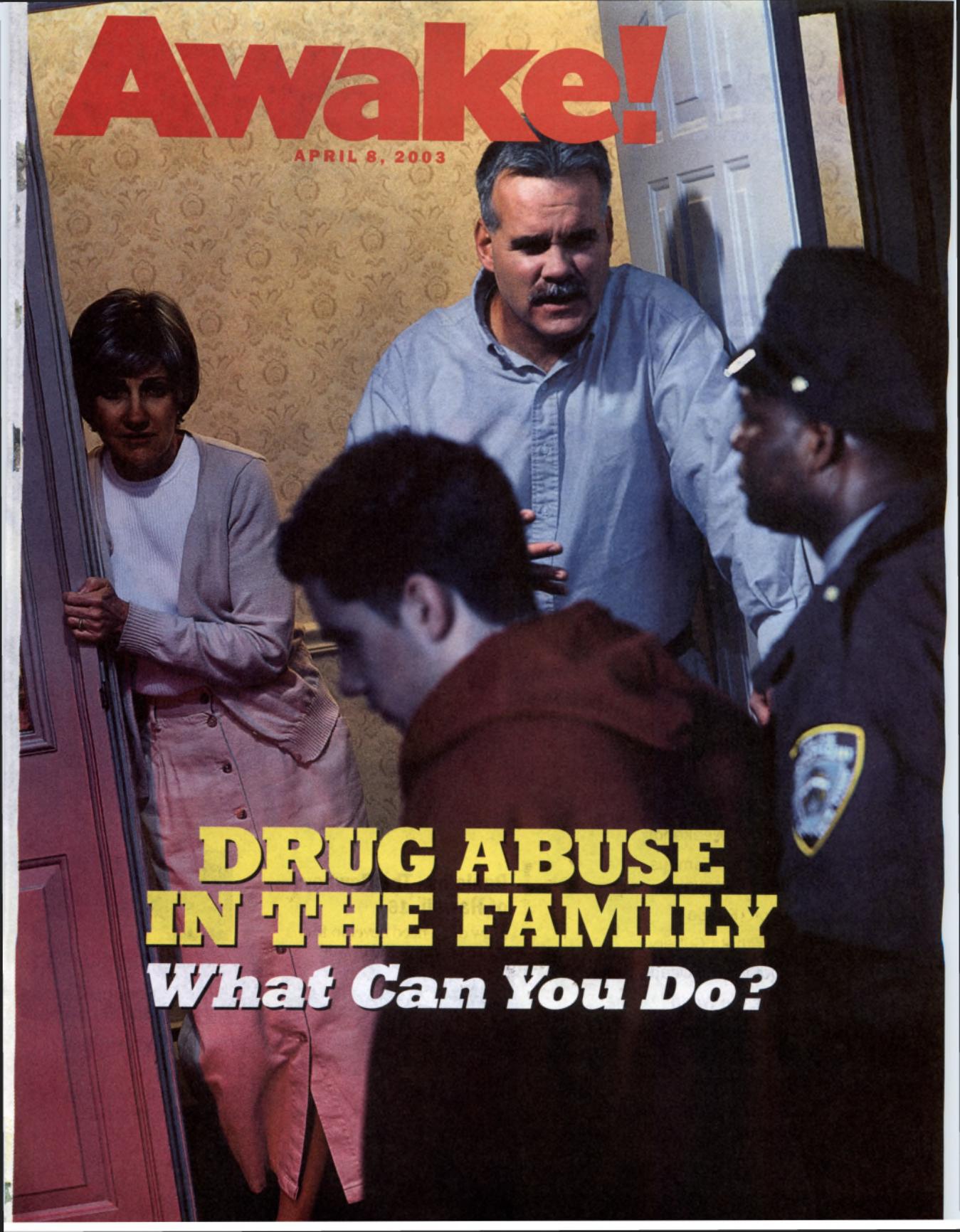


# Awake!

APRIL 8, 2003

## DRUG ABUSE IN THE FAMILY *What Can You Do?*



# **Awake!**

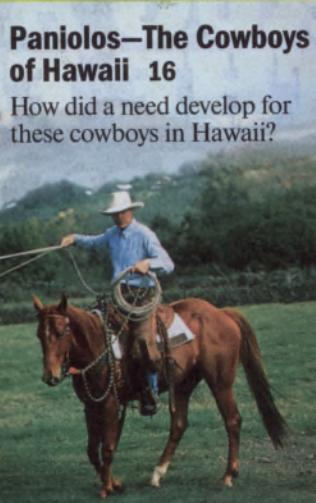
AVERAGE PRINTING 22,755,000  
PUBLISHED IN 86 LANGUAGES

## **Drug Abuse in the Family —What Can You Do? 3-10**

Many youths worldwide have become involved with drugs. What can parents do to help their young ones?

- 3 Young People and Drugs
- 5 How to Protect Your Children
- 10 Soon—A Drug-Free World
- 11 Have a Nice Weekend!
- 14 Sketching the Famous and the Infamous
- 22 Crossword Puzzle
- 23 Eating Without Cutlery
- 26 Look Out for the Deadly Stingers!
- 28 Watching the World
- 30 From Our Readers
- 31 Obesity—Becoming a Global Epidemic?
- 32 The Most Important Meeting of the Year

Parker Ranch /John Russell



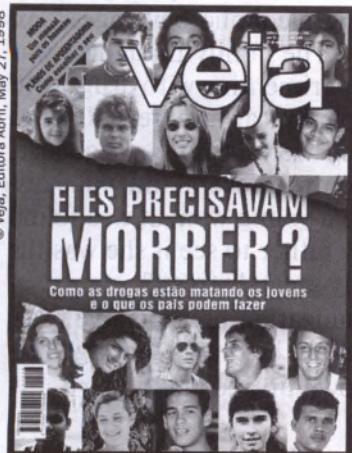
### **Paniolos—The Cowboys of Hawaii 16**

How did a need develop for these cowboys in Hawaii?



### **What Is Materialism? 20**

What is the Bible's view of material possessions?



# Young People and Drugs

"Did they have to die?"

That was the question raised on the cover of the Brazilian magazine *Veja*. Along with those words were photos of pleasant, normal-looking youths who had died—victims of drug abuse.

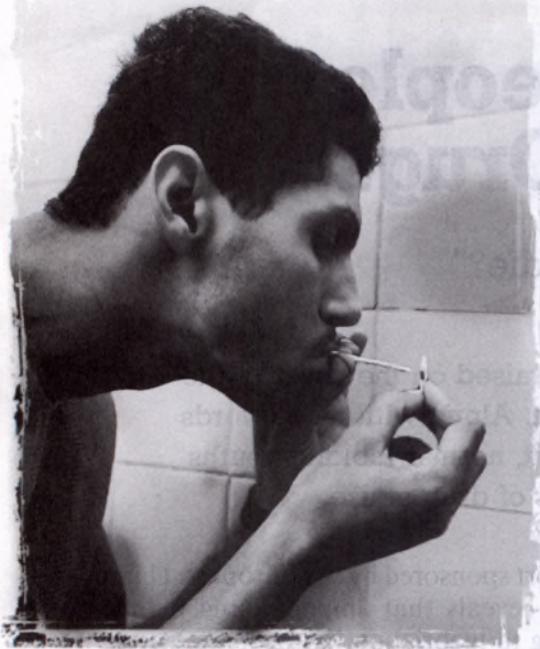
**D**ESPITE well-known risks, people continue to abuse drugs, and such abuse continues to destroy lives. Drug abuse costs the United States an estimated 100 billion dollars a year in health care, reduced job productivity, lost earnings, and crime. But perhaps it is young ones—children—who pay the highest price. According to a Brazilian study reported on in *Jornal da Tarde*, 24.7 percent of youths between 10 and 17 years of age have already tried some kind of drug.

While teenage drug use in the United States may have declined somewhat in recent years, alarming numbers of young ones there are addicted. Consider seniors in high school. According to one study, 37 percent had at least tried marijuana in the previous year. One out of 5 had used it in the past month. Almost 1 out of 10 had tried the drug ecstasy in the past year. Over 6 percent had tried LSD.

Reports from all over the world are grim. The British Office for National Statistics reports that "12 per cent of pupils aged 11-15 had used drugs in the last year . . . Cannabis [marijuana] was by far the most likely drug to have been used." Particularly alarming was the fact that "more than one third (35 per cent) had been offered one or more drugs."

A report sponsored by the European Union likewise reveals that among young people, "drinking to inebriation has become increasingly common." The report also says that such "alcohol abuse is associated with various short term adverse effects such as accidents, violence and poisoning, as well as with developmental and social problems." From Japan comes a report that "the drugs most often used by teenagers in Japan are organic solvents, which can lead to other drug use."

Little wonder, then, that UN Secretary-General Kofi Annan said: "Drugs are tearing apart our societies, spawning crime, spreading diseases such as AIDS, and killing our youth and our future." Often, people involved with drugs are responsible for crimes such as drug trafficking and drug-related homicides. In addition, because of abusing drugs, many people become victims of violence, are injured, or engage in risky, unplanned sex. And if you think that your family is immune, think again! One U.S. government report said: "Drugs are not a problem solely of the poor, minorities, or inner-city residents. . . . Drug users come from all walks of life and from all parts of the country. The drug problem affects everyone."



**"Drugs are tearing apart our societies, spawning crime, spreading diseases such as AIDS, and killing our youth and our future."** —KOFI ANNAN,

UN SECRETARY-GENERAL

Yet, parents often do not sense the danger until it is too late. Consider the case of one young Brazilian girl. "She was drinking alcoholic beverages," explains her sister Regina.\* "The family thought it was cute. But this led to her experimenting with drugs with her boyfriends. Since my parents always treated her as if the problems she caused were of no consequence, her condition got out of control. Several times she disappeared. And every time a young woman was found dead, the police called my father to see if she was the one! This caused my family great distress."

The World Health Organization presents five basic reasons why young ones might be drawn to drugs:

- (1) They want to feel grown-up and make their own decisions
- (2) They want to fit in
- (3) They want to relax and feel good
- (4) They want to take risks and rebel
- (5) They want to satisfy their curiosity

Drug availability and peer pressure also increase the likelihood that a youth will begin this self-destructive course. "My parents never said anything about drugs. In school the teachers mentioned the problem but without going into detail," explains Luiz Antonio, a Brazilian youth. Spurred on by schoolmates, he began abusing drugs when he was 14 years old. Later, when he tried to quit, his drug-supplying "friends" pressured him at knifepoint to continue his habit!

Have you faced up to the fact that your own children could be in danger? What have you done to protect them from drug abuse? The following article will discuss some ways in which parents can protect their children.

\* Some names have been changed.

## **Awake!®**

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

*Awake!* (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc.; M. H. Larson, President; G. F. Simonis, Secretary-Treasurer; 25 Columbia Heights, Brooklyn, NY 11201-2483. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices. **Changes of address** should reach us 30 days before your moving date. Give us your old and new address (if possible, your old address label).

**POSTMASTER:** Send address changes to *Awake!*, c/o Watchtower, Wallkill, NY 12589. © 2003 Watch Tower Bible and Tract Society of Pennsylvania. All rights reserved. Printed in U.S.A.

# How to Protect Your Children

**"Parents are by far the most important factor in protecting children from substance abuse. They must be a source of example and information for their children."** —DONNA SHALALA,

SECRETARY OF THE U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES.

**A**S A PARENT, you are thus the first line of defense in the war against drug abuse. Unfortunately, not all parents may grasp how important that role is. "My father was always busy," recalls Ireneu, a Brazilian youth. "He had only short conversations with us. We never received any counsel about drugs."

