some two quarts of water is eliminated through the skin, lungs, intestines, and kidneys. We lose approximately one pint of liquid every day just by exhaling. If this water is not replaced, we will become dehydrated. Some signs of dehydration are headache, fatigue, muscle soreness, dark urine, heat intolerance, and dry mouth and eyes.

So how much water should we drink? Dr. Howard Flaks, a bariatric (obesity) specialist, says: "The minimum for a healthy person is eight to ten eight-ounce glasses a day.



You need more if you exercise a lot or live in a hot climate. And overweight people should drink an extra glass for every 25 pounds they exceed their ideal weight." However, some now say that it is enough to drink water when you are thirsty, although if you are very thirsty, you may already be somewhat dehydrated.

Can other beverages be taken instead of water? While fruit and vegetable juices diluted with water are good, they are not calorie-free. Also, liquids loaded with sugar and milk increase the body's need for water, as water is needed to digest them. And alcohol and caffeine-containing beverages like coffee and tea are mildly diuretic, making it necessary to drink more water to replace what is excreted. There is just no substitute for that precious liquid, water. So how about drinking a glass right now?

In Our Next Issue

- Who Will Save the Rain Forests?
- How My Spiritual Thirst Was Satisfied
- How Can I Cope When Tragedy Strikes?

Crossword Puzzle

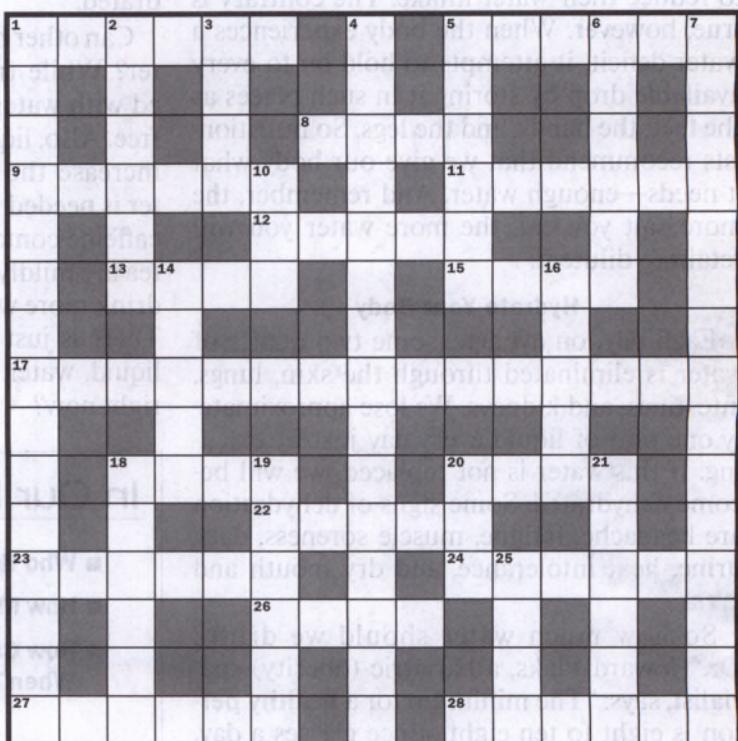
Clues Across

- When “looking for an opportunity against the Philistines,” who then ruled over Israel, Samson selected a Philistine woman from this location to be his wife (Judges 14:1-4)
- Jesus pointed out that one cannot be a slave to God and to these at the same time (Luke 16:13)
- Ruth’s husband and a link in the family line of the Messiah (Ruth 4:13)
- The spelling of the divine name that is favored by most Hebrew scholars
- The second-named son of sheikh Dishon and a descendant of Seir the Horite (Genesis 36:26)
- Through the prophet Elijah, Jehovah foretold that the dogs would do this to Jezebel [2 words] (1 Kings 21:23)
- A descendant of Benjamin and father of “the Hushim” (1 Chronicles 7:12)
- It was from his “sons” that Abraham purchased the cave of Machpelah as a burial place for Sarah (Genesis 23:20)
- This expression, originally meaning to gather the ends of a robe for physical activity, is also used in the Scriptures to denote preparation for vigorous mental or spiritual activity [4 words] (Job 38:3)
- This son of Adam and Eve was born when Adam was 130 years old (Genesis 5:3)
- Freedom from labor or difficulty (Luke 12:19)
- Because of this man’s sin, Israel suffered defeat at Ai (Joshua 7:20)
- A son of Ashhur by his wife Helah (1 Chronicles 4:7)
- The early form of the crown (2 Kings 11:12)
- The 16th letter of the Hebrew alphabet (Psalm 119:121, superscription)
- One of the Nethinim whose descendants returned to Jerusalem in 537 B.C.E. (Ezra 2:46)
- The mother of Mehetabel, the wife of Edomite King Hadar (Genesis 36:39)

Clues Down

- Too poor to offer a ram in sacrifice after the birth of Jesus, Mary and Joseph could offer these instead [3 words] (Luke 2:24)
- A son of Ishmael and chieftain of an Arabian clan (Genesis 25:14)
- Having sufficient power to accomplish an objective (James 4:12)
- In most of the inspired letters he wrote, Paul identified himself as this [3 words] (Ephesians 1:1)
- One of the places the Assyrians had brought to ruin, mentioned by Rabshakeh (Isaiah 37:12)
- One of the towns in their territory from which the tribe of Asher did not drive out the Canaanite inhabitants (Judges 1:31)
- Christians are instructed “to repudiate ungodliness and worldly desires and to live with” this, along with “righteousness and godly devotion” [3 words] (Titus 2:12)
- “Get out of—, my people” (Revelation 18:4)
- When Satan told Jehovah that He had put this up around Job, Satan meant that God had protected Job (Job 1:10)
- It was at this location in Asia Minor that Paul received the call: “Step over into Macedonia and help us” (Acts 16:8, 9)
- For two years, while in Ephesus, Paul gave talks in this building’s auditorium (Acts 19:9)
- The seer who rebuked King Asa of Judah for making an alliance with the king of Syria instead of relying upon Jehovah (2 Chronicles 16:7)
- Jesus said that the one who endures to this point “is the one that will be saved” (Mark 13:13)
- To cause to become beloved or admired (Song of Solomon 1:2)*
- Notion (Romans 2:3)

* The scripture cited has a form of the word needed.



Listening to the Universe DOWN UNDER



BY AWAKE! WRITER IN AUSTRALIA



A KANGAROO suddenly lifts its head, aiming its upright ears at the source of a barely audible noise. The sound is coming from an array of radio telescope antennas that are moving slowly on rails. In the stillness of the countryside, the telescope antennas and the animal both stop, as if frozen in the silence—a curious mixture of nature and science.



Scenes like this are often observed near the Australian town of Narrabri in rural New South Wales at the Australia Telescope National Facility (ATNF). The array of six dishes, five of which are movable and one stationary, is linked with a single 210-foot dish located near the town of Parkes and another 72-foot dish at nearby Coonabarabran. When these dishes work in sync, they effectively become one giant dish. Even this may be extended by linking up with the telescopes at Tidbinbilla, near Canberra, and at Hobart, Tasmania.

These awesome instruments scan the southern skies—carefully probing their secrets. Why bother to do this? A bro-

chure of the ATNF notes: "A little curiosity leads to great things."

Unraveling the Secrets of Space

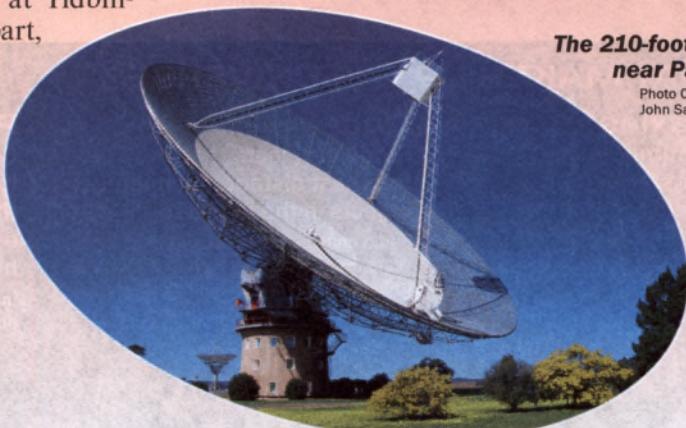
The Parkes telescope was officially opened in October 1961 by Lord De L'Isle, Australia's then governor-general. He forecast enthusiastically: "This instrument will attract the attention of scientists the world over and its importance in helping to unravel the secrets of space cannot be overestimated."

