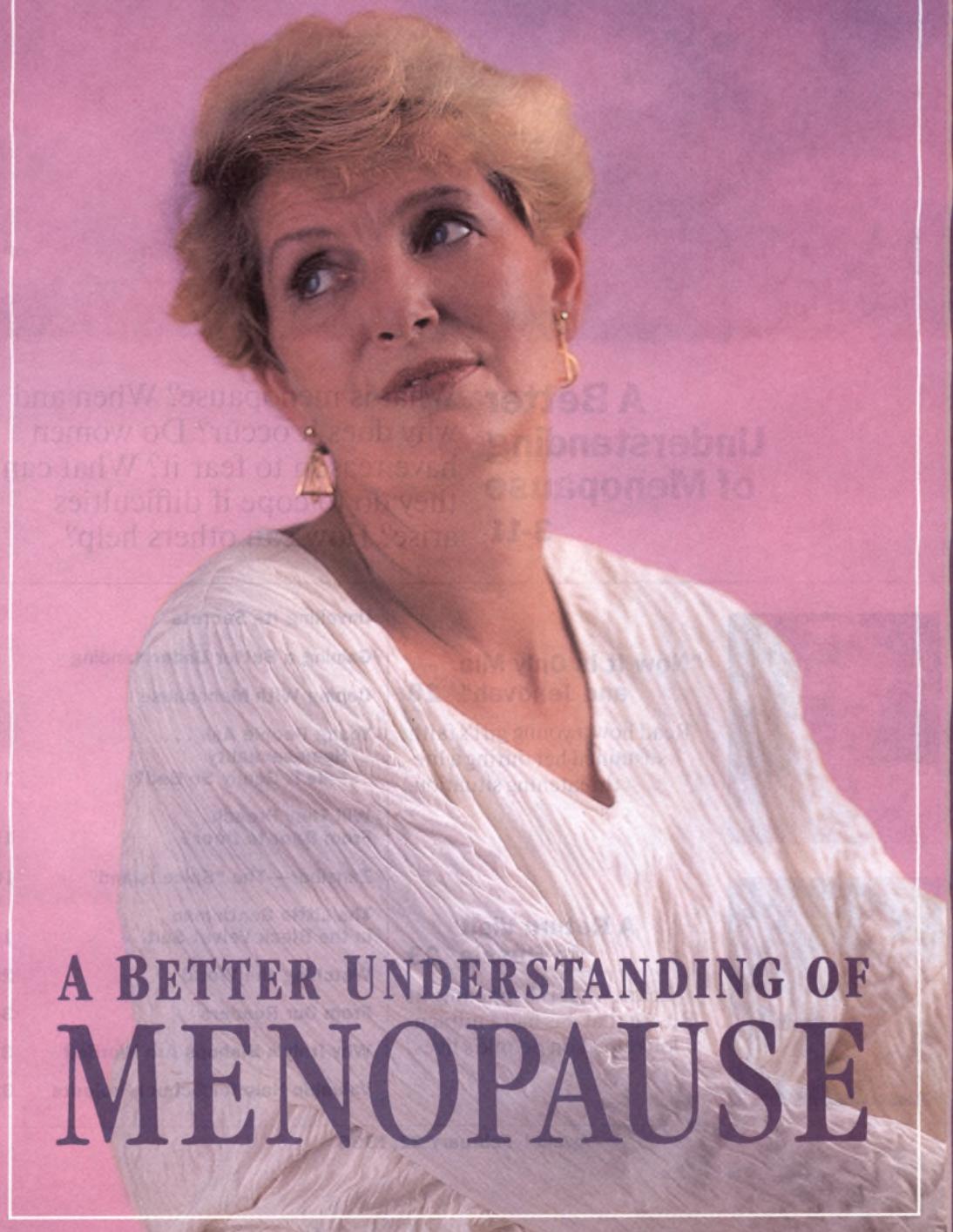


# Awake!

February 22, 1995



A BETTER UNDERSTANDING OF  
**MENOPAUSE**

## **A Better Understanding of Menopause**

**3-11**

What is menopause? When and why does it occur? Do women have reason to fear it? What can they do to cope if difficulties arise? How can others help?



### **"Now It Is Only Mia and Jehovah" 20**

Read how a young girl's faith sustained her during a life-threatening situation.



### **A Return Visit to Russia 23**

Learn what is happening in Russia that has had a miraculous effect on people's lives.

<b>Unveiling Its Secrets</b>	<b>3</b>
<b>Gaining a Better Understanding</b>	<b>4</b>
<b>Coping With Menopause</b>	<b>7</b>
<b>Young People Ask . . . Homosexuality —Is It Really So Bad?</b>	<b>12</b>
<b>Will They Preach From Door to Door?</b>	<b>15</b>
<b>Zanzibar—The "Spice Island"</b>	<b>16</b>
<b>The Little Gentleman in the Black Velvet Suit</b>	<b>18</b>
<b>Watching the World</b>	<b>28</b>
<b>From Our Readers</b>	<b>30</b>
<b>Why Italy's Bishops Are Worried</b>	<b>31</b>
<b>Valuable Help for School Projects</b>	<b>32</b>

# UNVEILING ITS SECRETS

**A**S WOMEN age, menopause is an occurrence in their lives. Yet, it has been greatly misunderstood. According to the book *The Silent Passage—Menopause*, 19th-century obstetricians believed that menopause "unhinges the female nervous system and deprives women of their personal charm."

Such misconceptions persist. As a result, many women are fearful and apprehensive about the prospect of menopause. Overcoming the psychological problems associated with it was referred to as "one of the most difficult tasks of a woman's life," in the book *Natural Menopause—The Complete Guide to a Woman's Most Misunderstood Passage*.

In societies in which emphasis is placed on youthfulness and youthful appearance, the onset of menopausal symptoms may herald a misconception: an abrupt end of youth and the beginning of old age. Thus, some women have come to fear menopause because it seems to represent the threshold of a new, less desirable period in life. It has even been viewed by some as "partial death."

Modern women need not suffer in ignorance as they pass through this period of life. The secrets of menopause are being unveiled. More research is being done, and therapies to ease the transition are being developed. Magazines, newspapers, and books are focusing on the topic, providing expla-

nations for questions that some were once embarrassed to ask. The medical profession, too, is more informed on the problems women may encounter.

Why all the attention to this subject? Because a better understanding of menopause can remove the fears, the superstitions, and the frustrations that many women have. Women in many countries are living longer, and they want to break what has seemed to be a conspiracy of silence on the subject and to be informed. They want simple, straightforward answers. Rightfully so, since many of them have over one third of their life to live after menopause.