By way of contrast, consider what Alecxandros, another Brazilian youth, recalls: "When there were TV programs about drug addicts, my father called my brothers and me into the room to watch them. He showed us the terrible condition the addicts were in because of their drug abuse. Sometimes he would take advantage of the occasion to ask us whether we had seen other youths in school who were involved with drugs. That way he warned us about the risks of drug abuse."

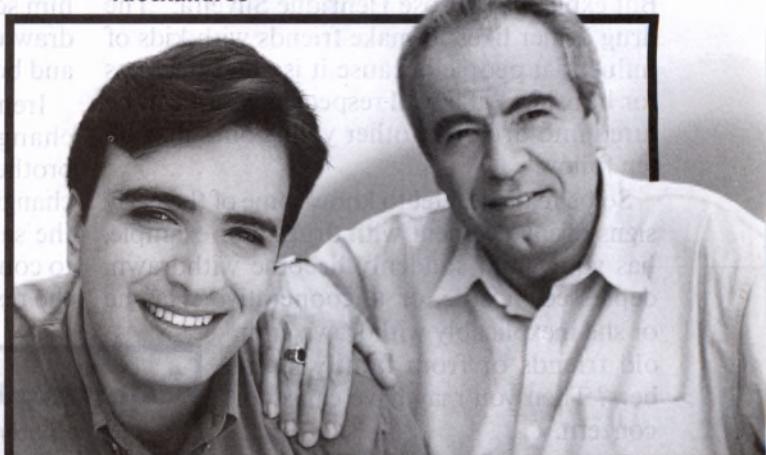
Have you discussed the risks of drugs with your children? To do so, you may need to educate yourself in this regard. Christian parents can

help their children to appreciate that using illicit drugs damages them spiritually. The Bible urges us to keep our body clean of all pollution, both physical and spiritual. (2 Corinthians 7:1) A regular study of the Bible with one's children can be a powerful tool for protecting them.\*

\* Jehovah's Witnesses have published information that can help parents to discuss such subjects as the dangers of drugs with their children. For example, see chapters 33 and 34 of the book *Questions Young People Ask—Answers That Work*.

**"My father warned us about the risks"**

—Alecxandros



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

\* Audiocassettes also available.

**Monthly Languages:** Amharic, Bulgarian, Chichewa, Chinese, Chinese (Simplified), Ewe, Georgian, Hebrew, Hiligaynon, Igbo, Macedonian, Malagasy, Malayalam, Maltese, Myanmarese, Nepali, Papiamento (Aruba), Papiamento (Curaçao), Sepedi, Sesotho, Shona, Sinhala, Tamil, Thai, Tsonga, Tswana, Turkish, Twi, Xhosa, Yoruba, Zulu

Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, *New World Translation of the Holy Scriptures—With References* is used.

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

### **"Confidential Friend"**

It is also important that you establish a relationship of trust with your children. Jehovah is a "confidential friend" to his earthly children. (Jeremiah 3:4) Are you a confidential friend to your child? Do you really listen to your child? Does your child feel comfortable in bringing problems to you? Are you quicker to condemn than to praise? Take the time to get to know your child. Does he or she have friends? Who are they? After all, the Bible warns: "Bad associations spoil useful habits." (1 Corinthians 15:33) Do not be afraid to set firm boundaries or to render loving discipline. The Bible says: "Chastise your son and he will bring you rest and give much pleasure to your soul."—Proverbs 29:17.

Furthermore, do not minimize the dangers facing your child. Some parents may complacently reason that because their children come from a well-respected family, they are simply not the type to get involved with drugs. But explains Dr. José Henrique Silveira: "The drug dealer likes to make friends with kids of influential people because it is good business for him." Yes, if a well-respected youth can be lured into drug use, other young ones may often follow.

So be realistic. Get to know some of the early signs of involvement with drugs. For example, has your child suddenly become withdrawn, depressed, hostile, or uncooperative? Has he or she inexplicably withdrawn from old friends or from family members? Then you may have cause for concern.

Sad to say, in spite of commendable efforts on the part of parents, some young ones still succumb to pressure and experiment with drugs. What should you do if this proves true of your child?

### **When a Youth Uses Drugs**

"When my parents discovered it," says Ireneu, "my brother had

been using drugs for several months. Because they never thought that one of their children could one day become a drug addict, their initial reaction was panic. At first, my father could only think of using brute force to punish my brother."

Upon discovering that a child is using drugs, parents' first reaction may very well be anger, frustration, and a sense of failure. However, a fact sheet put out by the U.S. Department of Education advises: "Don't panic! And don't blame yourself. The important thing right now is to stay calm [and] find out what's going on. . . . Drug use is a preventable behavior. Drug addiction is a treatable disease."

Yes, be kind and firm so that the situation does not get worse. Your becoming overly angry or frustrated may hinder your child's recovery. Also, you want to help your child to grow up to become a responsible adult who thinks for himself. Hence, take the needed time to reason honestly with the youth to help him see the benefits of being drug-free. Try to draw up what is in the wayward child's heart, and be willing to listen.—Proverbs 20:5.

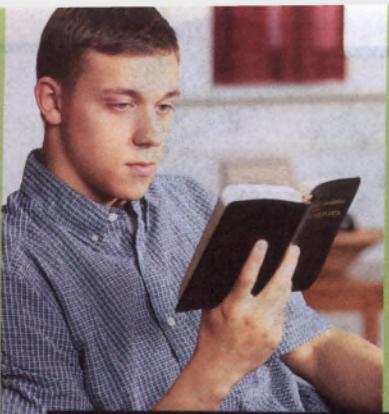
Ireneu further recalls: "Later, my parents changed tactics and began to counsel my brother, setting limits on where he could go, changing his classes so as to avoid his meeting the same schoolmates every day. They began to control his associations and to give him and the rest of the family more attention."

### **Getting Help**

Some parents may decide that it would be best for their young one to experience drug withdrawal under medical supervision. Exactly what kind of treatment parents will seek is a matter for personal decision. But since the quality of care given in rehabilitation clinics varies greatly, parents would do well to investigate matters thoroughly before committing to treatment. According to psychiatrist Arthur Guerra de Andrade, a professor at São Paulo University in Brazil, only 30 percent of those treated in clinics recover from drug addiction. Thus, parents must take an active interest in the recovery of their children, even when medical professionals are involved.

## Help for Recovering Drug Abusers

Are you a youth trying to break free from drug abuse? If so, you will find that reading the Bible and applying what you read can help you in your efforts to recover. You may find it especially helpful to read the book of Psalms, as it expresses many of the painful emotions that you may be feeling now. Sincere prayer to God, really pouring out your innermost thoughts, will also help you. (Philippians 4:6, 7) You will begin to sense that he really cares for you and that he



Consider how some other parents have successfully intervened when they discovered that their children were using drugs.

### Successful Interventions

"It is the worst thing that has happened to us," explains Marcelo, a man who lives in São Paulo, Brazil. "My wife and I had not noticed anything strange in the conduct of our two young sons. Frequently, they ate out at restaurants with a group of other young people we thought we knew well. It was devastating when a friend told us that our two boys were using marijuana. However, upon being asked, they immediately admitted that they were."

How did Marcelo deal with his sons' actions? "My wife and I could not hide our distress," he admits. "But while we condemned their drug abuse, we did not question their worth as individuals. We agreed that our goal from then on would be to help our sons to recover from drug abuse. We talked openly about our intentions, and both sons accepted our terms. They would continue their studies at school and would continue to work. They would not go out alone anymore. We demonstrated our love for them

wants you to succeed. But since God does not force anyone to act against his own free will, it is essential that you truly desire to be drug-free. The psalmist David, who experienced God's support many times, said: "I earnestly hoped in Jehovah, and so he inclined his ear to me and heard my cry for help. He also proceeded to bring me up out of a roaring pit, out of the mire of the sediment. Then he raised up my feet upon a crag; he firmly established my steps." (Psalm 40:1, 2) Today those who desire to clean themselves up and serve God are supported in the same way.

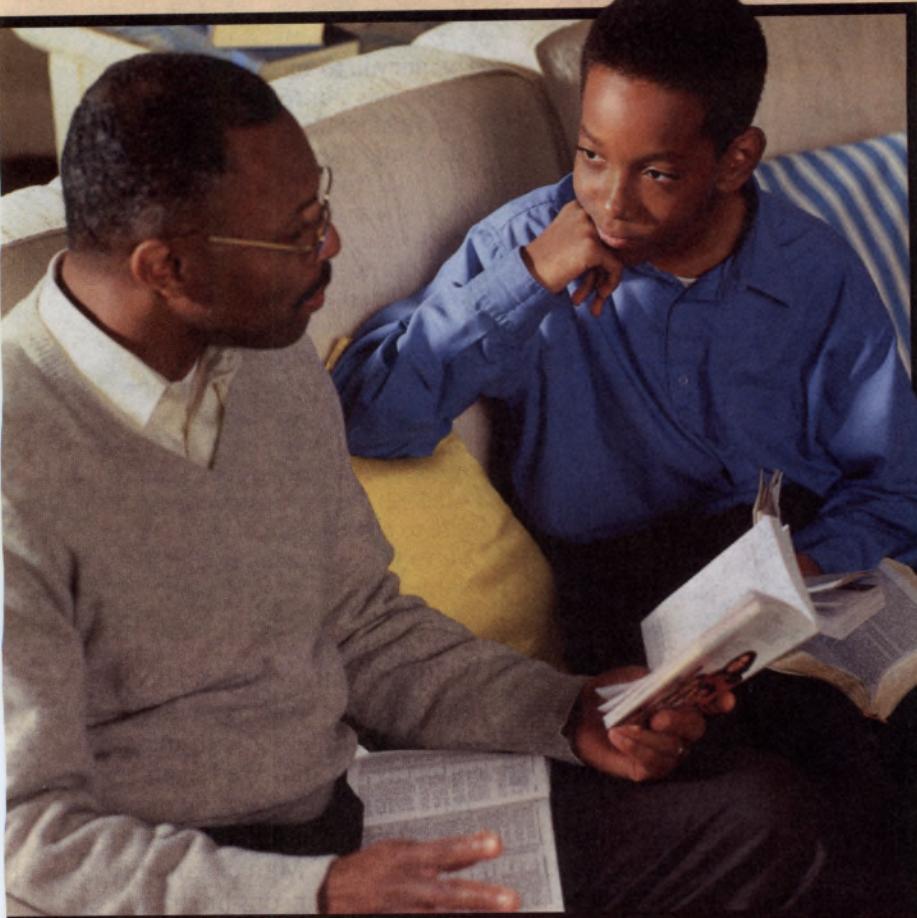
daily, not only on special occasions. Since I work as a builder, I took them along with me as often as I could. We began to have more fun, spending more

time in talking about the future and the need to have worthwhile goals in life." Marcelo and his wife were thus able to help their sons break free from drug abuse.

Consider the experience of yet another Brazilian father. Recalls his son Roberto: "When my father discovered that my brother was abusing drugs, instead of harshly criticizing or disciplining him, Father showed himself to be a friend and gained my brother's confidence. He got to know my brother's friends and the places that he frequented, and he began to

### In Our Next Issue

- Children—Are They Growing Up Too Fast?
- Galileo's Clash With the Church
- How an Injury Changed My Life



"Drug use is  
a preventable  
behavior.  
Drug addiction  
is a treatable  
disease."

—U.S. DEPARTMENT  
OF EDUCATION

*Take the time to warn  
your children about  
the physical and spiritual  
dangers of drug use*



*Be aware of your child's associates*

SOURCE: U.S. DEPARTMENT OF EDUCATION

reason with my brother that he neither needed drugs nor such friends. Father told him that he did not want to spend sleepless nights searching for him." In an attempt to recover the troubled youth, his stepmother gave full support to her husband. Both agreed that they had no time to lose and decided to help him at home.—See the box "Getting Help."