The governor-general's confidence was justified. Opening this facility was a major event in the relatively new science of radio astronomy. The book *Beyond Southern Skies* notes: "The official opening of the Parkes telescope . . . marked a special day for science in Australia. An idea first conceived ten years earlier, the telescope had taken four years to design and a further two years to construct."

Dr. David McConnell, officer in charge of the Narrabri Center, told

The 210-foot dish near Parkes

Photo Copyright:
John Sarkissian



Top: Five of the six antennas near Narrabri

S. Duff © CSIRO, Australia Telescope National Facility

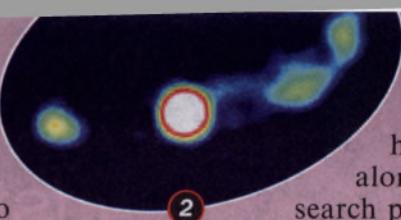
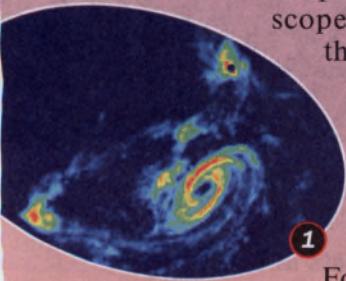
Awake! that the ATNF is the largest such facility in the Southern Hemisphere, adding: "Radio astronomers from many parts of the world come to use the ATNF for scientific research and to study the universe. The unique location of the ATNF provides excellent access to the southern skies for these purposes."

Seeing What Is Invisible

Unlike optical telescopes, radio telescopes collect information in the form of radio-frequency radiation, which is interpreted and analyzed and then converted into visible images. That is no simple task, for radio signals are extremely feeble.

For example, if the total amount of energy collected from radio signals over the past 40 years by the Parkes telescope were converted to household electricity, it would run a 100-watt light bulb for only a hundred millionth of a second! So states Rick Twardy, scientific services officer at ATNF in Parkes. Once data is collected, it is sent to a huge computer that correlates the combined signals received by the antennas. "The Narrabri facility has a correlator that can process 6,000 million pieces of data per second," explained McConnell. The results are further processed and then forwarded to ATNF headquarters in Sydney, where they are converted into radio pictures. When these pictures are combined with data obtained from optical telescopes, some of the awesome wonders of the universe are revealed.

1



2

The radio telescopes, however, may also work alone for particular research projects. For instance, very faint radio signals, such as those emitted by pulsars, are better received and processed by the larger single dishes, such as the one in Parkes. Hence, this telescope has been instrumental in the discovery of more than half of all the known pulsars in the universe. It was also used to relay pictures of the first moonwalks, and it played a prominent role in the rescue mission of Apollo 13. It was involved in many other discoveries, including the Einstein ring and the wreckage of a supernova, just to give two examples.—See the accompanying box.

Are We Alone?

Although the main work at ATNF is to engage in scientific research and to answer perplexing questions about the universe, a small group of researchers use the ATNF to investigate another question: Are there other civilizations in the universe? This question occupies the minds of researchers known as exobiologists. This term is derived from combining the Greek word *exo*, meaning "outside," and *bios*, meaning "life."

How can radio telescopes be used to answer this knotty question? Some exobiologists believe that if there were any other civilizations in the universe, they would probably be much older than ours and would thus have knowledge of radio signals and use them to contact earth. A few scientists feel quite optimistic that civilizations, more or less like ours, will be discovered.

WHAT MAKES UP THE UNIVERSE?

Galaxies

Vast numbers of star systems that are held together by gravitational attraction

1 Radio image of M81 galaxy group

Image courtesy of NRAO/AUI/NSF

Quasars

Starlike objects that may be the most distant and brightest objects in the universe

2 Radio image of a quasar six billion light-years away. Its energy source is thought to be a supermassive black hole

Copyright Australia Telescope, CSIRO

Pulsars

3 Celestial objects, generally believed to be rapidly rotating neutron stars, that emit pulses of radiation, especially radio waves, with a high degree of regularity

In this visible light image, a pulsar is the faint object at the center of the Crab Nebula

Hale Observatory/NASA

But many are not so confident. Some exobiologists even admit that the radio signals they have received, seeming to indicate life in the universe, "have proved to be from one civilisation—our own"! Dr. Ian Morrison, chief operations engineer of the British Jodrell Bank radio telescope, said: "Twenty years ago we thought there might be up to a million other civilisations in our galaxy. Now I'm coming increasingly to think that the human race is rather special."

Special though human civilization may be, we are creating many problems for astronomers and are actually hampering their efforts to collect information from the universe. Listening to the universe is becoming more and more difficult because of the electronic noise we make.

Quiet Please! I Am Trying to Listen

Stronger radio waves, generated by humans, are drowning out the natural radio waves emitted by stellar bodies to the point that "the radio environment has grown deafening," reports *Science News*. This interference comes from computers, microwave ovens, cellular telephones, television and radio broadcasts, military radar, air traffic control chatter, and satellite systems. Their signals have to be weeded out from those that come to us from the galaxies in space.

Novas

Stars that suddenly become thousands of times brighter and then gradually fade to their original intensity

Supernovas

Novas that are millions of times brighter than the sun

4 Supernova remnant: Radio image in red, X-ray in blue, visible light in green

X-ray (NASA/CXC/SAO)/optical (NASA/HST)/radio (ACTA)

Just as X-ray images can show us inside a human body, radio-wave images can help show us the inner workings of the universe ➤

Steven Stankiewicz

RADIO

MICROWAVE

INFRARED

VISIBLE

ULTRAVIOLET

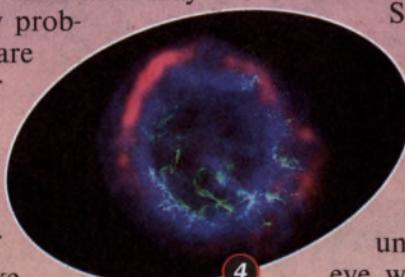
X RAY

GAMMA RAY

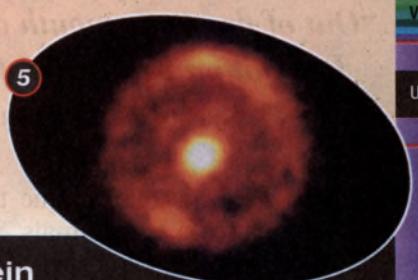
To avoid much of the interference, radio telescopes in Australia and elsewhere in the world are set up in remote locations. Yet, even this may not be far enough away. "Radio astronomers fear they may soon have no quiet spots left for their research. . . . Maybe someday they can hide their telescopes in a place that's likely to remain quiet: the far side of the moon."

So laments an article in *Science News*.

Despite all these difficulties, however, ATNF research is revealing details of a marvelous universe that our naked eye would never be able to see. This should give all of us opportunity to reflect on what a wonderful place our earth is in this awesome universe and should fill us with gratitude for the Maker of heaven and earth.