Demographic patterns in the United States predict a 50-percent increase over the next decade in the number of women of menopausal age. Such women desire to know about the health risks, the hot flashes (also called hot flushes), the mood swings, the discomforts, and the physical and emotional changes. Why do these things happen? Does a woman's productive life finish at menopause? Does menopause alter a woman's personality? The following articles will examine these questions.



# GAINING A BETTER UNDERSTANDING

"I WOULDN'T say it's such a pleasant period in a woman's life," admitted one woman who had passed through menopause, "but I think you can learn from it. I have learned how to respect my limits. If my body needs to have a little more care or rest, I listen and give it the respect it's due."

A survey of women that was reported in the magazine *Canadian Family Physician* revealed that "not knowing what to expect" was the worst thing about menopause. However, women who came to understand menopause to be a natural transition felt "less anxious, depressed, and irritable and more hopeful about their lives."

## What It Is

*Webster's Ninth New Collegiate Dictionary* defines menopause this way: "The period

of natural cessation of menstruation occurring usu[ally] between the ages of 45 and 50." Menopause has also been identified arbitrarily as the final cessation of menstruation.

With some women, the end of menstruation happens suddenly; one menstrual period finishes and another never occurs. For others, the periods become erratic, occurring at intervals of three weeks to several months. When one full year passes without a woman's experiencing a period, she can reliably conclude that menopause occurred at the time of her last menstruation.

## When and Why It Occurs

Inherited disposition, illness, stress, medications, and surgery can influence the time of occurrence. In North America the average age when menopause occurs is

**Awake!**

**Why Awake! Is Published** *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it 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 before the generation that saw the events of 1914 passes away.

**Would you welcome more information? Write Watch Tower at the appropriate address on page 5. 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.

*Awake!* (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc., 25 Columbia Heights, Brooklyn, NY 11201-2483. Second-class postage paid at Brooklyn, N.Y., and at additional mailing offices. **Postmaster:** Send address changes to *Awake!*, c/o Watchtower, **Wallkill, NY 12589.** Printed in U.S.A. Vol. 76, No. 4

about 51. The time of occurrence generally ranges from the early 40's to the mid-50's and rarely earlier or later. Statistics indicate that women who smoke tend to have an earlier menopause and that women who weigh more tend to have a later menopause.

At birth a woman's ovaries contain all the eggs she will ever have, several hundred thousand in number. During each menstrual cycle, from 20 to 1,000 eggs mature. Then one, or occasionally more than one, is released from the ovary and is available for fertilization. The other mature eggs wither away. Also, in concert with the process of egg maturation, the levels of estrogen and progesterone hormones regularly increase and decrease.

As a woman passes her late 30's, the levels of estrogen and progesterone start to decline, either gradually or erratically, and egg release may no longer occur with every cycle. Menstrual periods become less regular, usually occurring at longer intervals; menstrual flow changes in pattern, becoming lighter or heavier. Eventually no further eggs are released, and the menstrual periods stop.

The final menstruation is the culmination of a process of changes in hormone levels and ovarian function that may have taken up to ten years. However, smaller amounts of estrogen continue to be produced by the ovaries for 10 to 20 years after menopause. The adrenal glands and fat cells also produce estrogen.

#### Semimonthly Languages Available by Mail:

Afrikaans, Arabic, Cebuano, Chinese, Chinese (Simplified), Croatian, Czech, Danish, Dutch, English (also audiocassettes), Finnish, French, German, Greek, Hungarian, Iloko, Italian, Japanese, Korean, Malayalam, Norwegian, Portuguese, Romanian, Slovak, Spanish, Swahili, Swedish, Tagalog, Tamil, Yoruba, Zulu

#### Monthly Languages Available by Mail:

Chicheŵa, Cibemba, Ewe, Gujarati, Hiligaynon, Igbo, Indonesian, Kannada, New Guinea Pidgin, Polish, Russian, Sepedi, Serbian, Sesotho, Shona, Sinhalese, Slovenian, Tahitian, Telugu, Thai, Tsonga, Tswana, Turkish, Twi, Ukrainian, Xhosa

© 1995 Watch Tower Bible and Tract Society  
of Pennsylvania. All rights reserved.

#### Significant Changes in Life

Tissues sensitive to or dependent on estrogen are affected as the estrogen level declines. Hot flashes are thought to result from hormonal effects on the part of the brain responsible for regulating body temperature. The exact mechanism is unknown, but it seems that the body's thermostat is adjusted downward so that temperatures previously felt to be comfortable suddenly become too warm, and the body proceeds to flush and perspire to cool itself.

In her book, *The Silent Passage—Menopause*, Gail Sheehy notes: "Half of all women who have hot flashes will begin feeling them while they are still menstruating normally, starting as early as age forty. Studies show that most women have hot flashes for two years. One quarter of women have them for five years. And 10 percent have them for the rest of their lives."

At this time of a woman's life, vaginal tissues become thinner and less moist as estrogen levels decline. Other symptoms women experience, says Gail Sheehy, can include "night sweats, insomnia, incontinence, sudden bouts of waistline bloat, heart palpitations, crying for no reason, temper outbursts, migraines, itchy, crawly skin, [and] memory lapses."

#### Periods of Depression

Does the decrease in estrogen cause depression? This question has been the topic of much debate. The answer seems to be

#### Offices of the Watch Tower Society in selected countries

America, United States of, Wallkill, NY 12589	New Zealand, P.O. Box 142, Manurewa
Australia, Box 280, Ingleburn, N.S.W. 2565	Nigeria, P.M.B. 1090, Benin City, Edo State
Canada, Box 4100, Halton Hills (Georgetown), Ontario L7G 4Y4	South Africa, Private Bag X2067, Krugersdorp, 1740
England, The Ridgeway, London NW7 1RP	Zambia, P.O. Box 33459, Lusaka 10101
Ghana, Box 760, Accra	Zimbabwe, 35 Fife Avenue, Harare
Jamaica, Box 180, Kingston 10	

**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).

that it does in some women, such as those who had mood swings prior to their menstrual periods and those who suffer sleep deprivation as a result of night sweats. Women in this group seem to be very sensitive to the emotional effects of hormonal fluctuations. According to Gail Sheehy, these women usually "experience great relief when they reach the postmenopausal period" and hormone levels stabilize.