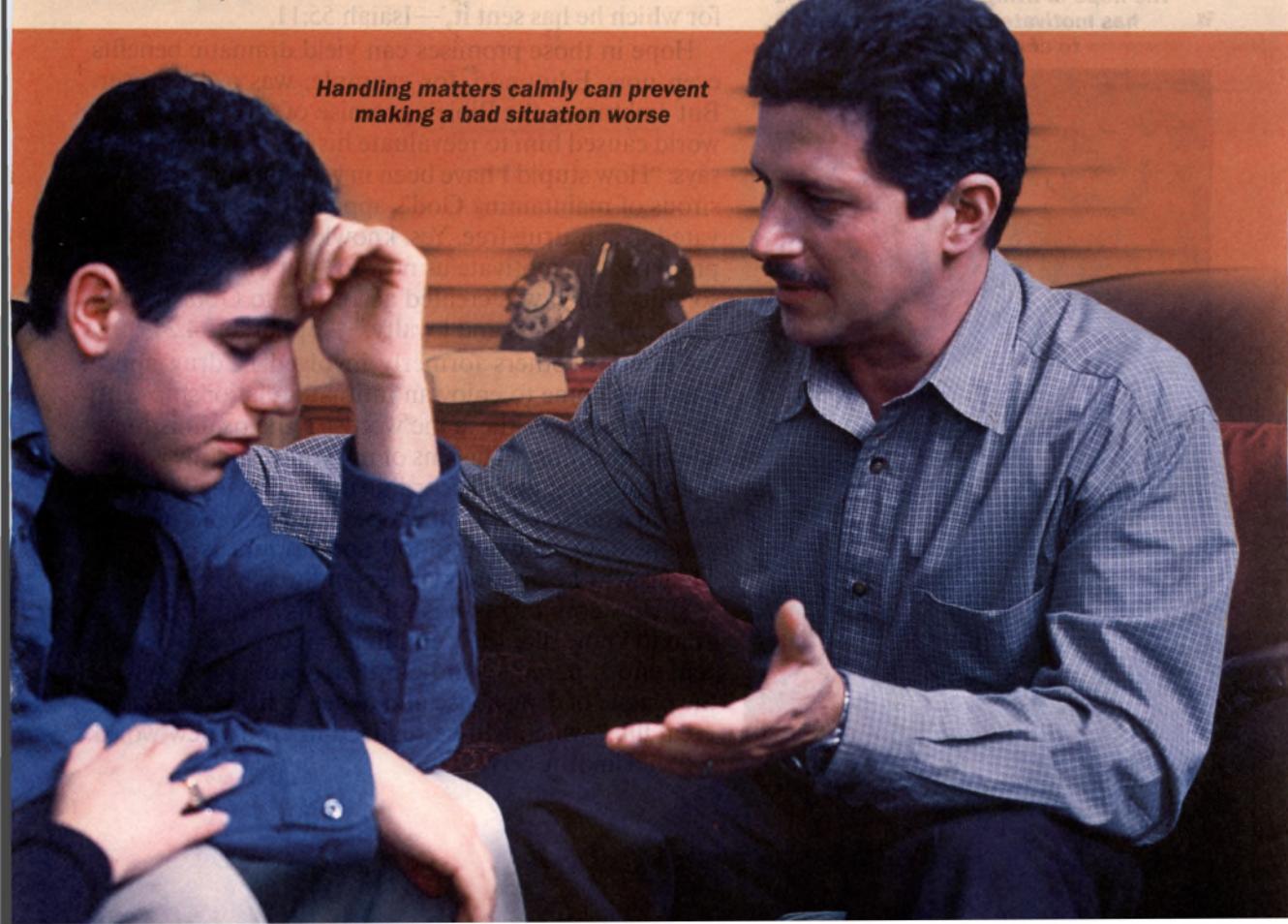
### **Do Not Give Up!**

Raising a family in these "critical times hard to deal with" can be exhausting and challenging. (2 Timothy 3:1) Yet, you should never neglect your own emotional and spiritual needs. (Matthew 5:3) How true are the words of Proverbs 24:10: "Have you shown yourself discouraged in the day of distress? Your power will be scanty." Much strength can be gained by associating with true Christians. At meetings at the Kingdom Hall of Jehovah's Witnesses, you can find support and encouragement.—Hebrews 10:24, 25.

Really, teaching your family to have faith in God can be your best defense against drug abuse. Of course, God does not force youths to follow a certain course of life. But he does offer sound advice. As recorded at Psalm 32:8, God says: "I shall make you have insight and instruct you in the way you should go. I will give advice with my eye upon you." As a loving heavenly Father, God wants to protect young ones from emotional, physical, and spiritual ruin. (Proverbs 2:10-12) Be assured that God will also help and support parents who are determined to raise their children "in the discipline and mental-regulating of Jehovah."—Ephesians 6:4.

Even so, the pressure of raising children in today's environment can be overwhelming at times. Is there any relief in sight?

**Handling matters calmly can prevent making a bad situation worse**



# Soon—A Drug-Free World

Can you imagine a world without drug abuse?

**U**NITED NATIONS Secretary-General Kofi Annan called on all nations to work toward such a world. He declared: "We must take new and bold steps to combat this evil; this scourge which has ensnared too many of our children."

Although leaders may agree to reduce the worldwide production and distribution of illegal drugs, the challenge is staggering. Hennadiy Udovenko of Ukraine, serving as president of a special session of the UN General Assembly, stated that "with an esti-

mated worth of more than \$400 billion a year, the trade in narcotics is one of the most profitable underground businesses, . . . capable of tainting or destabilizing global financial markets." He added that the drug problem "has become a global phenomenon and no nation can feel secure from this menace."

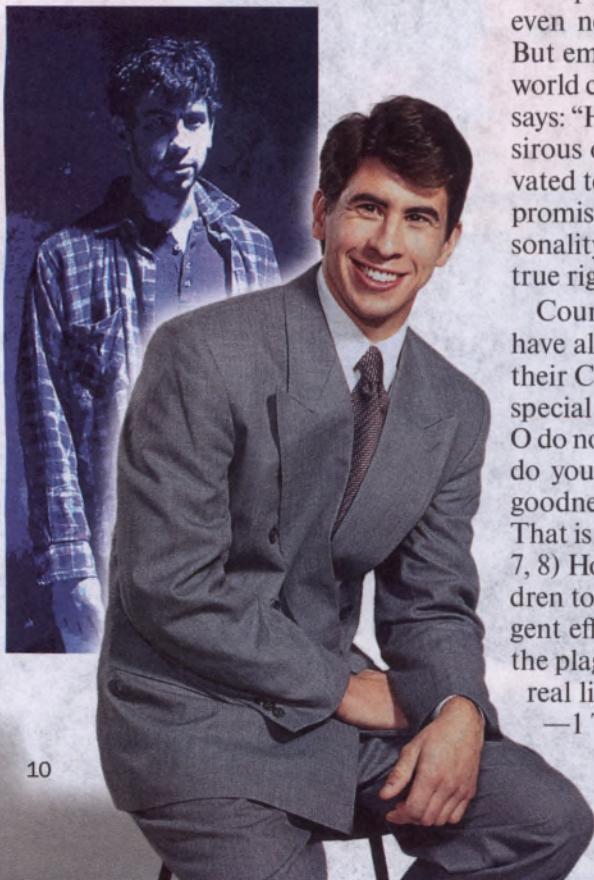
It is difficult to envision a world without dangerous drugs. Certainly human governments have proved unable to eradicate them. However, no one can hold back Almighty God from fulfilling his purpose to bring about an earthly paradise in which every emotional, physical, and spiritual need will be satisfied. (Psalm 145:16; Luke 23:43; 2 Peter 3:13) According to the prophet Isaiah, God's word 'will not return to him without results, but it will certainly do that in which he has delighted, and it will have certain success in that for which he has sent it.'—Isaiah 55:11.

Hope in those promises can yield dramatic benefits even now. Edmundo, for example, was a drug user. But embracing the Bible's promise of a righteous new world caused him to reevaluate his life. Edmundo now says: "How stupid I have been in wasting my time." Desirous of maintaining God's approval, he is now motivated to stay drug-free. Yes, knowledge of God and his promises can motivate us now to "put on the new personality which was created according to God's will in true righteousness and loyalty."—Ephesians 4:24.

Countless others formerly involved in drug abuse have also come to enjoy an intimate relationship with their Creator. To these the words of the psalmist have special meaning: "The sins of my youth and my revolts O do not remember. According to your loving-kindness do you yourself remember me, for the sake of your goodness, O Jehovah. Good and upright is Jehovah. That is why he instructs sinners in the way." (Psalm 25:7, 8) How comforting it is for parents of wayward children to know that their children can change! With diligent effort, parents can help their young ones to fight the plague of drug abuse and to get "a firm hold on the real life," which will be realized in God's new world.

—1 Timothy 6:19.

***The hope of living in God's new world  
has motivated many drug users  
to change their lives***



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

3

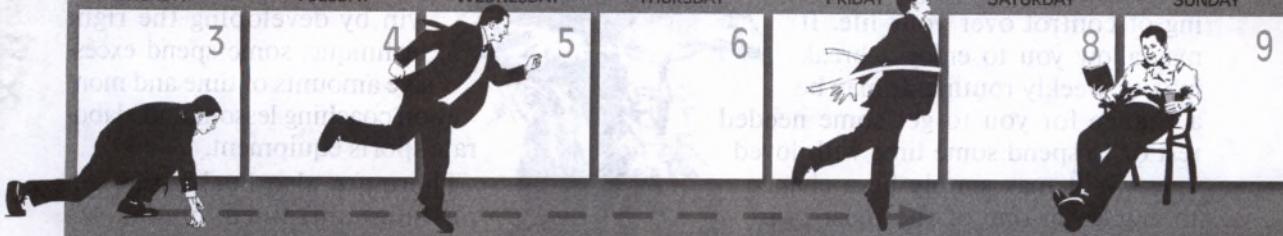
4

5

6

8

9



## Have a Nice WEEKEND!

**A**LMOST everyone looks forward to it, and when it arrives, it is often the highlight of the week. Some people travel on it, some play on it, some worship on it, and others stay at home and sleep on it.

We are talking about that period of time between the end of one workweek (or school week) and the start of the next—*the weekend!* In the Western world, the weekend begins sometime on Friday and stretches through Sunday. But where did the idea of the weekend originate? And if you live where the five-day workweek is common, what are some productive ways you might use the weekend?

### From Day of Rest to Weekend

Sabbath laws given to the nation of Israel some 3,500 years ago stipulated: "Six days may work be done, but on the seventh day is a sabbath of complete rest. It is something holy to Jehovah. Anyone doing work on the sabbath day will positively be put to death." (Exodus 31:15) The Sabbath was also an opportunity for Israelite parents to attend to the spiritual needs of their families.

The Jewish Sabbath went from sundown Friday to sundown Saturday. However, according to *The World Book Encyclopedia*, professed Christians "made Sunday a day for special worship, because they believed that the resurrection of Jesus occurred on that day. By the A.D. 300's, both the church and the state officially recognized it as a day of rest in Europe."

Interestingly, stretching the rest period beyond just one day is a rather recent development. Starting in Britain in the 1870's, the workweek drew to a close at lunchtime on Saturday. The afternoon half-day holiday combined with Sunday to make up the weekend. Saturday afternoon began with a family meal, which, according to *Atlantic Monthly* magazine, "was often followed by a weekly bath in the neighborhood bathhouse."