4

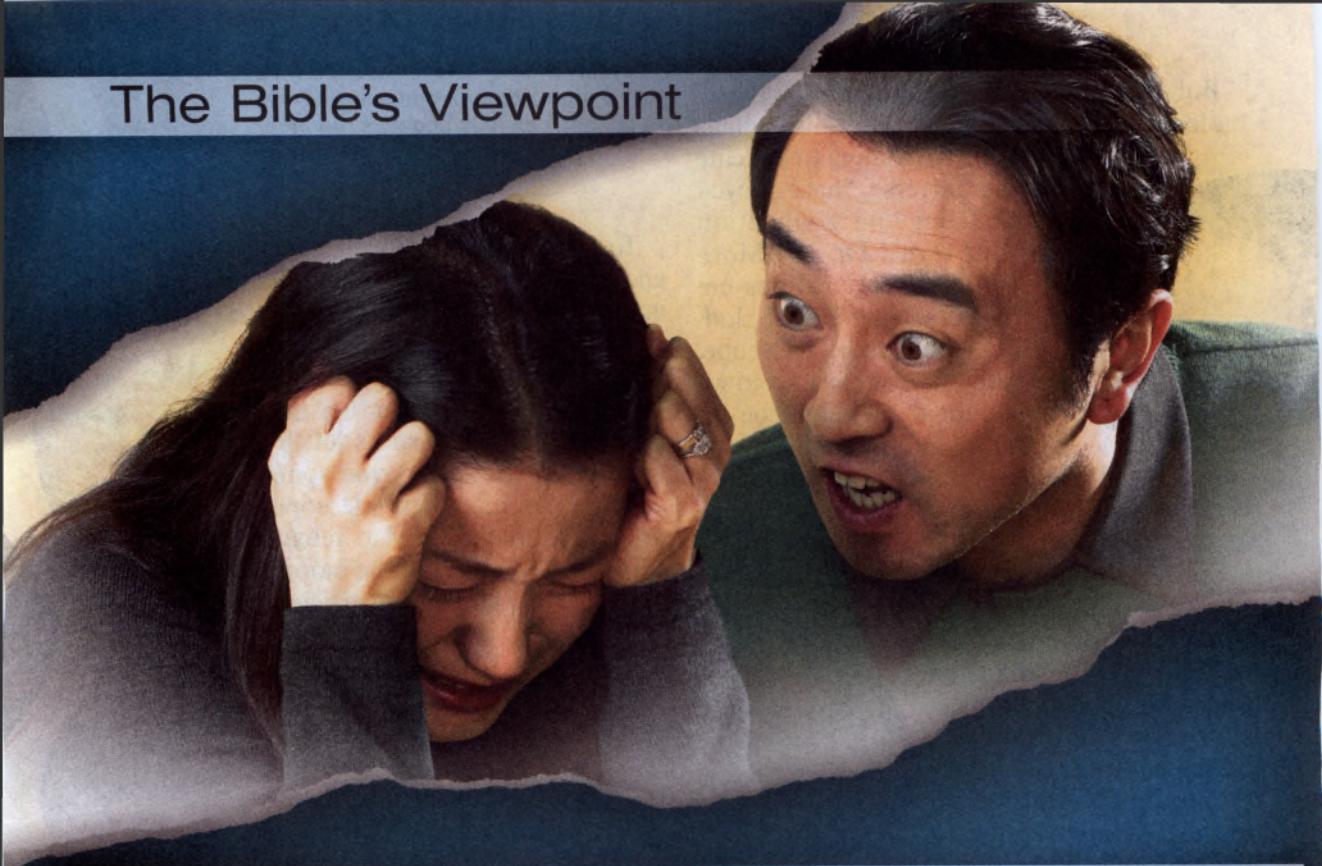


5

Einstein Rings

Can one galaxy hide behind another? Not if aligned precisely. The galaxy in the foreground acts like a huge gravitational lens and bends the light or radio waves from the background galaxy into what appear to be rings of light

HST/MERLIN/VLBI National Facility



AVOID SPEECH THAT INJURES

"Out of the same mouth come forth blessing and cursing. It is not proper, my brothers, for these things to go on occurring this way."—JAMES 3:10.

THE ability to speak is one unique trait that separates us from the animals. Sadly, some people misuse this privilege. Insults, cursing, profanity, blasphemy, vulgarities, and obscene language can hurt—sometimes more than physical injuries. “There exists the one speaking thoughtlessly as with the stabs of a sword,” says the Bible.—Proverbs 12:18.

More and more people swear and curse routinely. Schools are reporting an increase in the use of foul language by children. Some people claim, though, that hurtful speech can be beneficial when used for emotional release. A student of political science wrote: “Using foul language should be a powerful act, when normal vocabulary just doesn’t convey the richness of our feelings.” Should Chris-

tians have such a casual attitude toward hurtful speech? How does God feel about it?

Abhor Obscene Jesting

Obscene language is not a modern phenomenon. Would it surprise you to learn that people used obscene speech in the days of the apostles, nearly 2,000 years ago? For example, it appears that some in the Colossian congregation used obscenities when angered. They may have done so to attack or hurt others intentionally, perhaps in retaliation. Likewise, many people today use obscene speech in outbursts of anger. Hence, Paul's letter to the Colossians is relevant in our day. Paul wrote: "Put them all away from you, wrath, anger, badness, abusive speech, and obscene talk out of your mouth." (Colossians 3:8) Clearly, Christians are admonished to avoid outbursts of anger and the obscene language that so often go hand in hand with anger.

Granted, many use obscenities with no intention of attacking or injuring others. Likely, obscene language is most often used in a casual manner. Vile expressions thus become deeply entrenched in everyday speech. Some even find it hard to communicate without the use of expletives. Oftentimes, obscene language is even used to elicit laughter. But should such obscene jesting be viewed as a lesser, more tolerable offense? Consider the following.

Obscene jesting is shocking language intended to amuse others. Today obscene jesting is mostly sex-oriented. And many who consider themselves decent people find such language entertaining. (Romans 1:28-32) It is not surprising, then, that both natural and unnatural sexual behaviors are the subject matter of many professional comedians. Obscene jesting is featured in many movies as well as in television and radio programs.

The Bible is not silent on the subject of obscene jesting. The apostle Paul wrote to the Christians in Ephesus: "Let fornication and

uncleanness of every sort or greediness not even be mentioned among you, just as it benefits holy people; neither shameful conduct nor foolish talking nor *obscene jesting*, things which are not becoming." (Ephesians 5:3, 4) Clearly, obscene language, regardless of its intent, is offensive to God. It is bad. It is speech that injures.

Harsh Words That Displease God

Injurious speech certainly encompasses much more than obscene language. Insults, sarcasm, mockery, and harsh criticism can hurt deeply. Admittedly, we all sin with our tongue, especially in the environment of sarcasm and backbiting that prevails around us. (James 3:2) Still, true Christians should never adopt a casual attitude toward abusive speech. The Bible establishes clearly that Jehovah God disapproves of all speech that injures.

For instance, in the Bible book of Second Kings, we learn of a group of boys who verbally harassed the prophet Elisha. The account says that they "began to jeer him" and "kept saying to him: 'Go up, you baldhead! Go up, you baldhead!'" Jehovah, who could read the hearts of these young ones and see their malicious intent, took their verbal abuse very seriously. The account says that God put 42 boys to death because of their abusive speech.
—2 Kings 2:23, 24.

The people of Israel "were continually making jest at the messengers of the true God and despising his words and mocking at his prophets, until the rage of Jehovah came up against his people, until there was no healing." (2 Chronicles 36:16) Although God's rage was principally incited by his people's idolatrous and disobedient course, it is noteworthy that the Bible specifically mentions the verbal abuse directed at God's prophets. This highlights God's outright disapproval of such conduct.

Accordingly, the Bible admonishes Christians: "Do not severely criticize an older

man." (1 Timothy 5:1) This principle could be applied to our dealings with everyone. The Bible encourages us "to speak injuriously of no one, not to be belligerent, to be reasonable, exhibiting all mildness toward all men."—Titus 3:2.

Keeping Our Lips in Check

At times, the urge to attack someone verbally could be hard to resist. When wronged, a person might feel justified in punishing the offender with cruel, harsh words—either to his face or behind his back. Still, Christians resist such an urge. Proverbs 10:19 states: "In the abundance of words there does not fail to be transgression, but the one keeping his lips in check is acting discreetly."

God's angels set a good example. They are aware of all the wrong that is done by humankind. Although the angels are greater than man in strength and power, they do not bring against humans an accusation in abusive terms, "not doing so out of respect for Jehovah." (2 Peter 2:11) Knowing that God is fully aware of everyone's wrongdoing and is fully capable of correcting matters, the angels keep their lips in check. Michael, the chief of

Crossword Solutions

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

all angels, refrained from using abusive terms, even against the Devil.—Jude 9.