More severe symptoms are likely to be experienced by women who go through menopause abruptly as a result of radiation, chemotherapy, or the surgical removal of both ovaries. These procedures can cause a sudden drop in estrogen levels and thus an onset of menopausal symptoms. Estrogen replacement medication may be prescribed in these cases, depending on the woman's health.

The severity and the type of symptoms experienced vary considerably from one woman to another, even among women related to one another. This is because hormone levels differ from one woman to another and decline at varying rates. In addition, women bring differing emotions, stresses, coping abilities, and expectations with them as they approach menopause.

The time of menopause often coincides with other stressful circumstances in a

***Menopause often coincides with other stressful circumstances, including caring for aged parents***



woman's life, such as caring for aged parents, entering the work force, seeing children grow up and leave home, and other mid-life adjustments. These stresses may cause physical and emotional symptoms, including memory loss, attention deficits, anxiety, irritability, and depression, which may be erroneously attributed to menopause.

**A Stage of Life**

Menopause is not the end of a woman's productive life—only of her reproductive life. After a woman's last menstrual period, her moods are usually more stable, not fluctuating with monthly hormone cycles.

While we have focused on the cessation of menstruation because it is an obvious change, that is only a manifestation of the process of transition as a woman leaves the reproductive time of her life. Puberty, pregnancy, and childbirth are also times of transition attended by hormonal, physical, and emotional changes. Menopause, then, is the last, but not the only, time of hormonally induced changes in a woman's life.

Thus, menopause is a stage of life. "Perhaps," wrote a former editor in chief of the *Journal of the American Medical Women's Association*, "people will stop viewing menopause as a crisis, or even as 'the change,' and see it more appropriately as 'yet another change.'"

Reassuringly, the book *Women Coming of Age* says that the end of a woman's fertility "is as natural and inevitable as was its preordained beginning. Arriving at menopause is actually a sign of physical health—a sign that [her] body's inner clock is humming along."

What, though, can be done to make the transition as smooth as possible? And how can a spouse and family members be of support during this transition in life? The next article will consider these matters.



negotiated trade term

need to assess negotiations to your advantage

as with an attorney or negotiator

of their own, you can be more effective

in negotiations and less likely to be taken

advantage of you.

Social media can also be useful in negotia-

tions if used correctly, but it's important to

remember that it's just another tool in your

toolbox. It's not a replacement for good

negotiation skills or experience.

For example, *The Woman's Encyclopedia*

of Health and Natural Healing

reports that in African tribes "where meno-

pause is embraced as a welcomed passage in life, and

postmenopausal women are respected for

their experience and wisdom, women rarely

complain of menopausal symptoms."

Similarly, *The Silent Passage—Menopause* says:

"Indian women of the Rajput caste do not complain of depression or psychological

symptoms" during menopause.

In Japan too where elderly women are

highly respected, hormone treatment for

menopause is virtually unknown. Further,

Asian women apparently have fewer and

less severe symptoms of menopause than

those of Western culture. Their diet appears

to be a factor that contributes to this.

Maya women actually looked forward to

menopause, according to the studies of one

anthropologist. To those women the meno-

pause meant relief from continuous child-

bearing. Undoubtedly, it also brought them

freedom to pursue other interests in life.

At the same time, the fears associated

with menopause should not be lightly dis-

missed. In cultures that stress the value

of youth and youthful appearance, women

who have not yet experienced menopause

often fear it. For such individuals what can

be done to help them cope better?

**M**ENOPAUSE is "a uniquely individual experience" and "the beginning of a new and liberating chapter in your life," say the authors of *Natural Menopause—The Complete Guide to a Woman's Most Misunderstood Passage*. Research shows that the better you feel about yourself and your life—your own sense of worth and identity—the easier the transition will be.

Granted, it is more difficult during this time of life for some women than for others. If you are having difficulties, this does not mean that you have self-esteem problems or that you are losing your mind, your femininity, your intelligence, or your interest in sex. The problem, rather, is generally biological.

"Even women who suffered terrible symptoms during menopause say they emerged on the other side with a new sense of purpose and vigor," reports *Newsweek*. In the words of one 42-year-old: "I'm looking forward to the calm, to having my body quit playing tricks on me."

#### **When Women Cope Better**

How older women are viewed is an important factor in how well they cope with menopause. In places where their maturity, wisdom, and experience are valued, the menopausal time is attended by far fewer physical and emotional ailments.

## COPING WITH MENOPAUSE

## What About Estrogen Replacement Therapy?

Estrogen may offer protection against heart disease and osteoporosis, two main causes of illness in postmenopausal women. As the estrogen levels decline, these illnesses start to develop and become manifest in five or ten years. Estrogen replacement therapy or hormone (estrogen and progesterone) replacement therapy has been recommended to prevent these diseases.

Estrogen replacement can reduce the rate

of bone loss and stave off the onset of heart disease. Adding progesterone to the hormone replacement regimen reduces the incidence of breast and uterine cancer but counteracts the beneficial effect of estrogen on heart disease.

The decision whether or not to use hormone replacement therapy must be based on an evaluation of each woman's circumstances, health, and family history.\*

\* See *Awake!*, September 22, 1991, pages 14-16.

be done to alleviate the difficulties of transition?

### What Women Need

Janine O'Leary Cobb, author and pioneer in menopausal education, explains: "What a lot of women need is some sort of validation for the way they are feeling—that they are not alone."

Understanding, as well as a cheerful outlook, is vital. One 51-year-old mother going through menopause said: "I honestly believe that it's your general outlook on life that will guide how you go through menopause. . . I know aging is there. Whether or not we like it, it is going to happen. . . I decided that this [menopause] is not a disease. This is my life."

So as this new chapter in your life approaches, make time for deep reflection on new, challenging interests. Not to be overlooked are the physical effects of menopause on the body. Doctors and other authorities recommend following general principles of good health in preparing for the transition—wholesome food, sufficient rest, and moderate exercise.

### Diet and Exercise

The need for nutrients (proteins, carbohydrates, fats, vitamins, minerals) does not decrease as a woman gets older, but her

need for calories decreases. It is important, therefore, to eat foods that have a high concentration of nutrients and to avoid sugary, fatty foods that are "empty calories."

Regular exercise enhances the ability to cope with stress and depression. It increases energy and helps keep weight off. The basal metabolic rate gradually declines with age, and unless boosted by exercise, the tendency is to gain weight gradually.