In the United States, the weekend was stretched even more, into a two-day holiday. According to one source, the first five-day workweek was adopted by a factory in New England in 1908. The arrangement was acceptable to both Jewish and "Christian" workers, since each group had its own rest day—Saturday for Jews and Sunday for "Christians." The five-day workweek caught on quickly. Automobile producer Henry Ford promoted it, since he astutely concluded that weekend family outings would push up the demand for cars.

### Something Planned for the Weekend?

Today the two-day weekend has become a fixture of the Western life-style. If you live in that part of the world, toward the end of any workweek, you are likely to be asked by workmates, "What have you got planned for the weekend?" That question raises some exciting possibilities.

Having had your time controlled by an employer for a whole week, the weekend may

be your chance to regain a feeling of control over your life. It may allow you to enjoy a break in your weekly routine. It may be a chance for you to get some needed rest or to spend some time with loved ones. Or it may simply be a chance to engage in one of the most popular weekend pastimes—recreational shopping. "Going round the shops is great fun," remarks Brigitte, who lives in Germany.

Surveys reveal that many people prefer to spend their leisure time simply relaxing. For staunch stay-at-home weekenders, there are many possible diversions: gardening indoors or out, collecting stamps, playing or listening to music, watching videos, cooking, writing letters, reading, sewing, knitting, engaging in sports, and painting, to mention just a few. Some prefer activities that allow them to interact with their children and marriage mate, such as jigsaw puzzles or board games.\*

Does the Bible condemn such seemingly frivolous uses of one's time? Not necessarily. Solomon wrote: "Better is a handful of rest than a double handful of hard work and striving after the wind." (Ecclesiastes 4:6) In moderation, play, rest, and relaxation definitely have their place in the life of a Christian.

### Going to Extremes

On the other hand, too much of even a good thing can be counterproductive and damaging. For example, physical training has its benefits.

(1 Timothy 4:8) But some weekend athletes pursue sports with almost reli-



\* For information on the possible dangers of certain electronic games, see the article "Young People Ask . . . Should I Play Computer or Video Games?" in the August 22, 1996, issue of *Awake!* and the series "Electronic Games—Is There a Dark Side?" in the December 22, 2002, issue.



gious fervor. Determined to win by developing the right technique, some spend excessive amounts of time and money on coaching lessons and elaborate sports equipment.

There are also health risks in pushing untrained bodies beyond their capacity. One news-magazine reported on middle-aged "weekend warriors of sport" who, determined to regain their youth, end up with strains, sprains, cuts, and bruises. Others risk life and limb in so-called thrill or extreme sports.\* The Bible's counsel to be "moderate" is thus quite appropriate. (Titus 2:2) Exercise should refresh, not exhaust or endanger.

Some thus prefer to enjoy less extreme physical pursuits. For example, walking and hiking are immensely popular in Germany. In fact, one pastime that has a wide following in Europe is called challenge walking. Doing it, you race, not against others, but against the clock. The idea is to cover a set route through a rural area within a certain designated time. What a pleasant way to exercise and at the same time enjoy beautiful scenery! And it is something the entire family can enjoy.

### Overcrowded Weekends

Sometimes people pack so many activities into a weekend that they end up enjoying few or none of them. When the new week starts, they feel, not refreshed, but very tired. The German magazine *Focus* reported on a study in which 27 percent of those questioned found that their leisure activities tended to be too hectic and stressful.

\* See the articles "Young People Ask . . . Thrill Sports—Should I Take a Chance?" in the July 8, 1994, issue, and "Thrill Seekers—Why the Fatal Attraction?" in the October 8, 2002, issue.



"Rest is the guardian of efficiency," wrote *Time* magazine. Jesus Christ likewise understood the need we have for rest and relaxation. Mark 6:31 reports that Jesus told his disciples: "Come, you yourselves, privately into a lonely place and rest up a bit." For there were many coming and going, and they had no leisure time even to eat a meal." So while exercise, shopping, and the like have their place, scheduling some time for leisurely reading, resting, or sleeping can do much to refresh you. However, there is something else that can add to the enjoyment of any weekend.

### Spiritual Needs

Jesus said in his Sermon on the Mount: "Happy are those conscious of their spiritual need." (Matthew 5:3) One of the purposes of the original Sabbath rest day was to allow the people to attend to their spiritual needs. Can weekends be used to serve a similar purpose today? Consider Jehovah's Witnesses. Most of

their congregations hold their main Christian meetings on either Saturday or Sunday.

Weekends are also used for larger gatherings, such as assemblies and conventions. Many of Jehovah's Witnesses often spend time on weekends going from door to door discussing the Bible with their neighbors.

Of course, like everyone else, Jehovah's Witnesses have jobs, homes, and families to care for. So when possible, they also plan leisure activities for themselves and their families. But they give priority to spiritual matters. Does doing so inflict a hardship on them? Consider the experiences of the following individuals.

Before becoming Witnesses, a German couple named Jürgen and Doris spent their weekends working out at a sports club. Melle and Helena spent their time visiting art galleries. For a man named Helmut, weekends were the time to be outdoors enjoying nature. And a woman named Silvia spent her weekends at

*An enjoyable weekend is a healthy mixture of rest, recreation, and spiritual activity*

the disco. Since becoming Jehovah's Witnesses, though, their leisure habits have changed dramatically.

Jürgen and Doris explain: "Our leisure activities used to wipe out boredom, but you could not say that they enriched our lives. Nowadays, helping other people to understand the Bible adds meaning and purpose not only to their lives but also to ours." What about Melle and Helena? "The Bible offers guidelines for the very best way of life, and talking to other people about it brings much joy." Why does Helmut get much more out of life now? "I know that what I am doing in the public ministry is important to Jehovah," he says. And Silvia comments: "Preaching means contact with people and interesting conversations, and I enjoy both."

Why not speak with Jehovah's Witnesses the next time they visit? A brief discussion with one of them might be a first step in finding more purpose in life, not just on the weekend but every day of the week!

Whatever your taste in leisure pursuits, make your weekend upbuilding and enjoyable. If you live in the German-speaking world, we wish you "*schönes Wochenende*." If Spanish is your tongue, then, "*Buen fin de semana!*" If you are Ukrainian, we could say, "*Бажаю вам приятно провести вихідні.*"

Wherever you live and whatever you do, have a nice weekend!



# Sketching the Famous and the Infamous

BY AWAKE! WRITER IN BRITAIN

**H**AVE you ever tried to sketch a human face? It is not easy. But what if you needed to draw the likeness of a person you have just seen for the first time, and then for only a few minutes? Making it more difficult, you have to work only from mental notes of the features you have seen. Finally, your pastel color sketch, drawn from memory, must be ready for a waiting television crew within 30 minutes!

It would be impossible for most of us to meet such a challenge. Yet, in Britain a handful of men and women specialize in this work. Who are they? Court artists.

## Legal Restraints

Court cases readily capture the imagination of the public, and in many countries television and photographic coverage of such cases is common. But in Britain it is different. People are strictly forbidden to "attempt to make in any court any portrait or sketch, of any person"—including that of judges, jurors, or witnesses as well as defendants or prisoners.\* This is where the skill of the court artist comes in, recording for the media the proceedings of a court in action.

To learn more about this fascinating work, I visited

\* This does not apply in Scotland.

an art and design fair held in London. At a popular stand, I met Beth, one of this elite group of artists. "How much time do you have in court to look at a defendant?" was my first question.

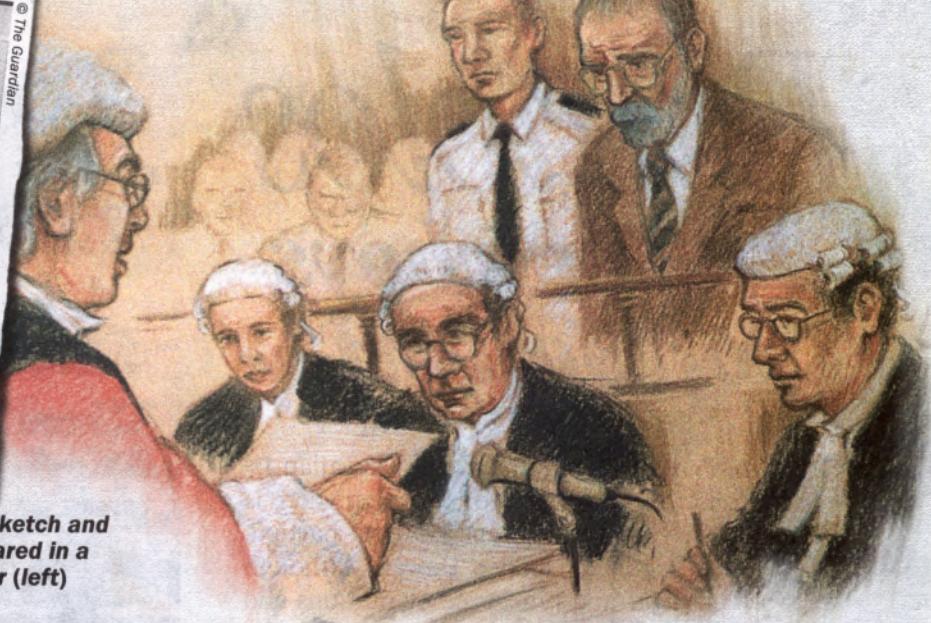
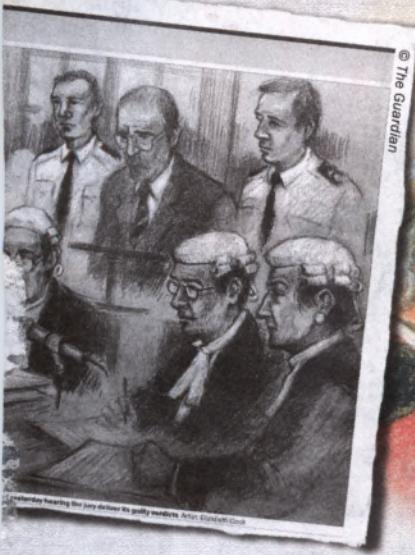
## Time and Purpose

"When a prisoner stands in the court's dock for the initial hearing, he is usually there for little more than two minutes, but that is enough," Beth assured me. "It gives me time to identify the characteristics of the head and hairstyle and the shape of the nose, eyes, lips, and mouth. I must also mentally note the width of the face, the length of the forehead, and the size of earlobes as well as any additional features, such as a beard or spectacles. Only then do I have the basic information for an accurate drawing."

"At times, my work becomes more difficult. For example, in a recent case, there were 12 men in the dock! Admittedly, they were there for up to 15 minutes, but to get 12 faces in one drawing takes a lot of concentration. I have what you would call a visual memory, but I have had to develop it over the years. When I leave the courtroom, if I close my eyes, I must clearly recall the faces I have seen."

"How much time do you spend researching facts about the characters you will encounter in court?" I asked next. Beth's answer came as a surprise.





**A courtroom sketch and how it appeared in a newspaper (left)**

"Unlike a reporter, I do no research at all. I come to court fresh, with a clear mind, making a conscious effort not to put any interpretation into my work. I endeavor to record the court's proceedings, where expressions can differ from day to day. I must remember that the jury may see my drawings, either on television or in a national newspaper, and I do not want to influence any one of them to say, 'What a guilty expression he has!' In this vital aspect, court art is quite different from portrait painting."

#### **The Moment**

When I asked Beth what the secret is of her success, she replied: "I look for a moment—'The Moment,' I call it—that captures the atmosphere of the proceedings. For example, when one accused buried his head in his hands, his gesture summed up

the case against him so well. On another occasion a woman's facial response to the question, 'Are you a good mother?' answered better than her reply. In the same way, a handkerchief wiping away a tear can reveal inner emotions.