Christians strive to imitate the angels. They follow the Bible admonition: "Return evil for evil to no one. Provide fine things in the sight of all men. If possible, as far as it depends upon you, be peaceable with all men. Do not avenge yourselves, beloved, but yield place to the wrath; for it is written: 'Vengeance is mine; I will repay,' says Jehovah."—Romans 12:17-19.

Interestingly, even the tone and volume of our voice can add a hurtful edge to what we say. It is not uncommon for husbands and wives to hurt each other in shouting matches. Many parents often scream at their children. However, there is no need for us to scream when expressing our feelings. The Bible urges: "Let all malicious bitterness and anger and wrath and screaming and abusive speech be taken away from you." (Ephesians 4:31) The Bible also says that "a slave of the Lord does not need to fight, but needs to be gentle toward all."—2 Timothy 2:24.

Words That Heal

Because of the prevalence of abusive and obscene speech today, Christians should have a strategy to resist this harmful influence. The Bible provides a good strategy, namely, to love our neighbor. (Matthew 7:12; Luke 10:27) Genuine concern and love for neighbor will motivate us always to use words that heal. The Bible says: "Let a rotten saying not proceed out of your mouth, but whatever saying is good for building up as the need may be, that it may impart what is favorable to the hearers."—Ephesians 4:29.

Also, the implanting of the Word of God in our minds helps us to avoid speech that injures. Reading and meditating on the Holy Scriptures can help us to "put away all filthiness." (James 1:21) Yes, the Word of God can heal our minds.

Understanding Postpartum Depression

What's wrong with me? I just gave birth to a beautiful, healthy baby. I should be happy and proud, but I feel so down and anxious, even angry. Am I a bad mother? Why am I so depressed?

AS A new mother, you may have experienced feelings like the above. If so, you are not alone. It is estimated that 70 to 80 percent of new mothers have such feelings at times. But what is postpartum depression (PPD), and what causes it? How can PPD be coped with? What support can family members and others give?

Disorders

The term "postpartum depression" refers to depressive episodes following childbirth. These can occur after the birth of any child, not just the first. Depressive episodes can even follow a miscarriage or termination of a pregnancy. According to the Office on Women's Health of the U.S. Department of Health and Human Services, there is a wide range in the severity of the symptoms.

Many women experience postpartum blues, or baby blues, characterized by mild sadness, anxiety, irritability, fluctuating moods, and fatigue. These blues are considered normal and are short-lived, resolving themselves without medical help within about ten days after childbirth.

However, the American College of Obstetricians and Gynecologists estimates that in 1 out of 10 new mothers, these feelings escalate and go beyond the first few days. They can even appear several months after the birth. This may be full-fledged postpartum depression, in which the feelings of sadness, anxiety,

or despair are so intense that the new mother has trouble coping with her daily tasks.

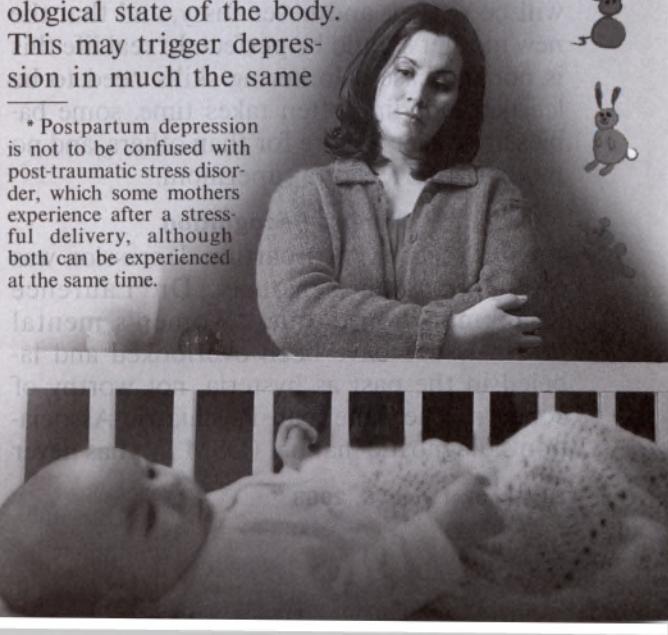
Additionally, between 1 and 3 new mothers in every 1,000 suffer from an even more severe form of depression called postpartum psychosis, in which the mother has delusions or hallucinations that often focus on hurting herself or her baby. This latter condition requires immediate medical attention.*

Causes

There is no single clearly defined cause of postpartum depression. Both physical and emotional factors seem to be involved. One physical factor may be that in the first 24 to 48 hours after delivery, estrogen and progesterone levels drop sharply, to a point lower than before conception, creating an abrupt change in the physiological state of the body.

This may trigger depression in much the same

* Postpartum depression is not to be confused with post-traumatic stress disorder, which some mothers experience after a stressful delivery, although both can be experienced at the same time.



way as mood swings and tension are triggered before menstrual periods. The level of hormones produced by the thyroid may also drop after childbirth. This could result in symptoms that mimic depression. For these reasons researchers are calling PPD a "biochemical and hormonal disorder."

Interestingly, one medical newsletter suggests that postpartum depression may be caused by a nutritional imbalance, perhaps a B-complex deficiency.

Fatigue and lack of sleep can also play a role. Says Dr. Steven I. Altchuler, a psychiatrist at Mayo Clinic in Minnesota, U.S.A.: "In the period shortly after childbirth, lack of energy and an inability to sleep may make minor problems seem much more major. Some women might be frustrated to find that they have difficulty coping with things that they had handled well before delivery, without the baby blues, and with a full night's sleep." Emotional factors such as an unplanned pregnancy, a premature birth, loss of freedom, concern about attractiveness, and lack of support can also add to depression.

Additionally, there are several common myths about being a mother that can contribute to a woman's feeling depressed and feeling that she is a failure. These include the idea that motherhood skills are instinctive, that bonding should be immediate, that the baby will be perfect and never fussy, and that the new mother should be perfect. In real life this is not the case. Mothering skills need to be learned, bonding often takes time, some babies are easier to care for than others, and no mother is perfect or a supermom.

Gaining Recognition

Until recently, postpartum depression was often not taken seriously. Dr. Laurence Kruckman points out: "Women's mental health issues have been overlooked and labeled in the past as hysteria, not worthy of concern. The American Psychiatric Association's diagnostic manual (DSM IV) has never

fully acknowledged the presence of postpartum illness, and as a result, doctors have not been educated about it nor has reliable data been obtained. . . . And unlike 30 years ago, mothers often go home from the hospital within 24 hours. Most postpartum psychoses, blues and some depression occur within three to 14 days following birth. So the mothers are already at home and not screened by professionals who know the symptoms."

However, according to Dr. Carol E. Watkins of the Northern County Psychiatric Associates in Baltimore, Maryland, if left undiagnosed or untreated, postpartum depression can lead to long-term depression and difficulty in bonding with the baby. Depressed mothers may passively ignore their baby's needs or, conversely, lose control and use physical punishment to discipline their infants. This can negatively affect the cognitive and emotional development of the child.

For example, an article in the journal *American Family Physician* suggests that young children of depressed mothers perform more poorly on cognitive tests than those of mothers who were not depressed. Additionally, postpartum depression can adversely affect the other children and the husband.

Treatment

What can be done? Do you just have to tough it out? It is comforting to know that postpartum depression has been found to be both temporary and treatable.* While rest and family support may be all that is needed for mild symptoms, the key sign that medical attention is necessary is if the depression disrupts your ability to function, says the Office on Women's Health.

Common treatments are antidepressant medication,[#] talking with a mental-health expert, hormone treatment, or a combination of these, depending upon the severity of

* See the article "I Won My Battle With Postpartum Depression," in the July 22, 2002, issue of *Awake!*

[#] Some drugs can contaminate breast milk, so if you wish to breast-feed, consult your doctor for the most suitable option.

the case. Kangaroo, or skin-to-skin, care of the baby may also lessen maternal depression.* There are also such alternative treatments as herbs, acupuncture, and homeopathic remedies.