It is most important for women to know that exercise combined with calcium supplementation can slow the development of osteoporosis, a bone condition producing porosity and fragility. The book *Women Coming of Age* states that "properly performed studio aerobics, walking, running, cycling and other aerobic sports, as well as weight-training," are thought to be especially good. Interestingly, osteoporosis is not found in certain remote communities where people remain physically active far into their old age. In such places women routinely live well into their 80's and 90's. Before commencing any exercise program, however, it would be wise to consult your doctor.

### Coping With Hot Flashes

For most women, hot flashes are a nuisance. For some, though, these become a real problem because either they are very

frequent or they constantly disrupt sleep. What can be done?

First of all, don't panic. Adding anxiety to the situation will only worsen it. Regular vigorous exercise is beneficial because it helps the body learn to cope with excess heat and to cool down more quickly. Also try the simple measure of drinking a glass of cold water or placing your hands in cold water.

In addition, make a practice of wearing loose clothes in layers so they can easily be removed or added. Cotton and linen allow perspiration to evaporate better than synthetic fabrics. At night try the layered approach, with several blankets that can be individually added or removed as needed. Keep a change of sleepwear close at hand.

Try to determine what seems to precipitate your hot flashes. Consumption of alco-

hol, caffeine, sugars, and hot or spicy foods can trigger them, as can smoking. Keeping a diary of when and where hot flashes occur may help you identify the foods and activities that precipitate them. Then avoid these things.

Physicians that specialize in nutritional medicine recommend various remedies to reduce hot flashes, such as vitamin E, evening primrose oil, and the herbs ginseng, dong quai, and black cohosh. According to some doctors, the prescription medications Bellergal and clonidine provide relief, but estrogen pills or patches are said to be the most effective.\*

Vaginal dryness can be remedied by the application of vegetable or fruit oils,

\* *Awake!* does not recommend any particular form of medical treatment.



## What Diet Is Best?

The following suggestions are excerpted from the book *Natural Menopause—The Complete Guide to a Woman's Most Misunderstood Passage*, by Susan Perry and Dr. Katherine A. O'Hanlan.

### Protein

- Reduce your protein intake to no more than 15 percent of your total caloric intake.
- Get more of your protein from vegetable sources and less from animal sources.

### Carbohydrates

- Eat more complex carbohydrates, such as whole grains, breads and pastas, beans, nuts, rice, vegetables, and fruits.
- Eat less sugar and fewer foods containing large amounts of sugar.
- Eat more food rich in fiber.



### Fats

- Reduce your total fat intake to no more than 25 to 30 percent of your total calorie consumption.
- As you decrease your total fat intake, increase the ratio of 'good fats' (polyunsaturated) to 'bad fats' (saturated).

### Water

- Drink six to eight eight-ounce glasses of water each day.

### Vitamins and Minerals

- Eat a variety of vegetables and fruits each day.
- Milk, dairy products, broccoli, and green leafy vegetables are good sources of calcium.

**What family members can do to help: Show affection, help with housework, be an attentive listener, occasionally do something different**



vitamin-E oil, and lubricant gels. If these prove insufficient, estrogen cream will help the vaginal walls thicken and lubricate. Before starting any regimen, it is wise first to consult with a physician.

#### **What About Stress?**

At the same time that a woman must deal with the hormonal and physical changes that come with menopause, she often must face other stressful events, a number of which were mentioned in the preceding article. On the other hand, positive things like the birth of a grandchild or the pursuing of new activities after the children have left home can counterbalance negative stress.

In their book *Natural Menopause*, Susan Perry and Dr. Katherine A. O'Hanlan give

some practical suggestions for handling stress better. They point to the need of identifying the sources of stress and then taking a break from time to time. This may mean getting help in caring for a chronically ill family member. "Pace yourself," they urge. "Try to avoid overscheduling . . . Listen to your body." They add: "Providing a service to others . . . can be a great stress-reducer. . . . Exercise regularly. . . . Seek professional help if the stress in your life gets out of control."

#### **Family Members Can Help**

A woman experiencing menopause needs emotional understanding and practical support. Describing what she would do when beset with periods of anxiety, one wife said:

"I would talk matters over with my husband, and after his sympathetic understanding, I would see that the problems weren't as big as my anxious state of mind made them."

A sensitive husband also recognizes that his wife will not always be able to keep the same pace while going through menopause. So he will be alert to take the initiative to assist with family responsibilities, perhaps doing the laundry, shopping for food, and so forth. Compassionately, he will put his wife's needs ahead of his own. (Philippians 2:4) He might suggest going out for a meal occasionally or in some other way make a pleasant break in the daily routine. He will avoid disagreements to the extent possible and support her efforts to maintain healthy eating habits.

Most of all, a husband will fulfill his wife's need to be regularly reassured of his continued love for her. He should be discerning and should recognize that this is not a time to tease his wife about personal things. A husband who treats his wife in a loving way is following the Scriptural admonition to 'dwell with her according to knowledge, assigning her honor as the feminine one.'—1 Peter 3:7.

Similarly, children should make a genuine effort to understand the reason for their mother's emotional swings. They need to recognize her need for private time. Exhibiting sensitivity to their mother's moods will send a reassuring message that they really care about her. On the other hand, joking about her unpredictable nature will only aggravate the situation. Ask appropriate questions to understand better what is going on, and help with household duties without being asked. These are but a few ways to give a mother support during this stage in her life.

### Life After Menopause

When this chapter in a woman's life concludes, many years often lie ahead. The wisdom and experience she has gained is priceless. Author Gail Sheehy's studies of "sixty thousand adult Americans established that women in their fifties, by self-report, had a greater sense of well-being than at any previous stage in their lives."

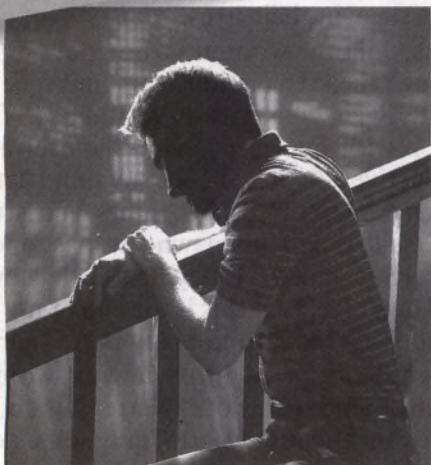
Yes, many women who have gone through these transition years find renewed spirit. Their creativity is revitalized. They get on with living, involving themselves in productive activity. "I keep my mind active. I keep looking into new things and studying," said one woman who is past menopause. She added: "I may be a little slower, but I don't feel that this is the end of my life. I'm looking forward to many more years."