"A court artist also has to capture the atmosphere of the court, which means drawing the judge, the lawyers, and the court officials, as well as the books, the lighting, and the furniture. Such a complete picture is something most people will never see for themselves, so it intrigues them. Where do I do my drawings? Sometimes in the court press-room, but more often than not, sitting on a quiet flight of steps somewhere. But then I have to rush back to add more faces to my picture when a new witness is called or when the defense lawyer addresses the court." Smiling, Beth added: "Oh, yes. I am aware that many of my drawings now hang in lawyers' offices."

I looked with interest at the pictures on her stand.

They all brought back vividly to my mind court cases involving both the famous and the infamous that I had read about in recent years. After ten minutes or so, when I prepared to take my leave, Beth kindly handed me a pastel sketch. It was of me.

# Paniolos

## The Cowboys of Hawaii

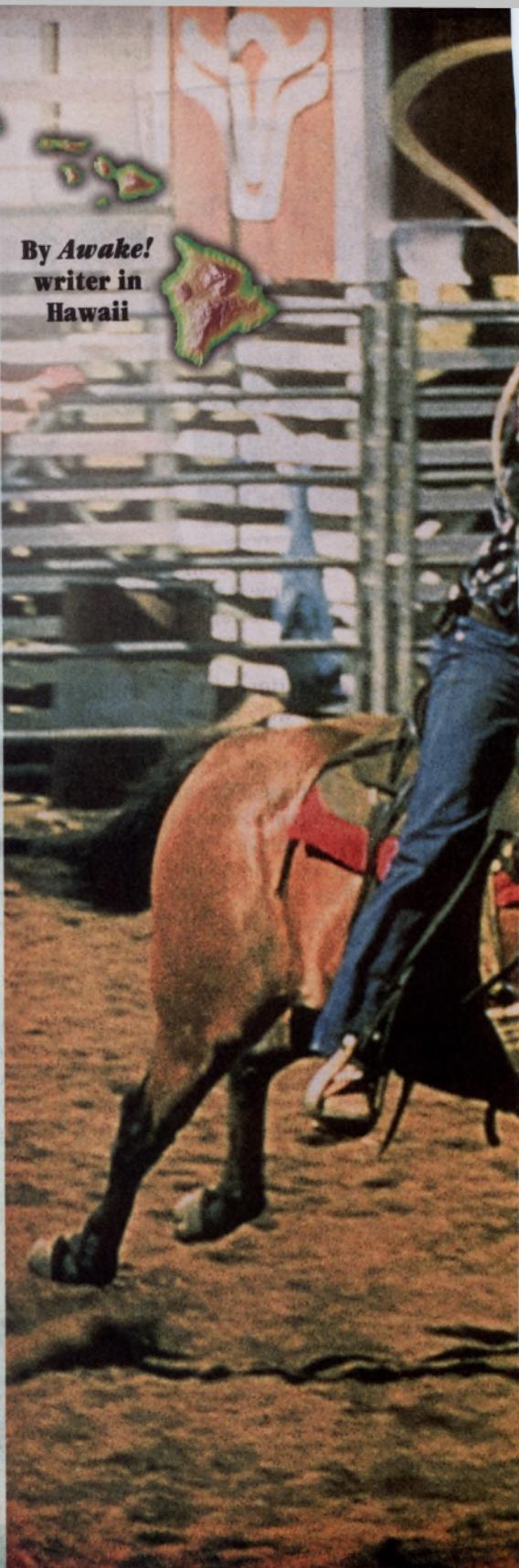
MANY visitors coming to the Hawaiian Islands are surprised to learn that there is a thriving cattle industry here, particularly on the Big Island, called Hawaii. Although the former sugar and pineapple plantations and Kona coffee are familiar, real live cowboys, or paniolos, seem strange and oddly out of place to the visitors. They ask, "How did cattle and cowboys ever come to Hawaii?"

### The Arrival of Cattle

Cattle came to the Big Island of Hawaii way back in 1793 when an English ship's captain and explorer, George Vancouver, brought them to King Kamehameha I as a present. Captain Vancouver was no stranger to the Hawaiian Islands, as earlier he had been with Captain James Cook, a famous British explorer, when the two of them became the first Europeans to tour the islands.

The king accepted the gift and was so pleased that Vancouver returned the next year, bringing more cattle and sheep. Vancouver hoped that the animals would thrive and multiply, providing an additional economic resource for the Sandwich Islands, as they were then called. To accomplish this objective, he suggested to King Kamehameha that he put in place a kapu (taboo) forbidding the slaughter of these animals so that they could multiply rapidly. The king immediately saw the advantage in this, and he proclaimed this kapu for a period of ten years.

By *Awake!*  
writer in  
Hawaii





Parker Ranch/John Russell

### The Cattle Become a Nuisance

The cattle Vancouver introduced were long-horns from California. (See the illustration on page 18.) They were large, fearsome animals, with a huge spread of horns. The Hawaiians promptly named them *pua'a pipi* (literally, beef pig) and gave them a wide berth, respecting the kapu. Left alone, the cattle roamed widely and multiplied profusely.

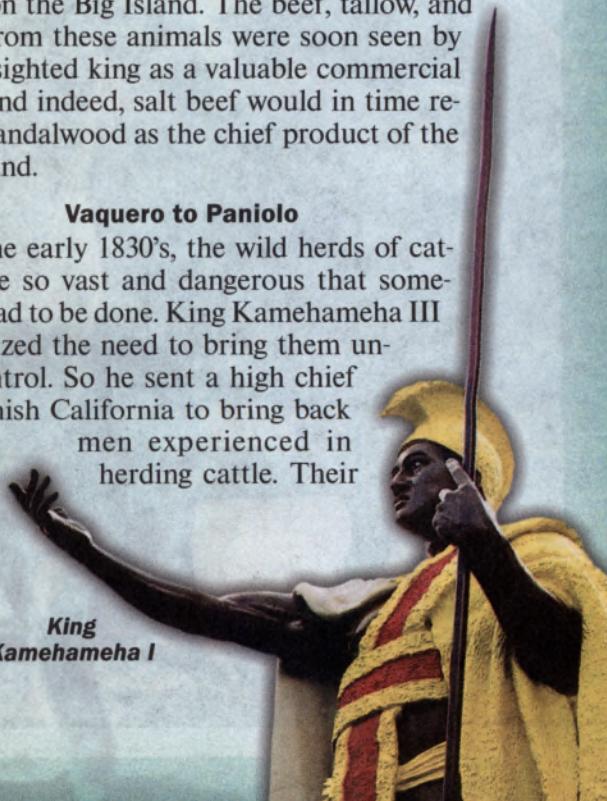
It was not long before these cattle became a nuisance! Having free rein and no predators, they began to do serious damage to native forests in the mauka (mountain) lands, and they frequently foraged in the gardens of the makai (lower, oceanside) lands, where the villagers grew their sweet potato, yam, taro, and other crops. Cattle fences of volcanic rock and even *papipi* (fences of prickly pear cactus) proved to be inadequate protection against these strong, fierce, and determined beasts.

It was not until about 1815 that an enterprising New Englander, John Palmer Parker, was allowed by King Kamehameha I to use his new, American-made musket to begin shooting some of the cattle that were now numerous and a nuisance on the Big Island. The beef, tallow, and hides from these animals were soon seen by the farsighted king as a valuable commercial asset, and indeed, salt beef would in time replace sandalwood as the chief product of the Big Island.

### Vaquero to Paniolo

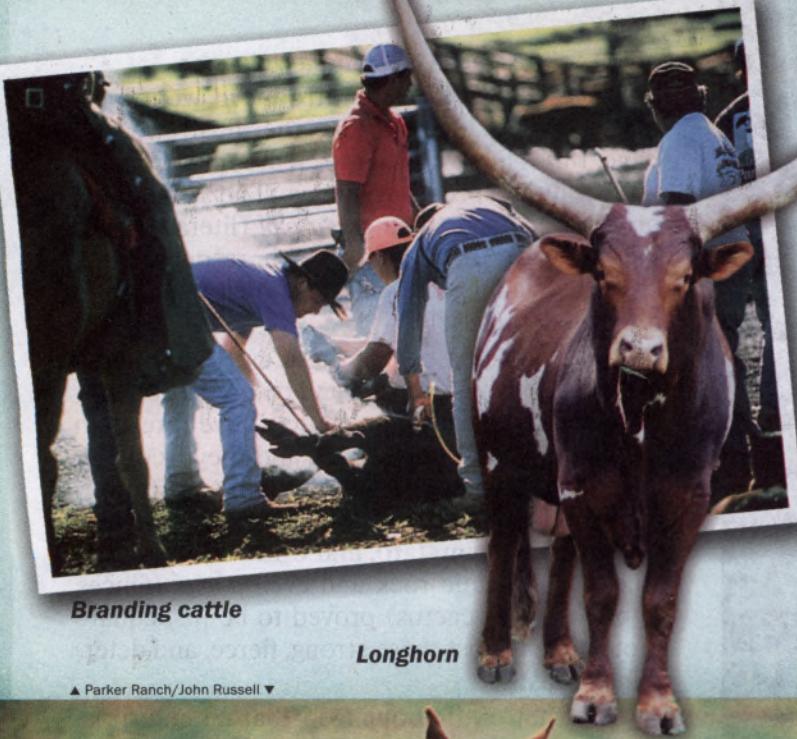
By the early 1830's, the wild herds of cattle were so vast and dangerous that something had to be done. King Kamehameha III recognized the need to bring them under control. So he sent a high chief to Spanish California to bring back men experienced in herding cattle. Their

**King  
Kamehameha I**



*From left to right:*  
**Archie Ka'a'a, Eben Low, and Ike Purdy**

Paniolo Preservation  
Society/Dr. Billy Bergin



**Branding cattle**

© USFWS

**Longhorn**

▲ Parker Ranch/John Russell ▼



job would be to round up the cattle and to train Hawaiians to do the same. By then, the animals were not only on the Big Island but also on Oahu, Maui, and Kauai.

In 1832, Spanish, Mexican, and Indian vaqueros—colorful, experienced cowboys who had learned their trade on Spanish-Mexican haciendas—arrived in Hawaii. With their distinctive sombreros, saddles, ropes, and spurs, they were soon dubbed paniolos because of their Spanish, or *español*, background. The name stuck, and they are still called paniolos today.

The paniolos were hardworking, fun-loving cowboys, who not only excelled in their work but also enjoyed singing and playing musical instruments. They brought to their monumental task experience, courage, stamina, and an abiding pride in their work. One old-time paniolo expressed their feelings this way: "If you work hard, you live long." And work hard they did! They spent long days from sunrise until after dark rounding up, cutting out, roping, and branding cattle. And, of course, fences had to be built and mended, for the cattle were now to be domesticated.

But what is a cowboy without a horse? In 1803 the first horses had been brought to Hawaii by Richard J. Cleveland, on the brig *Lelia Byrd*. These were of Arabian and Moorish descent, and King Kamehameha I himself was the first Hawaiian in the islands to ride a horse!

These horses were fast, agile, and tough, and they adapted well to the uneven terrain. The paniolos found them indispensable for the demanding work of handling and domesticating the cattle.

Some horses, like the cattle, roamed unrestrained at first, and as time passed, they bred with other horses introduced from Great Britain and the United States, including thoroughbreds and Arabians. This intermingling produced an interesting variety of horses available to the paniolo. But the paniolo of

today, if asked to choose his favorite for roping and rodeo work, would probably choose the quarter horse. Why? Because, as the paniolos learned, the animals' quick response when starting, stopping, and obeying commands makes them hard to beat.