However, there are some things that you can do personally to cope. These include eating a nutritious diet (including fruits, vegetables, and whole-grain cereals); avoiding caffeine, alcohol, and sugar; exercising in moderation; and taking a nap when your baby is asleep. Zoraya, a Christian mother who cried morning, noon, and night for days after the birth of a healthy baby girl, says that what helped her to get over the depression was to get involved as soon as possible in her normal ministerial activities as one of Jehovah's Witnesses.—See the accompanying box for additional tips.

* See the article "Kangaroo Mother Care—Solution to a Life-Threatening Problem?" in the June 8, 2002, issue of *Awake!*

How Can Others Help?

Since a major factor in postpartum depression is lack of proper rest, other people can help by assuming some of the household chores and sharing in child care. Studies show that far less postpartum depression occurs where the extended family rallies around to provide support and instruction. Many times a person can be of great assistance by just being a sympathetic listener, giving the new mother reassurance, and avoiding criticizing or judging. Remember, PPD is a physical disorder and is not self-induced. As the organization Postpartum Education for Parents points out, "a woman cannot 'pull herself together' any more than she could if she had the flu, diabetes, or heart disease."

From the foregoing, it can be seen that although the postpartum period can be a wonderful time for new mothers, it can also be stressful. Understanding it can help us to give the support new mothers need.

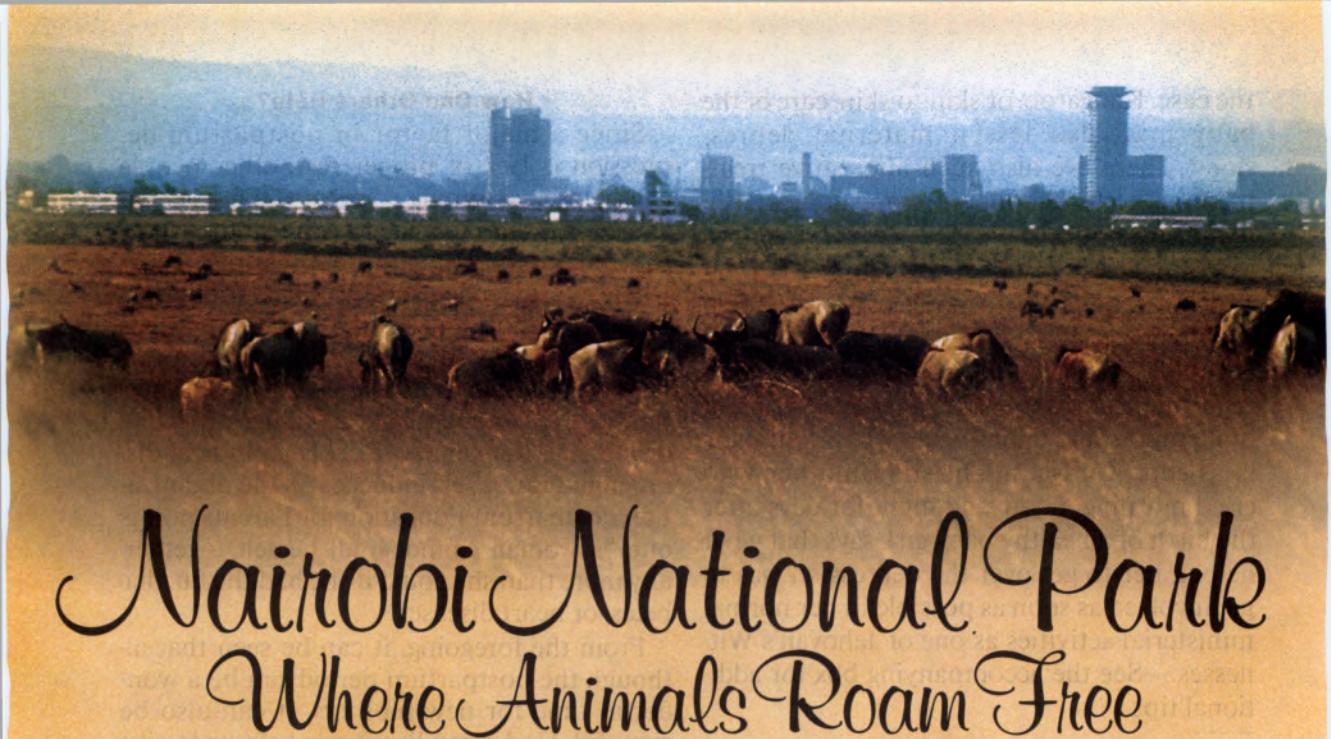


Tips for Coping With Postpartum Depression

1. Talk to someone about your feelings, particularly other mothers.
2. Ask others to help you with child care, household chores, and errands. Ask your husband to share in nighttime feeding duties and household chores.
3. Find time to do something positive for yourself, even if it is for only 15 minutes a day. Try reading, taking a walk, taking a relaxing bath.
4. Even if you can get only one thing done in any given day, this is a step in the right direction. There may be days when you cannot get anything done. Try not to be angry with yourself when this happens.
5. Isolation often perpetuates depression. Get dressed, and leave the house for at least a short while each day. Fresh air and a change of scenery will do you and your baby a lot of good.

Adapted from the American Academy of Family Physicians, the American College of Obstetricians and Gynecologists, and the Office on Women's Health.





Nairobi National Park

Where Animals Roam Free

BY AWAKE! WRITER IN KENYA

IT IS half past six in the morning. Rising on the eastern horizon, the sun resembles a large, scarlet-colored jewel of remarkable splendor. Heralding the dawn of another day, its rays penetrate the glass windows of the tall office buildings, creating a gorgeous golden tint. Within walking distance of these office blocks, a spectacular real-life drama is being enacted.

A lion has been stalking a grazing impala for some time now, hiding itself in the tall grass. Sensing danger, the young antelope makes a quick dash, and the lion is hot on its heels. An intense, wild chase begins. If successful, this lion will use the so-called law of the jungle to pass sentence on this hapless animal.

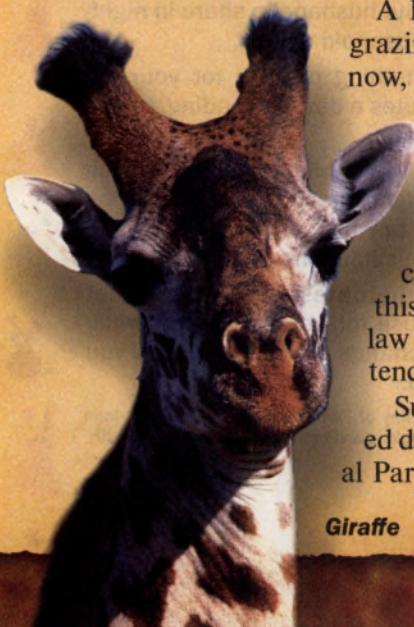
Such epic chases are repeated daily at the Nairobi National Park, lying near the limits of

Kenya's capital city, Nairobi. The animals there have humans as their closest neighbors. Why, in 1962 a lion was seen wandering outside an exclusive hotel, perhaps to reclaim his former expansive territory. How did the wildlife and the city residents come to share this habitat?

A Troubled Beginning

The park's establishment was no easy task. Several hurdles had to be overcome before the animals could enjoy the benefits of a well-protected home. Until the turn of the 20th century, they roamed unhindered over large areas of East Africa. Here people have always had close bonds with the wild beasts, grazing their flocks in close proximity to them. Some even viewed certain animals as honorary livestock!

Nevertheless, big-game hunters armed with rifles poured into the



Giraffe

country, many of whom wanted to collect as many trophies as possible. Among them was former U.S. President Theodore Roosevelt, who came to Kenya in 1909 to collect natural history specimens for museums. With 600 porters and professional hunters, he killed over 500 animals and sent their skins home. About the same time, there was another well-known hunter, Edward, Prince of Wales. Their actions popularized big-game hunting safaris. Of course, a bullet was faster and could be aimed more accurately than the traditional bow and arrow.