Significantly, in interviewing women, Sheehy found that those "who enjoy a boost in postmenopausal status and self-esteem are those who perform roles in which intellect, judgment, creativity, or spiritual strength is primarily valued." There is a throng of such women who are happily devoted to expanding their knowledge and understanding of the Bible and are teaching others its worthwhile values.—Psalm 68:11.

Besides keeping a positive outlook on life and performing meaningful work, women of all ages are wise to remind themselves that our loving Creator knows our feelings and truly cares for us. (1 Peter 5:7) Indeed, Jehovah God has made provision for all who serve him to enjoy life eventually in a righteous new world where there will be no more sickness, suffering, or even death.—2 Peter 3:13; Revelation 21:3, 4.

Therefore, you who are going through menopause, remember that it is a stage of life. It will pass, leaving years of life that will be richly rewarding if used profitably in serving our loving Creator.

**Young  
People  
Ask...**



## Homosexuality Is It Really So Bad?

**"Ever since I was a child, I have had homosexual desires. Because I did not understand them, I did not take precautions. This led me into doing something very bad with a friend. I had a deep feeling of guilt, and I thought Jehovah would never forgive me."**

**T**V'S Trying to Sell Our Kids on Homosexuality." This was the title of an article by a syndicated newspaper columnist. Observed the writer: "Television audiences are subjected to a plethora [excess] of shows that positively portray the gay lifestyle."

TV, however, is just one of many means being used these days to promote homosexuality among youths. Prohomosexual propaganda is also being promoted by teachers, peers, movies, books, and magazines.

The medical profession has also jumped on the bandwagon. Traditionally, doctors viewed homosexuality as an illness. But in 1973, the American Psychiatric Association declared that homosexuality would no longer be considered a psychiatric disorder. Since then, many in the medical profession have all but placed their seal of approval upon the homosexual life-style. Psychotherapist Albert Ellis, for example, declared that homosexual relations "are not in the least perverse but consist of healthy human sex behavior. . . . Enjoy them if you choose, and do not permit anyone to propagandize you into believing them to be 'wrong' or 'disturbed.'"

Such views are so pervasive that *Newsweek* magazine reports: "Spurred by media images and a new climate of acceptance, teenagers are experimenting more openly with gay and bi-sexuality." Whereas in times past teenagers overwhelmingly disapproved of same-sex liaisons, it is no exaggeration to say that growing numbers of youths now view it as "fashionable." Even youths who do not engage in homosexual acts are often quite tolerant of others who do. "I guess if a friend of mine told me he was gay, I'd still be his friend," says a youth named Darren. One young college student even expressed concern that he might not really be normal since he "only liked girls!"

Today's liberal atmosphere can thus be confusing to Christian youths—especially to those who for some reason feel an attraction to the same sex.\* They know that homosexuality displeases God, and they sin-

\* See "Young People Ask . . . Why Do I Have These Feelings?" in our preceding issue.

cerely want to avoid it. At times, though, the battle to control their feelings can be so exhausting that they may begin to wonder if the Bible's stand is fair or reasonable. 'Is homosexuality really that bad?' they may wonder.

### **What God's Word Says**

In answer, read for yourself what the apostle Paul said at 1 Corinthians 6:9, 10: "What! Do you not know that unrighteous persons will not inherit God's kingdom? Do not be misled. Neither fornicators, nor idolaters, nor adulterers, nor men kept for unnatural purposes [“male prostitutes,” *New International Version*; “effeminate,” *King James Version*], nor men who lie with men [“sodomites,” *Jerusalem Bible*; “homosexual perverts,” *Today’s English Version*], nor thieves, nor greedy persons, nor drunkards, nor revilers, nor extortioners will inherit God's kingdom." Note that Paul specifically mentioned those who evidently take on a passive sexual role and those who assume a more active “male” role in their immoral relations. Thus he made it plain that God disapproves of all homosexual acts.

This is also evident from Paul's words at Romans 1: 18-27: "God's wrath is being revealed from heaven against all ungodliness and unrighteousness of men who are suppressing the truth in an unrighteous way . . . God, in keeping with the desires of their hearts, gave them up to un-

cleanliness, that their bodies might be dishonored among them . . . That is why God gave them up to disgraceful sexual appetites, for both their females changed the natural use of themselves into one contrary to nature; and likewise even the males left the natural use of the female and became violently inflamed in their lust toward one another, males with males, working what is obscene." Here Paul specifically condemned both male and female homosexuality. He condemned homosexual practices as unnatural and "obscene."

### **Sick or Healthy?**

Many would perhaps respond to this by saying that the Bible's viewpoint is simply archaic, outmoded. But when you think about it, who knows our physical, mental, emotional, and spiritual makeup better than our Creator? God made man and woman, and he put within them the great attraction they have for each other. (Genesis 1:27, 28) He did not make them to have a sexual attraction for someone of the same sex. Furthermore, God has determined that sexual relations between a man and a



***The homosexual life-style is marked by promiscuity, emotional distress, and disease***

woman should take place only within the marriage arrangement.—Hebrews 13:4.

This does not work a hardship on us. At Isaiah 48:17, Jehovah God says that he is “the One teaching you to *benefit yourself*.” Yes, he knows what helps us and what harms us. Although to some the Bible’s teachings may seem hard to follow, they are always ‘healthful teachings,’ that is, beneficial to the mind and the body. (Titus 2:1) Homosexuality, on the other hand, can only be detrimental to one’s physical, emotional, and spiritual well-being.

The AIDS crisis is an example of how unhealthy the homosexual life-style is. In North America, homosexual men are by far the most likely to contract the illness. But AIDS is just one of an array of ailments—hepatitis, liver infections, gonorrhea, syphilis, and gastrointestinal parasites—that commonly afflict homosexuals. What fuels this spread of disease? Explains Dr. Joseph Nicolosi: “The compulsive, addictive elements of the gay life-style have been documented by many writers.” One extensive study revealed that “28 percent of homosexual males [have] had sexual encounters with *one thousand* or more partners. . . . Almost half of the white homosexual males . . . said that they had had at least 500 different sexual partners.”

The book *Homosexual Behavior* explains that among many homosexuals “there are fears of interpersonal commitment, intimacy, or responsibility . . . The drive for impersonal sex sometimes has an enormously compulsive quality. Some of these individuals may be involved in a dozen or more sexual transactions in the course of a single day or evening.” Could such out-of-control behavior possibly be healthy? Is it not, rather, sick and degrading? Those who indulge in such raging promiscuity clearly are “slaves of corruption.”—2 Peter 2:19.