### **World Rodeo Championship**

The Hawaiian paniolos mastered the skills that cowboys everywhere are noted for—riding, roping, and racing. They were so adept that in 1908 several of them, including Ikua (Ike) Purdy and Archie Ka'au'a, competed in the largest rodeo in the United States. This was the Frontier Days Rodeo in Cheyenne, Wyoming, a truly prestigious event.

These paniolos, with their colorful dress, dashing style, and Hawaiian leis, caught the attention of the Western cowboy world. And how they distinguished themselves! Ike Purdy became the world rodeo steer-roping champion, and Archie too did very well in the rodeo. An astonished world sat up and took note of Hawaii and its fascinating paniolos. Later, in 1996, Ike Purdy was even nominated to the National Cowboy Hall of Fame.

### **Modern Paniolo Life**

What is life as a paniolo like today? A little tamer, perhaps, but there is still a lot of hard work to be done on a modern ranch. The Parker Ranch in Waimea on the Big Island is a good example. It has extensive acreage, hundreds of miles of fencing, and many thousands of head of cattle. There is much for the paniolo to do, and together with his favorite horse, he moves the cattle from one grazing area to another.

Today in Waimea after the day's work is done, you just might find a group of paniolos relaxing at a favorite watering hole—dressed in blue jeans, cowboy boots, and a cowboy hat, perhaps with a Hawaiian lei wound around it—listening to the distinctive slack-key guitar music that is a local trademark or perhaps joining in an old-time favorite Hawaiian song!



## WHAT IS MATERIALISM?

HUMANS are born with the capacity to be spiritually inclined and with a need to worship God. Still, man was created from material elements and has material needs and the capacity to enjoy material things. Some Christians have an abundance of material riches. Is this in itself evidence of materialism and a lack of spirituality? By contrast, are those who are poor less likely to be materialistic and more likely to be spiritually inclined?

Surely you would agree that materialism involves much more than simply having abundant wealth or possessions. Consider the following Bible examples of what materialism really is and how to avoid the dangers it poses to spirituality.

### They Had Riches and Glory

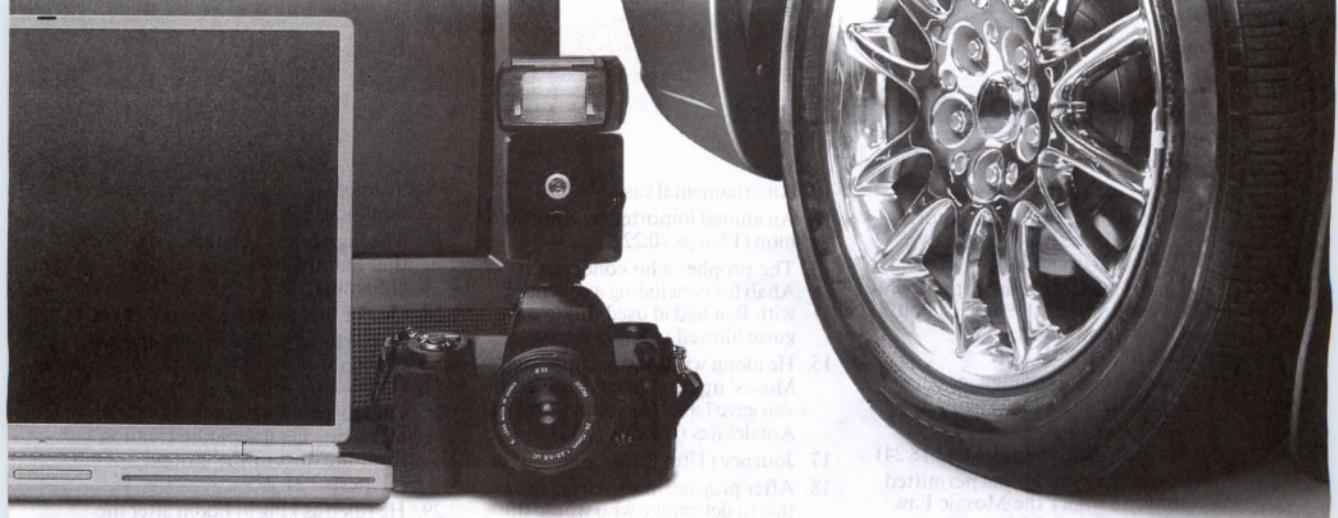
Among faithful servants of God in Bible times were some who had riches and glory. For instance, Abraham "was heavily stocked with herds and silver and gold." (Genesis 13:2) Job was known as "the greatest of all the Orientals" because of his accumulation of livestock and his large body of servants. (Job 1:3) Kings of Israel, such as David and Solomon, came to possess enormous wealth.—1 Chronicles 29:1-5; 2 Chronicles 1:11, 12; Ecclesiastes 2:4-9.

Wealthy Christians were part of the congregation in the first century. (1 Timothy 6:17) Lydia is called "a seller of purple, of the city of Thyatira and a worshiper of God." (Acts 16:14) Purple dye and garments colored with it were expensive and were usually reserved for individuals of position or wealth. Thus, Lydia may have had a degree of wealth herself.

In contrast, certain faithful worshipers of Jehovah in Bible times were very poor. Natural disasters, accidents, and deaths plunged some families into poverty. (Ecclesiastes 9:11, 12) How difficult it must have been for those in need to observe others enjoying riches or material possessions! Even so, it would have been wrong for them to judge those with riches as materialistic or to conclude that those without riches were serving God more fully. Why? Consider what is at the root of materialism.

### The Love of Money

One dictionary defines materialism as "a preoccupation with or stress upon material rather than intellectual or spiritual things." Thus, materialism is rooted in our desires, our priorities, and our focus in life. This is clearly established by the following two Bible examples.



Jehovah strongly counseled Baruch, who served as secretary to the prophet Jeremiah. Baruch was likely poor because of the circumstances in Jerusalem and his close association with the unpopular Jeremiah. Even so, Jehovah observed: "As for you, you keep seeking great things for yourself. Do not keep on seeking." It may be that Baruch started to become materialistic, developing a preoccupation with the wealth or material security of others. Jehovah reminded Baruch that He would deliver him from the destruction coming upon Jerusalem but that He would not preserve his possessions.—Jeremiah 45:4, 5.

Jesus gave an illustration of a man who similarly was preoccupied with material things. This man focused on his riches rather than on using what he had to expand his service to God. The rich man said: "I will tear down my storehouses and build bigger ones, . . . and I will say to my soul: 'Soul, you have many good things laid up for many years; take your ease, eat, drink, enjoy yourself.'" Jesus then stated: "But God said to him, 'Unreasonable one, this night they are demanding your soul from you. Who, then, is to have the things you stored up?' So it goes with the man that lays up treasure for himself but is not rich toward God."—Luke 12:16-21.

What is the point of these two accounts? They help us to see that an individual is ma-

terialistic, not because of how much he has, but because of putting a priority on material things. The apostle Paul stated: "Those who are determined to be rich fall into temptation and a snare and many senseless and hurtful desires, which plunge men into destruction and ruin. For the love of money is a root of all sorts of injurious things, and by reaching out for this love some have been led astray from the faith and have stabbed themselves all over with many pains." (1 Timothy 6:9, 10) It is the determination to be rich and the love of material things that cause problems.

#### **Self-Examination Needed**

Christians are careful to avoid the trap of materialism regardless of their economic situation. The power of riches is deceptive and can choke spirituality. (Matthew 13:22) A shift in focus from spiritual things to material things can overtake us before we know it, with sad consequences.—Proverbs 28:20; Ecclesiastes 5:10.

Hence, Christians do well to examine their priorities and focus in life. Whether one has little or much in a material way, spiritually-minded people strive to follow Paul's admonition to rest their hope "not on uncertain riches, but on God, who furnishes us all things richly for our enjoyment."—1 Timothy 6:17-19.

# Crossword Puzzle

## Clues Across

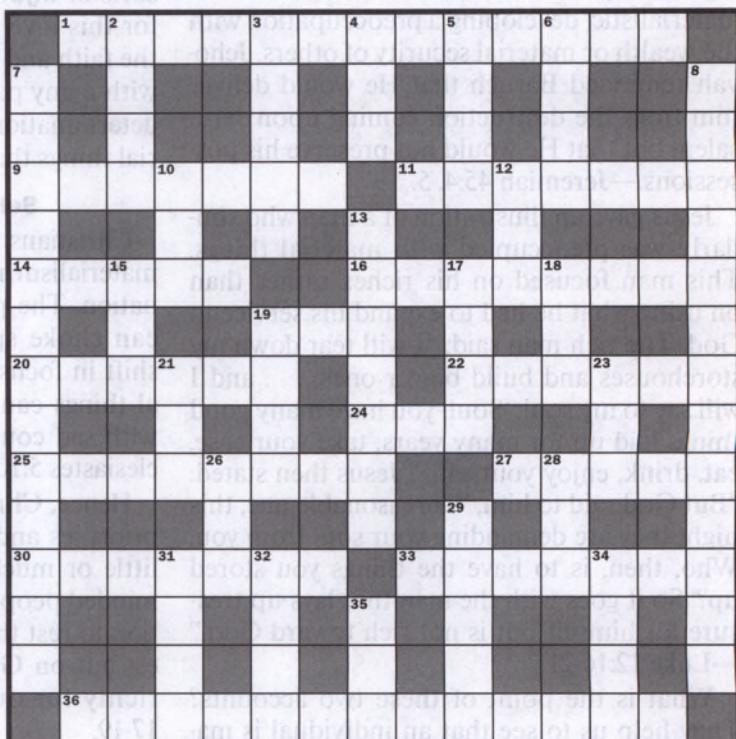
- According to the congregator, it "cannot quickly be torn in two" [2 words] (Ecclesiastes 4:12)
- One of the Christian brothers who was in Rome at the time of Paul's last imprisonment (2 Timothy 4:21)
- One of the three languages in which the Bible was originally written (Ezra 4:7)
- A city of Benjamin (Joshua 18:24)
- A cud-chewing animal permitted for food under the Mosaic Law (Deuteronomy 14:5)
- Joshua's father (Joshua 1:1)
- Job used "a fragment of earthenware" to do this (Job 2:8)
- Determined (Matthew 19:3)
- One of the poisonous snakes in Palestine (Romans 3:13)\*
- What Moses observed two Hebrew men doing the day after "he struck the Egyptian down" (Acts 7:26)
- Because of this the disciples kept falling asleep on the night before Jesus' death instead of praying, as he had instructed (Luke 22:45)
- David's sixth son, whom his wife Eglah bore in Hebron (2 Samuel 3:5)
- He told King Ahasuerus about the 50-cubit stake that Haman had made for Mordecai, thus prompting the king to have Haman hanged on it (Esther 7:9)
- Jesus said that this is how false prophets would be recognized [3 words] (Matthew 7:15, 16)

## Clues Down

- A plant valued for its aromatic, medicinal, or savory qualities (Job 30:4)
- An ancestor of Jesus' adoptive father, Joseph (Matthew 1:15)
- Advanced in years (John 3:4)
- Highly valued (Luke 7:2)
- Last of the five listed sons of Horite sheikh Shobal (Genesis 36:23)
- The first-listed family of Nethinim returning from Babylon to Judah [4 words] (Ezra 2:43)
- A title of Jehovah that emphasizes his role as the majestic and venerable Judge of all (Daniel 7:22)

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

- An ornamental vase
  - An animal imported by King Solomon (1 Kings 10:22)\*
  - The prophet who condemned Ahab for concluding a covenant with Ben-hadad used this to disguise himself (1 Kings 20:38)
  - He along with Aaron supported Moses' uplifted hands until Jehovah gave Israel the victory over the Amalekites (Exodus 17:12)
  - Journey (Titus 3:13)
  - After praying, the disciples used this to determine who would fill the place of Judas Iscariot (Acts 1:26)
  - A descendant of King David through Nathan in the royal lineage of Jesus (Luke 3:27)
  - In lamenting the destruction of Jerusalem, Jeremiah described those who were used to wearing royal garments as having
- \* The scripture cited has a form of the word needed.
- to embrace these heaps (Lamentations 4:5)
  - The high priest of Israel at the time that Samuel became a prophet (1 Samuel 3:1)
  - One of the places on Aaron where Moses put blood at the installation of the priesthood in Israel (Leviticus 8:23)
  - God formed Eve from this instead of making her a separate creation from the dust of the ground (Genesis 2:21, 22)
  - He ruled as king in Edom after the death of Baal-hanan (Genesis 36:39)
  - The origin or source (1 Timothy 6:10)
  - As used in the Scriptures, this is understood to denote the measure of land that a span of bulls can plow in a day (1 Samuel 14:14)
  - Disregard (Luke 11:42)
  - An item used to propel a boat (Ezekiel 27:29)



# Eating Without Cutlery

BY AWAKE! WRITER IN GHANA



MANY people use a fork, a knife, and a spoon to transfer delicious food to their mouth. Others, such as those who grew up in the Orient, use a pair of chopsticks for the same purpose. However, there are foods that some say taste better when eaten with bare hands. Think about barbecued ribs, chicken pieces, muffins, egg rolls, and tacos.