The completion of the famous Lunatic Line, as the Kenya-Uganda railway was then known, opened up the area around Nairobi to human settlement, further restricting the free movement of the animals. Their total banishment was looming.

Then, during the 1930's, some voices spoke out in behalf of the animals. Archie Ritchie, a game warden at the time, and Mervyn Cowie, an accountant, were among these activists. Through meetings and press reports, they petitioned the colonial authorities to set up a national park that would help reduce—if not stop—the wanton destruction of animals. The government was reluctant to adopt the idea. It was not ready to use land for the sole purpose of maintaining the flora and fauna in an area that was turning out to be the largest urban settlement in East Africa.

The conservation efforts were dealt another blow during the second world war, when troops on practice sessions roughed up the land where the park currently stands. Animals too fell victim to the war. The con-

stant presence of soldiers in the area made the animals lose their fear of man, increasing the likelihood that they would turn into man-eaters. To prevent such an eventuality, some animals, including a famous lioness named Lulu and her lovable pride, were killed.

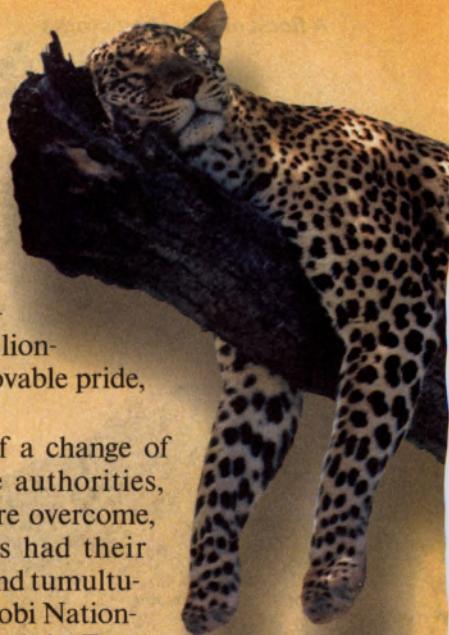
However, as a result of a change of heart on the part of the authorities, many of the obstacles were overcome, and the conservationists had their way. Finally, after a long and tumultuous gestation period, Nairobi National Park—the first such park in East Africa—was born on December 16, 1946, when the then colonial governor of Kenya, Sir Philip Mitchell, signed its birth certificate.

A Visitor's Paradise

Compared with the other game parks in East Africa, Nairobi National Park is relatively small. Its estimated size is 45 square miles, with the main entrance being less than 6 miles from Nairobi's city center. Its fame, however, lies in that size. Few places on earth offer a visitor the panoramic view provided by this animal sanctuary—a rare contrast between the fast-developing city of Nairobi and the African bush.

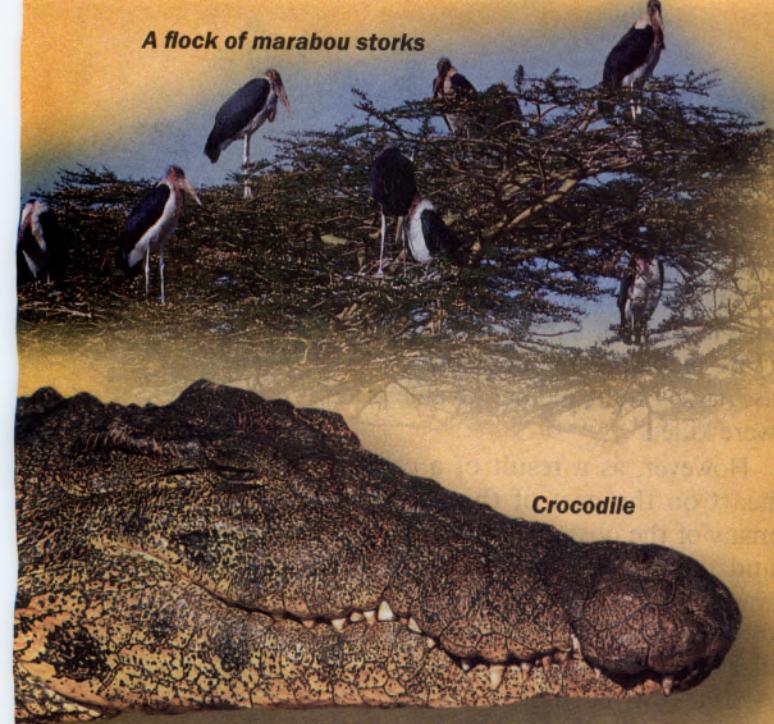
The small size allows the visitor to meet most of the larger animals, except for the elephant, in a higher concentration than in expansive parks and reserves. It contains 100 mammal species and more than 400 bird species. The park lies near the approach route to the international airport in Nairobi.

A visitor to Nairobi can leave the comforts of a modern hotel in the city, drive past immaculate office buildings, and arrive within minutes at age-old plains, tracts of bush, and forests. Here, lions and other hunting animals can be seen at work. The sight of such predators running after prey against the backdrop of glittering city skyscrapers is not soon forgotten.



Leopard

A flock of marabou storks



Crocodile

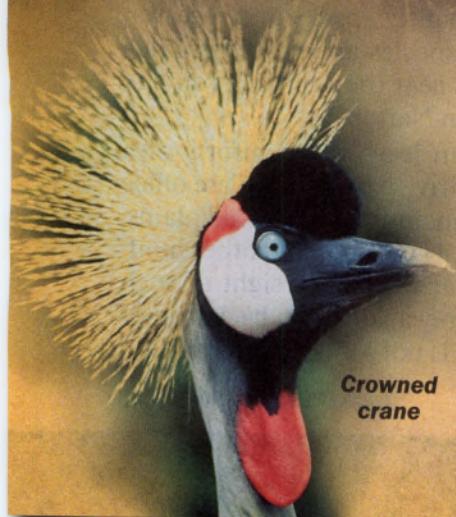


Lion

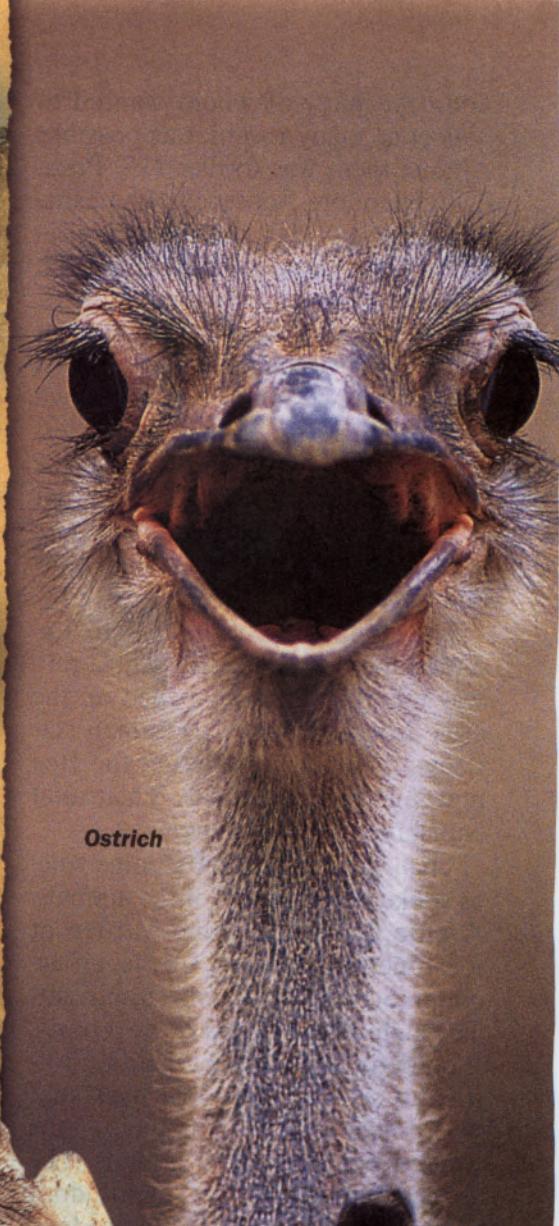
Black rhino



Crowned crane



Ostrich



The park teems with wildlife, such as buffalo, leopards, cheetahs, common giraffes, monkeys, hundreds of antelope, and the rare and endangered black rhino. Most of these are permanent residents. During the dry season of February/March and August/September, large herds of migratory animals, such as wildebeests (gnu), can be seen around the many pools that collect in the park.