Besides, much homosexual sex is gruesome, violent, and downright sadistic. The apostle Paul said: “The things that take place in secret by them it is shameful even to relate.” (Ephesians 5:12) Such violence betrays the anger and the pain that lurk beneath the surface of the supposedly “gay” life-style. True, some homosexuals claim that they are not promiscuous. But “monogamous” homosexuals are in the minority—and their relationships are generally short-lived. Even when same-sex unions last, they could hardly be a result of the love described in the Bible. Such love “does not behave indecently.”—1 Corinthians 13:4, 5.

### **The Consequences**

Paul says at Romans 1:27: “Men with men performed these shameful horrors, receiving, of course, in their own personalities the consequences of sexual perversity.” (*The New Testament in Modern English*, by J. B. Phillips) In what ways? For one thing the book *Homosexual Behavior* reports: “Homosexual women suffer significantly more from excessive alcohol use and abuse than heterosexual women.” Some researchers also claim that suicide attempts are unusually common among young homosexual men.

Most damaging of all are the consequences to one’s spirituality. Homosexuals find themselves “in darkness mentally, and alienated from the life that belongs to God.” (Ephesians 4:18) But what about God-fearing youths who, in spite of their knowledge of Bible principles, find themselves attracted to the same sex? Clearly, they have a real fight on their hands. Of course, knowing how God views homosexuality helps such ones to “abhor what is wicked.” (Romans 12:9) There are also a number of practical steps they can take to avoid giving in to wrong desires. This will be the subject of a future article.

# WILL THEY PREACH FROM DOOR TO DOOR?

"POPE Sends Preachers Onto Streets of Rome." That was the title of a news report by Greg Burke. He wrote: "Pope John Paul has urged Catholics in Italy to follow the example of sects like Jehovah's Witnesses, who have been winning converts in the country, and start preaching door-to-door.

"It's not time to be ashamed of the Gospel, it's time to preach it from the rooftops," the Pope said on Monday to 350 itinerant preachers and religion teachers. . . .

"I hope that your project to proclaim the Gospel in the streets . . . brings abundant fruits," he told them. "You have rediscovered a style of preaching that reaches out even to those who have strayed from the faith."

Reporter Burke noted: "Catholic Church attendance has fallen sharply in Italy over the last two decades, and the Pope's enthusiasm for door-to-door preachers appears to be at least partly a response to the waning of its influence."

Such exhortation to "start preaching door-to-door" is not entirely new. A previous pope, Paul VI, said that the Catholic Church "exists in order to evangelize." And the present pope, John Paul II, issued his encyclical *Redemptoris Missio* in 1991 to alert his church to the need to carry out the command of Jesus to preach publicly.

Roman Catholic writer Peter Herson posed the question in the London *Catholic Herald*: "Whatever happened to evangelisation?" He was concerned about the much-touted "decade of evangelisation" that is now several years old. When he asked a bishop about the lack of progress, the bishop responded: "You mustn't be in a hurry. The Church has only been around for 2000 years."

No wonder Herson asked: "Where is the urgency conveyed by Jesus as He despatched His disciples to evangelise the surrounding villages? Or by St Paul: 'Woe to me if I do not preach the Gospel! (1 Co 9:16).'" Indeed, will Catholics imitate

early Christians who preached publicly "and from house to house"?—Acts 5:42; 20:20, Douay Version.

Herson acknowledged that when it comes to door-to-door evangelism, he "can hear the sceptics muttering 'theoretical, impractical.'" Not so," Herson responds. "To justify that claim I need to use a naughty word. I know it is naughty because the last time I used it in a Catholic article the whole section was edited out (though nothing else was altered). The word is Jehovah's Witness. . . . Each Witness is also taught that, by his very calling, he is necessarily a missionary."

Though Herson disagrees with the beliefs of Jehovah's Witnesses, he concedes that when a person considers their methods of preaching, "it is hard not to be reminded of the early Church as depicted in the acts of the Apostles."

Jehovah's Witnesses continue their zealous door-to-door ministry, thus fulfilling in these modern times the command of Jesus Christ: "You will be witnesses of me . . . to the most distant part of the earth."—Acts 1:8.



BY AWAKE! CORRESPONDENT IN KENYA

# ZANZIBAR

## *The "Spice Island"*



ZANZIBAR

TWENTY-TWO miles off the coast of east-central Africa lies the island Zanzibar. Surrounded by the warm blue waters of the Indian Ocean, lined with white beaches and adorned with undulating hills and palm trees that sway in the trade winds, Zanzibar is truly a picturesque island. While relatively small—53 miles at its greatest length and 24 miles wide—it has played a large role in Africa's history.

For centuries Persians, Arabs, Indians, Portuguese, British, Asians, North Americans, and, of course, mainland Africans have visited Zanzibar. The main attraction then was the lucrative slave trade. It was also where traders and explorers obtained supplies. Indeed, most of the European explorers of Africa in the 19th century passed through this isle! Little wonder that it came to be called the Gateway to Africa.

### Cloves and Their Uses

The Sultan of Oman, Sayid Said, left his homeland on the Persian Gulf and settled in Zanzibar during the first half of the 1800's. As the ruler of this isle, he made the Arab plantation owners stop growing coconuts and instead plant a far more profitable crop: cloves. By the end of his life, clove profits were exceeded only by the slave and ivory trade. So when the slave trade was abolished, Zanzibar became known as the Spice Island. Today it is the world's chief source of cloves.

Cloves are actually the dried flower buds of a tropical evergreen. The scientific name of the tree is *Eugenia caryophyllata*. In Zanzibar, the average tree is about 30 feet tall. The flower buds are generally harvested when they are reddish-brown in color and are about a half inch in size. A healthy tree can produce up to about 75 pounds of the buds. After being harvested they are laid out to dry in the hot tropical sun.

Because of their fragrant odor and sharp taste, cloves are primarily used in cooking. The taste of meat and vegetable dishes is often enhanced with cloves. Or you can lightly crush four or five buds, add them to boiling water, and make a spicy tea! And on a cold winter day, red wine can be turned into a refreshing bev-

erage by heating it and adding a few cloves. Some use cloves to freshen up their bathroom by inserting about 20 cloves into an orange and hanging it up for about a week. Dentists have used the oil of cloves as a local anesthetic to relieve tooth pain. Clove is also used in mouth-washes and perfumes. Little wonder that this tiny island is famous for its spice crop!