But how about soup? Would you eat that with your fingers? ‘Impossible!’ you might say. ‘It is hot and sticky, and there is no way to hold it together.’ In many countries of Africa, people are as accustomed to eating soup with their fingers as Asians are to eating with chopsticks. Let us introduce you to a Ghanaian dish and the delightful experience of eating it without cutlery.

## Fufu and Groundnut Soup

*Fufu* is made from boiled plantain, a fruit closely related to the common banana, and from cassava—also called manioc—a plant with tuberous roots, which is cultivated throughout the tropical world. The plantains and cassava are peeled, washed, and boiled until softened. After the water is drained, they are pounded together to a smooth, consistent paste using pestle and mortar. When well mixed and soft, this paste is formed into round balls.

Perhaps you know groundnuts better as peanuts. Groundnut soup is made from groundnut paste, meat or fish, tomatoes, onions, pepper, and other spices. The meat or fish is steamed and spiced, and then water and groundnut paste are added. The vegetables are blended and added to the soup, and



everything is stirred and cooked well. Then the *fufu* ball is served in a bowl, with the steaming groundnut soup on top of it.

#### The Technique

Now that this delicious meal has been prepared for you, how do you get it into your mouth with your bare hands? Well, it is just a matter of using the right technique.

First, of course, wash your hands carefully. Then dip the fingers of your

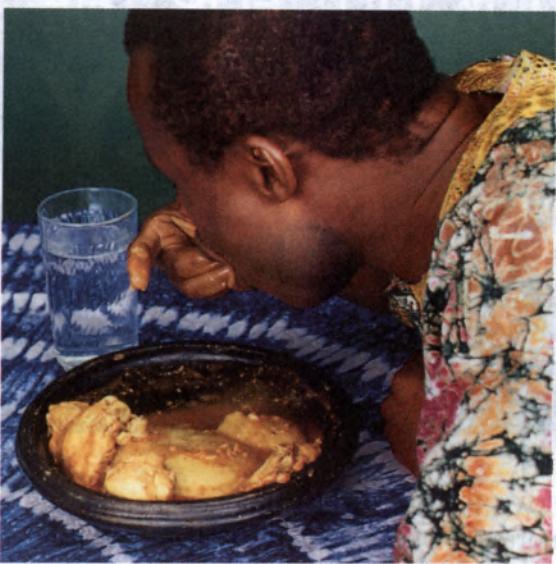
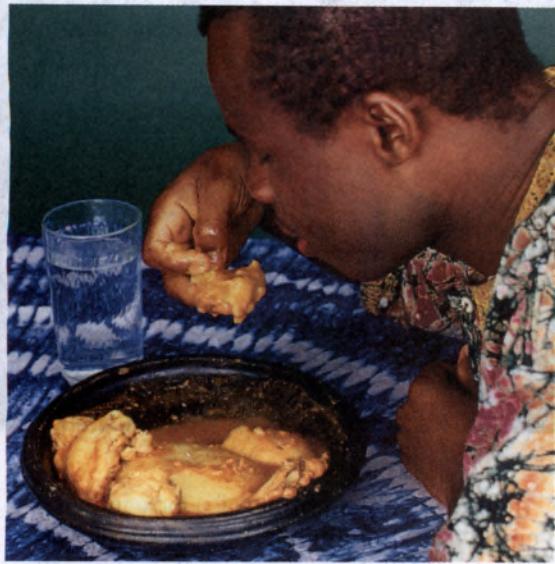
right hand into the soup. But be careful! If you are not used to it, the heat might be too intense!

Now pull off some *fufu*, using your thumb, forefinger, middle finger, and ring finger. Keep the morsel immersed in the soup, and press it gently with the thumb to create a small dimple, which will trap a little bit of the soup.

Then raise the hand with the morsel. On the way turn your wrist and fingers toward your mouth while making sure that your fingers do not go higher than your wrist. By doing so, you ensure that the soup does not run all the way down your arm to the elbow.

#### Crossword Solutions

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



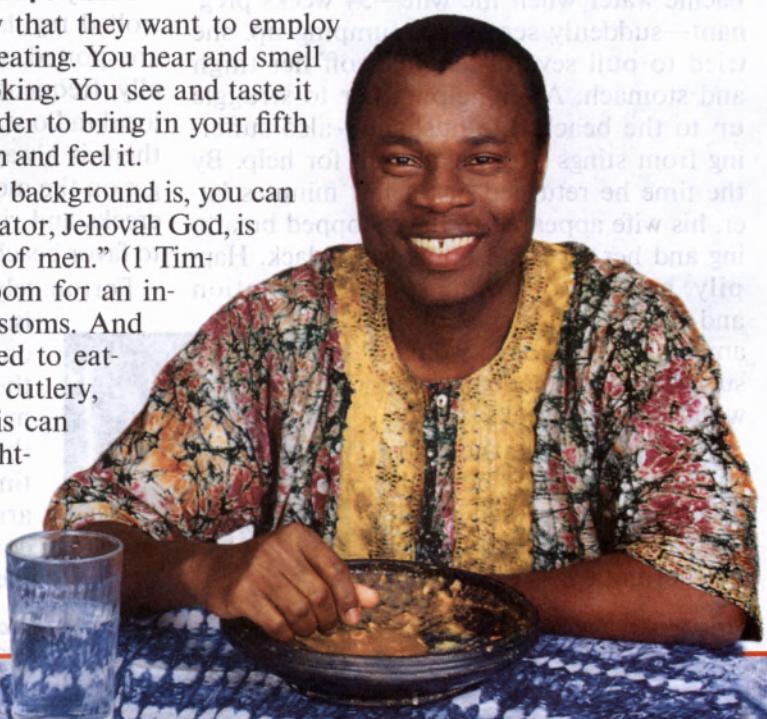
Bend your head down a little bit, and when your hand reaches your lips, use the middle and ring fingers to shift *fufu* and soup directly into your mouth. Enjoy it but, again, be careful. Now you might have to cope with the heat of the pepper in your mouth, as Ghanaian dishes are usually quite spicy!

You will have to repeat this procedure until all the *fufu* is eaten. Eat the other ingredients, such as the pieces of meat, separately from the *fufu*. And if some of the soup is left over, you may use your hand to finish it up.

#### The Experience

Some Ghanaians say that they want to employ the five basic senses in eating. You hear and smell the food when it is cooking. You see and taste it while eating. But in order to bring in your fifth sense, you have to touch and feel it.

No matter what your background is, you can be assured that our Creator, Jehovah God, is interested in "all sorts of men." (1 Timothy 2:4) This gives room for an interesting variety of customs. And even if you are not used to eating your soup without cutlery, you might find that this can be a delicious and delightful experience.



# LOOK OUT FOR THE DEADLY STINGERS!

BY AWAKE! WRITER IN AUSTRALIA



**I**T WAS a beautiful summer morning in northern Queensland, Australia—a perfect day to bathe in balmy waters and escape the heat. But that morning the local radio station at Townsville broadcast frequent warnings that deadly box jellyfish had been sighted in local waters and that anyone going swimming that day should beware.

One young couple failed to hear these radio warnings. They were sitting quietly close to shore in about a foot and a half of blue Pacific water when the wife—34 weeks pregnant—suddenly screamed. Jumping up, she tried to pull several tentacles off her thigh and stomach. After helping her to struggle up to the beach, the husband—also suffering from stings—frantically ran for help. By the time he returned just a few minutes later, his wife appeared to have stopped breathing and her face and limbs were black. Happily, because of on-the-spot resuscitation and the prompt arrival of an ambulance, the young woman survived. So did her baby, who was born a few weeks later.

Hundreds of bathers are stung every year by box jellyfish. A few have died within one minute of being touched by the tentacles. Little won-

der, then, that the sighting of a box jellyfish can empty the shoreline of summer swimmers in an instant! Its cluster of long tentacles—40 to 60 in large specimens—can be dangerous.

## Are There Any Precautions?

Some choose to avoid swimming in the ocean at all when box jellyfish are about. But for those who do venture into the water during the warmer months, a full-body wet suit may be the best way to avoid a painful encounter.

Many northern Australian beaches are patrolled regularly, and whenever box jellyfish are spotted, most of them are netted. Additionally, frequent warnings are broadcast on the local radio station. Despite these precautions, there is always danger once the box jellyfish get on the move. They seem to spawn in tidal creeks and rivers. When mature, they appear to favor beaches.

Fortunately, the sting from the box jellyfish is usually not fatal. Much depends on the amount of tentacle contact, the amount of venom released, the maturity of the box jellyfish, and the age and health of the sting victim. Nevertheless, death by cardiac arrest can occur within a minute of contact with the tentacles if treatment is not given immediately. The



**A close-up view of box-jellyfish tentacles**

Courtesy of Surf Life Saving Queensland

reason for this is that the tentacles have rows of stinging cells that are released like darts when they come in contact with other creatures. This, of course, is their way of obtaining food, such as prawns.

The box jellyfish has as many as eight eyes, which, even if facing inward to the transparent body, can locate an obstacle such as a human or predator. This does not mean that these jellyfish deliberately attack humans. No, for the box jellyfish maneuvers around the obstacle if it has enough time. It can do so using its box-shaped bell, which acts like a bellows, drawing in and expelling water.

The problem with humans is that they often run or dive into the water, giving box jellyfish no time to avoid collision. And when the tentacles come in contact with human skin, they react immediately—clinging to the skin and releasing their venom. The pain experienced by the victim is intense. The venom is injected by many cells called nematocysts and is absorbed speedily. If the victim runs or thrashes about, absorption of the venom is speeded up. Another major problem is that although the tentacles break off from the jellyfish, they adhere to the victim's flesh, and more venom

is released if the victim attempts to pull the tentacles off.

### An Antidote?

Yes, there is an antidote, and the prompt application of the correct antidote has saved many lives. For years it was mistakenly thought that the best emergency treatment to slow down the venom injection was to douse methylated spirits onto the tentacles clinging to the victim. Modern research, however, has revealed that the application of methylated spirits actually stimulates the discharge of venom.

It is now believed that vinegar—a liquid that is cheap and quite readily available—is the best solution to douse on tentacles. Vinegar completely inactivates the nematocysts and prevents them from discharging. Nowadays, then, most local councils in stinger danger zones place squeeze bottles of vinegar in prominent locations—together with large marine stinger warning signs.