In some pools, aptly known as the hippo pools, groups of these barrel-shaped giants stay submerged all day long, coming out to graze during the night. Bordering these water sources are designated nature trails where one can leave the vehicle and take a walk. A word of caution though: Such strolls can be very dangerous, as some pools are home to predatory crocodiles, which might be lounging on the banks, unseen by an unwary visitor! To avoid being a potential meal, you would do well to walk in the company of trained park rangers.

The ornithological list reads like a Who's Who of the bird kingdom. The ostrich, the world's largest living bird, reaching a height of more than seven feet, has found a permanent home here. Soaring high in the urban sky is the much-maligned vulture in its scavenging role. The seemingly ungainly bird is a boon to the park's environment, since it disposes of any carrion that might otherwise breed bacteria harmful to other animals.

On occasion, you may spot the secretary bird. Behind its ears it has crest feathers that resemble the quills once used by secretaries for writing. Always in haste, it seems to be rushing from one appointment to another. Other birds include hammerkops, crowned cranes, saddle-bills, and cattle egrets.

The park, relatively small though it may be, is an ecological masterpiece. In its western part, a forest occupies almost 6 percent of the land, receiving rainfall of between 27 and 43 inches annually. Here, one can see a pro-

fusion of trees that include the Cape chestnut and the beautiful croton. Extensive plains, valleys, and ridges cover the southern and eastern parts, where rainfall ranges between 19 and 27 inches. Red oat grass, desert dates, arrow-poison tree, and several types of acacias combine to give the area a true savanna environment.

Not to be overlooked are the magnificent sheer walls of rock that drop some 330 feet to the valley floor. These can be exhausting for rock-climbing enthusiasts—at least those willing to try!

The Park Under Threat

Many problems associated with wildlife conservation have one common denominator—man. Thanks to man's 'development efforts,' Nairobi National Park may soon sink into oblivion. The city of Nairobi, the human settlement that sparked the park's world acclaim, continues to expand, pushing the animals into a corner. As more people settle in the urban area, demand for land continues to rise, with animals offering no resistance. Effluents from nearby factories are also a threat to all forms of life in the park.

Another factor essential to the park's survival is the availability of a migratory route for some animals. Much of the park is fenced in to prevent the animals from straying into the city. Intense farming and herding of domestic flocks are choking up the small corridor that remains on the southern side of the park. Total closure might have tragic results. Animals moving out in search of pastures may never have a chance to return! To save the migratory route, Kenya Wildlife Service, the country's top wildlife conservation body, has obtained a lease of land adjacent to the park. Despite the problems, Nairobi National Park continues to lure thousands of visitors annually to behold its contrasting charms.

Watching the World

The Value of Potted Plants

"Thousands of pupils would achieve higher marks if potted plants were scattered around their schools," say researchers, as reported in *The Times* of London. Professor Derek Clements-Croome of Reading University found that carbon dioxide levels in some overcrowded and poorly ventilated classrooms exceeded the recommended amount by more than 500 percent, thus damaging the children's concentration and retarding their progress. Calling the condition sick classroom syndrome, he says that the average density of children in classrooms is five times that of workers in office buildings, where "sick building syndrome" is known to affect the workers and their performance. What plants could be used to improve room air quality? One study in the United States named spider plants as the most effective. Dragon trees, ivy, rubber plants, peace lilies, and yuccas are also very good at eliminating air pollutants. The houseplants reduce the levels of carbon dioxide by converting it into oxygen.



After 40—Reaping What You Have Sown

"The life choices a person has made and the environment they have experienced begin to kick in at the age of 40, when signs of ageing accelerate." This was the gist of a report from a health conference, by *The Daily Telegraph* of Sydney, Australia. According to Rocco Di Vincenzo, chief dietitian at the Swinburne Hospital in Victoria, "'faulty genes' or things in the body going wrong" may not be as important in determining a person's health after 40 as are the choices that were made. "We now know that health after the age of 40 is a consequence of the interaction of genetic inheritance factors and environmental modifiers," said Di Vincenzo. "According to the National Institute on Ageing, 80 per cent of older

health problems are not due to ageing at all. They're due to improper care of the body over a lifetime, and after the age of 40, that improper care begins to catch up with a person."

Children Easily Hooked on Nicotine

"Children can become hooked on tobacco within days of starting to smoke and might even be addicted from the first cigarette," concludes a study noted in London's newspaper *The Guardian*. "Among 332 young people who had ever tried tobacco, even just a puff, 40% reported signs of addiction. Among the 237 who had inhaled, 53% reported signs of addiction." The 30-month study, led by Dr. Joseph DiFranza of the University of Massachusetts Medical School in the United States, monitored near-

ly 700 students, who were aged 12 and 13 at the start of the study. "Before the study, it was assumed that it took two years for kids to get hooked on tobacco—that they would have to smoke it every day, at least a half a pack per day," said DiFranza. "Some of these kids were hooked within a few days of starting to smoke. . . . [I] suspect that addiction to nicotine begins, in many cases, with the first cigarette." DiFranza believes that teenagers are more vulnerable to addiction because their brains are still developing. "I'd like to see the message get out to kids that you can't experiment with tobacco. There's no way of smoking safely," said DiFranza. "We need to convince kids that trying even one cigarette can lead to a lifelong addiction."

New Light on "Out-of-Body" Experiences

Swiss neurologists, using electrodes to pinpoint the origin of a woman's epileptic seizures, accidentally triggered so-called out-of-body experiences in the patient, states the German science news service *Bild der Wissenschaft-Online*. Each time the angular gyrus of the right cortex of the brain was stimulated, the woman reported the sensation of leaving her body and watching it from above. That area of the brain seems to match visual awareness of the body with sensory information on where the body is located. "The stimulation by electrodes disrupted this interaction in the patient, for which reason her sense of perception seemingly detached itself from her body," says *Bild der Wissenschaft*. Out-of-body experiences "have time and again nurtured speculations about a soul that is independent of the body."

Rosary Renovation

"For 500 years, devout Roman Catholics have recited the rosary, a mantralike series of Our Fathers and Hail Marys designed to stimulate meditation on 15 key events or 'mysteries' in the lives of Jesus and his mother," reports *Newsweek*. "Last [October] Pope John Paul II issued an apostolic letter adding a fourth cycle to the rosary," based on Jesus' ministry from his baptism to the Last Supper. "The pope's aim is to revive interest in his 'favorite' form of prayer, which has declined in popularity since Vatican Council II," the magazine adds. "The main effect of the pope's action is to give this uniquely Catholic devotion a stronger emphasis on Christ in relation to Mary, the figure most identified with the rosary." It is hoped that this will encourage the habit of meditation among Catholics at a time, the pope noted, "when

Christianity is being influenced by the meditative traditions of Eastern religions."

Expectations Too High

"Most marriages in Germany fail because of excessive expectations," reports the newspaper *Die Welt*. According to Professor Wassilios Fthenakis, who researches family life, "people look for intimacy and want to find a maximum of happiness in their relationship." He noted, however, that it is unrealistic to expect such feelings of euphoria to last for decades. The current emphasis on personal happiness and self-realization has made couples less willing to compromise and work together through difficult times. Said another family expert: "Once the fun is over, people today make less of an effort to talk things out and save the relationship." On average, marriages in Germany now last just over 12 years.