### The People

The real "spice" of Zanzibar is the local people. The moment you set foot on the island, you are warmly greeted by the Zanzibaris. They seem quite relaxed and take time for one another. While engaged in conversation, they may repeatedly shake hands, maybe three or four times in a span of ten minutes. This is the way they spontaneously react to anything said that is humorous.

If you visit one of their homes, you will be treated to their well-known hospitality. A visitor must always be given the very best. If he arrives unexpectedly during mealtime, there is no question about it: He must join in and eat to satisfaction. Such hospitality is reminiscent of Bible times.—Compare Genesis 18:1-8.

The Zanzibaris are also colorful and exotic in appearance. The women wear the *buibui*—a capelike gown covering them from head to ankles—when out in public. Interestingly, this may cover a Western-style dress. As for the men, they are seen dressed in a *kanzu*, a white or pastel-colored robe. They wear the *kofia*, a braided cap.

Walking through the historic section of the city of Zanzibar called Stone Town, a person feels as though he has been transported back in time. The maze of streets and alleys has no sidewalks. The doors of the numerous shops open right onto the street! Then there are many street vendors, such as the ones who sell *Kahawa*, a sweet Arabic coffee, spiced with ginger.

However, neither words nor photographs adequately describe the beauty of Zanzibar. Its reputation as a "spice island" is well deserved in more ways than one.

# *The Little GENTLEMAN in the Black Velvet Suit*

BY AWAKE! CORRESPONDENT IN BRITAIN



MOLES are quite numerous in the North of England, but as I looked into the meadow beyond the farmyard gate, I had never seen so many molehills. Small, freshly excavated mounds of earth covered the meadow. Do you know what kind of animal the mole is and how it lives?

Few people have ever seen a mole, since it spends most of its life underground. It is a small creature, about five and a half inches in length. The male weighs just under four ounces. The British mole has a dark gray, almost black, coat of fur and is commonly, even affectionately, called the little gentleman in the black velvet suit.

The hairs of the mole's fur are without set; that is, they rise vertically from the skin. So no matter which way the mole twists or turns in the earth, it can do so with ease. Years ago mole catchers sold the skins for clothing, but "it takes an awful lot of moleskins to make a coat," one mole catcher wryly remarked.

The mole's body is highly specialized for its work of tunneling. Its forelimbs are set well forward on its body with palms set outward. Five digits and an added crescent-shaped bone form two efficient shovels. Its small hind legs, weak only in comparison with its strong forelimbs, help give the mole its propulsion. Put a mole on top of soft soil, and it will disappear into the ground in five seconds! It can travel along its dark, damp tunnels, or above ground, at speeds estimated at up to three miles an hour.

### Extraordinary Senses

The mole is not completely blind, as some people think, but its tiny eyes, hidden in the fur, probably give just enough sight for the creature to distinguish light from darkness. As the mole burrows through the soil, long hairs are drawn across its eyes to protect them. Much more important than eyesight, however, is the mole's keen sense of smell and its sense of touch.

The European mole has thousands of small protrusions on the tip of its pink snout, each with its own hair that is sensitive to touch. It also has long whiskers on various parts of its head and additional sensory hairs on the tip of its tail. The mole picks up pressure waves that build up

as it moves along its tunnel. In this way it is able to locate obstructions, such as large stones or even predators, and to avoid them.

The mole has little in the way of external ears, but its hearing is acute. It has the ability to perceive vibrations through the ground and to act upon them. The mole's ears can be closed by means of sphincter muscles, which seem to serve to prevent particles of soil from entering the delicate cavities.

### Food and Nesting

Gazing across the meadow, I could recognize the underground track, or path, frequented by the moles. The path ran just below the surface and was slightly raised. Also evident were the new earth mounds, created when the moles thrust up newly excavated soil. This turning over of the earth is a form of plowing, helping to drain the soil and maintain its fertility.

The mole's main diet is earthworms, and this is the reason for the tunnels. Earthworms, as they move in the soil, enter into the mole's network of passages. Then the mole, scuttling its way along the dark excavations, very soon finds its food. But it also eats insects, including leatherjackets and wireworms. The mole must eat every two hours, or it will die.

The small earth mounds of the mole are not to be confused with the mole's nest. This is much larger, being about a foot high and three feet across. It is usually found close to shelter—beneath a tree or alongside a hedgerow where nesting material such as grass, twigs, and leaves can readily be found.

In early springtime up to seven young ones are born to a litter. Baby moles are blind and naked at birth and weigh less than one tenth of an ounce. After five weeks they are old enough to fend for themselves and move away, perhaps as far as a mile. After nine months they will be ready to mate. The average life span of the mole is three years. However, predators kill many of them long before then.

Admittedly, a mole can cause problems when excavating for its food under a finely manicured lawn or on a golf fairway, but our little gentleman in his black velvet suit remains an intriguing part of rural life.



## "Now It Is Only Mia and Jehovah"

BY May 1991, my body had already signaled that something was wrong. After walking far or using my bicycle a long distance, I would feel severe pains in my arms and legs, and my joints would swell. When I attended the wedding of one of my brothers in July 1991, I got sick. Following this, I was bedridden most of the time, and I developed strange red spots on my face and my body.

My mother took me to a doctor, who rushed me to a hospital near our home in Askim in Norway. The diagnosis was reduced renal function and high blood pressure. My hemoglobin level was only 7.3 grams per deciliter, compared with the normal 11.5 to 16. After two days I was

transferred to a larger hospital with a special ward for treatment of kidney diseases. After seeing the results of several blood tests, the doctor concluded that I was suffering from systemic lupus erythematosus and that my immune system was producing antibodies that were attacking my blood and kidney tissues. I was given corticosteroids and chemotherapy.

Since both the disease and some of the medication break down the blood, the matter of blood transfusion became an issue. I mustered up all my strength and said: "I am a dedicated and baptized Witness, and I do not want blood." (Genesis 9:4; Acts 15: 28, 29) The doctor then talked to my mother in private, and my mother explained that we would like to use alternatives to blood transfusion. He said that he was willing to respect my stand and that he would do his utmost to help me.

The medical record, of which we later received a copy, says: "The patient is of age and is clear and informed. Therefore, one finds it necessary to respect the patient's view." It also states: "The medical ward is set on respecting the patient's decision not to accept blood, even to the consequence of her death."

### Medical Treatment

During the following days, various therapies were tried to reduce my blood pressure and hence to ease the strain on the kidneys. My body would not tolerate the medication, and all I remember about that time is vomiting again and again. Occasionally I felt very depressed, and my parents and I often prayed to Jehovah for help and strength. After a month in the hospital, I was allowed to go home for a weekend. Later, during a second leave, I had a major epileptic seizure followed by four minor ones. The disease was affecting my central nervous system. I was rushed back to the hospital.