So while swimming in Australia's warm tropical waters can be refreshing, even invigorating, during box jellyfish season, let the swimmer beware!

## SIMPLE PRECAUTIONS TO PROTECT YOU AGAINST STINGERS

- Swim only at patrolled beaches
- Wear a full-body wet suit in box jellyfish season
- Have a first-aid kit, including vinegar, close at hand
- If stung, do not try to pull the tentacles off
- If the victim's heart or breathing stops, apply artificial resuscitation immediately



# Watching the World



## Fear of Strangers

"More than 80 per cent of female motorists would prefer to spend the night locked in their broken down vehicles than to accept an offer of help from a stranger," reports *The Independent* of London. A survey of 2,000 motorists conducted by Direct Line Rescue revealed that 83 percent of women and 47 percent of men would refuse offers of assistance if their vehicle broke down. Similarly, most motorists would not stop to help a stranded driver. Women in particular fear for their safety, worrying that the breakdown might be phony. Spokesman Nick Cole said: "It is a sad indictment of our times that, for many drivers, the prospect of sitting alone in their car all night seems a better option than the fear they experience when coming face-to-face with a stranger."

## Pessimism Despite Wealth and Health

Despite a report showing that in 2001 "economic and social conditions improved for the third year in a row," Canadians are still pessimistic about their prospects, says *The Toronto Star*. Researchers at the Canadian Council on Social Development found that "Canadians felt less financially secure, more stressed in their jobs, less confident the social safety net would be there to help them, and more vulnerable to crime." Among the sources of anxiety cited are "wage gains that barely kept pace with inflation, higher personal debt loads, . . . long waiting lists for some forms of medical treatment, rising drug costs, more traffic accident injuries, and unjustified fears that violent crime is on the rise." The report's authors state: "If we define security as a state of mind, then we are moving in the wrong direction."

## Lower Death Rate

In the United States, "improvements in emergency care over the last 40 years have helped to lower the death rate among assault victims," states an Associated Press report. Researchers found that from 1960 to 1999, the rate of deaths from criminal assaults fell nearly 70 percent in the United States, even though there were nearly six times as many criminal assaults during the same time period. The study also revealed that in 1960, 5.6 percent of aggravated assaults ended in death, but only 1.7 percent of assaults in 1999 ended in death. Researchers credited a number of medical advancements that helped lower the death rate, including "the development of 911 services, rapid stabilization and transportation of trauma victims, better training for emergency medical technicians, and more hospitals and trauma centers," states the report. Professor Anthony Harris, from

the University of Massachusetts at Amherst, said: "People who would have ended up in morgues 20 years ago are now simply treated and released by a hospital, often in a matter of a few days."

## Remote Controls and Greenhouse Gases

Australia has the world's highest greenhouse gas emissions per capita, reports *The Sydney Morning Herald*. A leading cause of this problem is "Australia's obsession with remote controls." How are remote controls related to the release of greenhouse gases? In order for a remote control to operate, TVs, video recorders, and other electronic devices must be left on standby power. Thus, they are rarely turned off fully. As a result, an additional five million tons of carbon dioxide gas is released into the atmosphere every year by power stations. Put another way, the power needed to keep electrical appliances on standby in Australia

lia releases the same amount of greenhouse gas as the exhaust from one million cars. Commenting on the cost to Australia's consumers, the newspaper says: "In 2000, the power sucked up by appliances on standby accounted for 11.6 percent of the electricity used by households—an extra \$500 million."

#### "The Age of Titanium"

Titanium is a light, strong, and highly corrosion-resistant metal. First purified by scientists in 1910, titanium's durable properties make it ideally suited for use in aircraft and in the medical field. When implanted in the human body, it seldom causes inflammation, so it can be used to make artificial bones. A representative of the Japan Titanium Society said: "Because titanium is almost permanently resistant to corrosion, hardly any maintenance is necessary (for titanium products), and the metal need not be disposed of after just one use. From an environmental

viewpoint, titanium will be the 21st century's most sought-after metal." The main drawback is that its cost is ten times that of stainless steel. However, as titanium's applications expand, its price is expected to come down. According to Japan's *Daily Yomiuri*, "the history of metal has shifted from copper to steel, and from steel to aluminum. The 21st century looks set to be the age of titanium."

#### Poor Training for Marriage

More than 40 percent of couples who live together before getting married divorce before their tenth anniversary, reports New York's *Daily News*. Figures compiled by the National Center for Health Statistics also show that couples who cohabit before marriage and remain married more than ten years are twice as likely eventually to obtain a divorce. "If you have a couple thinking about getting together [and] they don't believe it's right to cohabit," says Matthew Bramlett, lead author of the report, "these are also the kind of people not likely

to divorce." Moreover, people who live together before marriage "seem to be much less willing to bear the pain that goes with working out a relationship," states marriage counselor Alice Stephens.

#### The Church Search

"It used to be said that once a Methodist, always a Methodist. Not anymore," reports *The Sacramento Bee*. According to Dexter McNamara, director of the Interfaith Service Bureau in Sacramento, "denominational ties are less important to people now . . . People are much more willing to try different churches." In searching for a church, worshipers often consider such things as music, style of worship, length of service, youth programs, congregation size, and distance from home. "It's a supermarket out there," says Allan Carlson, director of the Howard Center on Family, Religion and Society. "In 1950, 85 percent of adults were the same denomination as their parents," but now "they have a lot of other choices."

#### Faithless Leading the Faithful

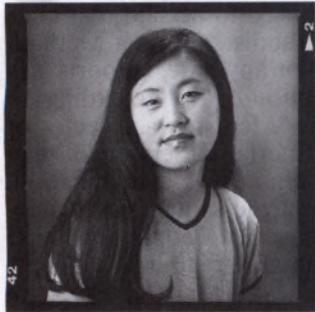
Female priests in the Church of England are "far more sceptical generally than their male colleagues about . . . central Christian doctrines," reports *The Times* of London. A survey of nearly 2,000 clergy in the Church of England revealed that "eight out of ten male priests believe that Jesus died to take away the sins of the world," compared with only 6 out of 10 female priests. And while 7 out of 10 of the men believe in the resurrection of Jesus Christ, only 5 out of 10 of the women do. Robbie Low, spokesman for Cost of Conscience, which commissioned the survey, said: "There are clearly two Churches operating in the Church of England: the believing Church and the disbelieving Church, and that is a scandal. Increasingly, positions of authority are being placed in the hands of people who believe less and less. It is an intolerable situation where the faithful are increasingly being led by the unfaithful."



## From Our Readers

**Hair** I appreciated the article "Do You Worry About Your Hair?" (August 8, 2002) I have been a beautician for 14 years. The way you said to brush damaged hair is the way we do it. I am moved when I see just how professional your articles are.

**K. K., Japan**



As an avid reader of *Awake!* I must express my appreciation for this article. I started having gray hairs during my early teens. By my late teens, the gray was obvious even from afar. It really made me uneasy. This article helped me to adopt a modest view of my physical appearance while I concentrate more on developing godly qualities.

**E. J., Nigeria**

**Infatuation** Thank you for the "Watching the World" item entitled "Intoxicated by Love." (August 8, 2002) This article helped me to realize that even in a case where infatuation persists, it is not necessarily a stable foundation for a happy marriage. Advice like this truly can deliver a person from a foolish course!

**P. L., Russia**

**Luaus** I read with interest your article "Let's Have a Hawaiian Luau." (June 8, 2002) Several years ago I attended a luau in Hawaii. I felt there were strong religious and spiritistic overtones. Even if luaus today do not involve religious or spiritistic aspects, how are they different from other celebrations that have pagan origins but simply have been adopted by modern cultures to be a family fun gathering?

**L. F., United States**

*"Awake!" responds: As noted there in our footnote on page 24, while the luau may at one time have had a connection with false religious practices, the word now has simply come to refer to a Hawaiian banquet. A specific gathering to which the word "luau" is applied may or may not be*

*appropriate for a Christian to attend. As in all aspects of life, Christians should make decisions that will leave them with a clear conscience before Jehovah God.*

*—1 Timothy 1:5, 19; see also the January 8, 2000, issue of "Awake!" pages 26-7.*

**Postpartum Depression** Thank you so much for the article "I Won My Battle With Postpartum Depression." (July 22, 2002) I feel as if this article were written for me. Although I do not suffer from postpartum depression—my husband and I have no children—I have been battling depression and anxiety for one and a half years. I was constantly tired and confused, feeling incapable of making simple decisions. I was afraid to be around people. I could not even go to the grocery store without my husband. I have started on the road to recovery, and I am taking medication. I can see from this article that there is much more I can do. My husband has read the article too, and he has seen how he can be more supportive.

**J. R., United States**

How thankful I am for the article on postpartum depression! It was after the birth of my third child that the doctors told me I was suffering from severe postpartum depression. Before that, I thought I was going crazy. It was a horrible, dark time for me and my family. I have been taking herbs and vitamins and getting regular exercise, all of which help me to cope as best I can. Please thank Janelle for sharing her story with us.

**J. C., United States**



## OBESITY BECOMING A GLOBAL EPIDEMIC?

"LONG considered a by-product of modern life in rich, developed countries, obesity is spreading into developing countries as well," reports the British medical journal *The Lancet*. It noted that nutrition experts now warn of "a global epidemic" of obesity-related diseases such as diabetes, hypertension, cancer, and cardiovascular disease.

With a tripling of the number of overweight men and a doubling of the number of overweight women in China in the past eight years, hypertension rates there are now similar to those in the United States. More than half of all newly diagnosed cases of diabetes occur in India and China. The diabetes level in Egypt is equal to that of the United States, and half the women in the country are now overweight. Mexico has had a rapid rise in obesity across all levels of society in every area of the country, with a consequent rise in diabetes. Even in very poor sub-Saharan African countries, obesity and diabetes are rising.

Although a diet of fatty fast foods may account for obesity in some countries, a major cause is

that many manufacturers now add more sugar to foods "to make them taste better." Additionally, Asian and African diets include more edible oils, with the consequent extra calories. Advanced technology in factories and in agriculture means that less physical labor is required to produce goods. People want to work less and have more leisure time. Now that computers and television are so popular, workers get less exercise, and "email has signalled the end of message-carrying and getting up to talk to colleagues."

Since obesity is rising rapidly among schoolchildren too, especially in areas where recreation and physical activity have been reduced, there is an urgent need for teachers to be aware of the relationship between nutrition and academic performance. Gail Harrison, of the School of Public Health, University of California, warns that in addition to local prevention strategies, "a common agenda for prevention on a global basis, with the associated development of policy, expertise, and infrastructure, is essential" to cope with the epidemic of obesity and its associated diseases.

# **The Most Important Meeting of the Year**

Imagine that you suffer from an illness that is life-threatening. Surgery can cure you, but the cost of an operation is far beyond what you can afford. Now suppose a benefactor steps in and offers to pay for the operation. Would you not be grateful for his life-saving gift?

The Bible teaches that the first humans, Adam and Eve, passed on sin and death to all of their descendants. In a sense, then, each of us was born with a terminal illness—and none of us can afford the cure. (Psalm 49:7-9) Yet, Jehovah God provided his Son, Jesus Christ, as a

ransom to cover the cost of our sins. Because of this life-saving gift, we have the opportunity to live forever in Paradise.—Romans 6:23.

On Wednesday, April 16, after sundown, Jehovah's Witnesses will commemorate Jesus' death. Last year more than 15,000,000 were present—most of whom were not Jehovah's Witnesses. You are invited to attend this year's Memorial of Christ's death. It is truly the most important meeting of the year. Please check with Jehovah's Witnesses locally for the exact time and location.

g03-E 4/8