"Lost" Generation

"Young Americans are woefully clueless," states New York's *Daily News*. Using a world map, "11% can't locate America. And when faced with an unlabeled map of the U.S., half have no idea where New York is." As to finding other nations in the news, only 13 percent could locate Iraq or Iran, and only 17 percent could find Afghanistan. In fact only 71 percent of 18- to 24-year-old Americans could correctly locate the world's largest body of water—the Pacific Ocean. The National Geographic Society's 56-question quiz was given to 3,250 young people in Britain, Canada, France, Germany, Italy, Japan, Mexico, Sweden, and the United States. While no nation scored an "A," which required an average of 42 correct answers, Sweden came closest with 40, followed by Germany and Italy with 38. Americans came in next to last, averaging 23 right answers, just before Mexico with 21. "If our young people can't find places on a map and lack awareness of current events, how can they understand the world's cultural, economic and natural resource issues that confront us?" asked John Fahey, the National Geographic Society's president.

From Our Readers

Terrorism I am 15 years old, and I thank you for the series in the October 22, 2002, issue, "Prayers for Peace—Can They Stop Terrorism?" Ever since the September 11, 2001, attacks on the World Trade Center, I've been in shock. It seems like a bad dream. I look forward to the day when Jesus, the Prince of Peace, will protect us all. That's something we can draw comfort from.



A. M., United States

Zeppelins The article "Zeppelins—Sensational Giants of the Sky," in the October 22, 2002, issue, really got my attention because it took me

back to my childhood. My school days were spent on the east coast of England. One day when I was ten years old, I looked out the window and saw one of these great airships passing slowly overhead. The whole class ran out into the school yard to see this awesome sight. It was something I have never forgotten, and your article recalled the event.

R. W., England

My father was a pilot for one of the largest nonrigid airships ever built. I have flown in a blimp twice myself and have always been interested in the history of dirigibles. I was glad to see that you properly defined the words "blimp," "zeppelin," and "dirigible," because these terms are often misused.

R. P., United States

Penguins My husband did not allow my sons to study the Bible. As a result, the boys are not interested in it. But thanks to your instructive articles, I can still have a share in educating them spiritually. I select articles that do not specifically mention the Bible or God but that might be of interest to my sons. For example, I photocopied the article "Here Come Little Penguins on Parade" (October 22, 2002) and put it in a little folder I have made for them called The Wonders of Nature. I pray that Jehovah will reward my efforts to win over my loved ones.

J. G., France

Mobile Phones The article "Young People Ask . . . Do I Need a Mobile Phone?" (October 22, 2002) helped me a lot. Before reading it, I couldn't sleep if I didn't answer my text messages. But now you have helped me to see the advantages and disadvantages of this device.

C. A., Philippines

Most of the kids in my school have mobile phones, so I was thinking that I should get one myself. Now that I've read the article, I will fully count the cost and consider if I would really use it wisely. I feel that Jehovah provided this article for me.

M. F., Japan

I used my phone to exchange E-mail with a boy. We talked about personal problems, and I was happy to have someone to confide in. In time, he stopped E-mailing me, and I was irritated. But the article helped me to see that exchanging E-mail can be a form of dating. And I guess the boy figured that out himself. Now I only give my E-mail address to people who need to know it.

Y. M., Japan

Teen Depression I am 17 years old and really love your magazines. Once when I was in the hospital, I saw a pile of *Awake!* magazines on a stand in the corridor. I learned that Almighty God has a name—Jehovah. I particularly enjoyed the articles concerning "Help for Depressed Teens." (September 8, 2001) They were good reading and helped me to cope, as I was suffering from depression at the time. Thank you for those wonderful and informative magazines. I am thankful that people like you exist.

G. Z., Russia

AN ARMY ON THE MARCH!

"We live in a Belizean village under development, surrounded by much vegetation. One morning at about nine o'clock, our home was invaded by an army. Ants came pouring under the door and through every crack, looking for prey. There was nothing we could do but vacate our home for an hour or two while the ants took over. When we returned, the house was completely clean of insects."



Army ant
© Frederick D. Atwood

FOR MANY PEOPLE living in tropical countries like Belize, this is a common occurrence and not entirely unwelcome. It is a way of ridding the house of pests such as roaches and other vermin. And it leaves no mess behind.

Interestingly, the ants spoken of here are called army ants because of their armylike life-style and activities.* Instead of building nests, these nomadic armies, hundreds of thousands strong, make temporary bivouacs,

masses of ants interlocking their legs to form a living curtain around the queen and her brood. From the bivouac, raiding parties are sent out in long columns to seek food, consisting of insects and small creatures, such as lizards. The leaders of the raiding party also execute what appear to be flanking movements to trap prey. This phenomenon occurs when, having no scent trail to follow, the leading workers hesitate and hold up the advance. The ants in the rear inexorably press forward, and bulging occurs in other parts of the front line, resulting in a series of advances that suggest flanking movements.

Army ants operate on a 36-day cycle, going on the march for some 16 days and then remaining stationary for 20 days, during which the queen lays her eggs. After that, hunger causes the colony to go on the march again. Their marching columns, some 30 feet wide, are edged by fleeing spiders, scorpions, beetles, frogs, and lizards and are followed by birds, which prey on these fugitives but apparently not on the ants.

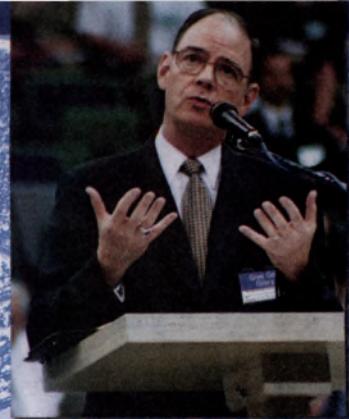
Described as "instinctively wise" in the Bible at Proverbs 30:24, 25, ants are one of the marvels of creation.



Forming a bridge by interlocking their legs

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Millions Will Attend WILL YOU BE THERE?



■ **WHERE?** At one of the “Give God Glory” District Conventions being held at hundreds of locations throughout the world. The three-day program, arranged by Jehovah’s Witnesses, is designed to help all lovers of God to live in such a way as to bring their Creator the honor that he deserves.

The first day of the convention will focus on the theme “**You Are Worthy, Jehovah, . . . to Receive the Glory.**” (Revelation 4:11) “**Creation Declares the Glory of God**” is the title of a talk that will help us to see how Jehovah’s qualities are “clearly seen,” or “perceived by the things made.” (Romans 1:20) The encouraging keynote address, “**Glorious Prophetic Visions Spur Us On!**”, will urge all to keep close in mind the momentous events foretold in God’s Word for our day. “**The Prophecy of Amos—Its Message for Our Day**” is the title of a three-part symposium that will emphasize the modern-day relevance of this ancient prophet’s warnings. “**The Good Land—Foregleam of Paradise**” will enhance our appreciation for the region that Jehovah gave to his ancient people.

Day two of the convention will carry the theme “**Declare Among the Nations His Glory,**” based on Psalm 96:3. Among the highlights will be a symposium entitled “**Reflect Like Mirrors the Glory of Jehovah.**”

This three-part presentation will outline how we can more effectively accomplish our ministry. The talk “**Hated Without Cause**” will be followed by the dedication discourse and the baptism—a feature at all conventions of Jehovah’s Witnesses. In the afternoon the talk “**Beware of ‘the Voice of Strangers’**” will give timely admonition regarding “false teachers” who try to deceive God’s people with “counterfeit words.” (2 Peter 2:1, 3) “**Our Children—A Precious Inheritance**” will conclude the day’s program. It will be a delight for parents as well as young children.

The final day of the convention will develop the theme “**Do All Things for God’s Glory.**” (1 Corinthians 10:31) A series of interviews will complement the talk entitled “**How Youths Are Praising Jehovah.**” The morning session will also include a 45-minute drama with the title “**Boldly Witnessing Despite Opposition.**” Since religion is constantly in the news, the public discourse will address the question, “**Who Are Giving God Glory Today?**” The talk “**‘Keep Bearing Much Fruit’ to Jehovah’s Glory**” will bring the convention to a stirring finale.

These are just some of the motivating presentations that will be heard at the “Give God Glory” District Convention of Jehovah’s Witnesses. Surely you will want to be present for all three days. For the convention location nearest you, contact the local Kingdom Hall of Jehovah’s Witnesses or write to the publishers of this magazine.