The doctors decided to provide alternative treatment. Plasma was extracted from the blood, and thus antibodies attacking my blood cells and kidney tissues were removed. I was then given injections of Ringier's solution together with albumin. I had discussed this treatment with the doctors and gave them written permission to administer it.\* Despite this treatment my condition worsened. I also gave them permission to treat me with immunoglobulins, but at the time they did not administer these.<sup>#</sup>

My kidney function was greatly reduced. My serum creatinine was 682, compared with the normal 55 to 110. My blood pressure remained high, and my hemoglobin stayed between 5 and 6 grams per deciliter. One day the number of platelets was 17,000 per cubic millimeter of blood (the normal number being from 150,000 to 450,000), highly increasing the risk of hemorrhages. Fortunately, the number of platelets immediately started to increase. The next day the number was 31,000, and the increase continued.

### Loving Support

The hospital personnel were impressed by all the flowers, letters, cards, and telephone calls I received from loving Christian brothers and sisters all over Norway. They wondered how an 18-year-old could have so many friends. This gave us an opportunity to tell them about our Christian hope and Jehovah's loving organization.—John 5:28, 29; Revelation 21:3, 4.

In the meantime, the Hospital Liaison Committee of Jehovah's Witnesses was working hard to acquire more information

\* This procedure is known as plasmapheresis and involves an external circulation of the blood. The decision to use this procedure is left to the individual's conscience, as discussed in *The Watchtower* of March 1, 1989, pages 30 and 31.

<sup>#</sup> The decision to use immunoglobulins, which contain a tiny fraction of blood, is left to the individual's conscience, as discussed in *The Watchtower* of June 1, 1990, pages 30 and 31.

on the treatment of lupus. From our Norwegian branch office we received an article that had been printed in a medical journal. It described two complicated cases of systemic lupus erythematosus in which immunoglobulins were administered to two young women—with good results. During a conference with the doctors, my parents asked them to read the article to see if the information could be helpful in my case. The doctors had different opinions on what to do. There was concern, for example, about the limited amount of information on side effects of treatment with immunoglobulins.

### Pressure to Accept Blood

By then I had been hospitalized for almost eight weeks. One night I felt acute pain in my stomach, and there was fecal blood from internal hemorrhages. A surgeon was contacted. He said I needed immediate surgery and blood, otherwise I would die within a few hours. This surgeon told my sister, who was sitting with me, that she had better persuade me to accept blood or she would be responsible for my death. This made me angry, for the decision to refuse blood transfusion was my own.

The doctors wanted to speak to me alone to ensure that the decision was really mine and that I was fully aware of what they believed would be the consequences of refusing blood. After 15 minutes they were convinced that I was not going to change my mind. Instead of operating, the doctors administered antibiotics to fight the infection.

On September 30, the day following the discussion with the doctors, my hemoglobin count declined from 6.5 to 3.5. I was moved to the intensive care unit. I was so weak that I needed a face mask to supply me with oxygen. Even though I was more or less conscious all the time during this critical phase, I cannot recall anything. So what happened

during the next few days was later related to me by my family and two Christian elders.

### My Life in the Balance

At this time the doctors agreed to try administering intravenous injections of immunoglobulins. From October 9 to 11, I was given one dose of six grams of immunoglobulins a day. I was unable to control my urination and evacuation, and the nurses were constantly changing the bedclothes. My hemoglobin count kept declining. The medical record says: "At the lowest her hemoglobin count was measured 1.4, after which she had additional melena [stools containing blood], and it was decided to abstain from taking additional blood counts. At this time she was practically moribund [dying]."

The doctors had by now abandoned all hope of recovery, stating that if I did survive, I would have brain damage and perhaps also be partially paralyzed. They were so sure that there was nothing else that could be done that on October 12 it was decided to halt all active treatment and just administer fluids. My father, who continuously encouraged me to keep fighting, was sitting at my bedside, saying: "Now it is only Mia and Jehovah."

There was always someone from the congregation at the bedside with my family during this critical period. One of them related: "On Saturday evening, October 12, no one believed Mia would survive the night. But Sunday morning she was still alive. In the afternoon her breathing was heavy, and everyone expected this to be the end. The whole family gathered around her bed. She inhaled deeply and, after what seemed like an eternity, exhaled. Her parents suffered the greatest pain parents can suffer—seeing their dear child slowly drifting away. Her father said we should all turn to Jehovah in prayer. We talked quietly afterward, hoping that Mia would not have to suffer long."

"But Mia did not die. The doctors and the nurses had never seen anything like it—someone living with such a low blood count. The hemorrhages stopped, so the situation did not worsen. Sunday night passed, and Mia was still alive."

### A Turning Point

Monday morning, October 14, one of the doctors came to see me. I was dozing and don't remember the episode. The doctor stood at my bed, and my mother said: "The doctor is here to say good morning." My reaction was a very audible "hello." He had not expected that, and he was surprised and moved.

My brain was fine, and I was not paralyzed. Therapy was resumed. I was given erythropoietin and iron dextran intravenously, as well as two daily doses of immunoglobulins. Slowly my condition improved. On October 16 my hemoglobin count increased to 2.6 and on the 17th to 3.0. I kept improving. On November 12 I was discharged from the hospital with a hemoglobin count of 8.0.

We do not know for sure why the destruction of my red blood cells halted or why my blood count increased so rapidly. The injections of immunoglobulins, erythropoietin, and iron dextran evidently played a major part. By the early part of May 1992, my hemoglobin count was a normal 12.3, and it has remained in the normal range.

I am now on maintenance treatment to keep my condition under control, and I am functioning well. On November 28, 1992, I was married to a fellow Christian, and we are now serving Jehovah together. My illness, as well as obeying Jehovah's law on blood, has drawn me closer to Jehovah. Now I look forward to serving him with all my strength throughout eternity.—*As told by Mia Bjørndal.*



---

# A RETURN VISIT TO RUSSIA

---

ONE OF THE GREATEST CHANGES IN THE FORMER SOVIET UNION HAS BEEN THE FREEDOM TO DISCUSS RELIGION. MANY RUSSIANS HAVE USED THAT FREEDOM TO EXAMINE BIBLE TEACHINGS. THE RESULT HAS BEEN, IN EFFECT, A MODERN-DAY MIRACLE.

**W**HAT a surprise I had on July 28, 1993, when I picked up the morning's *New York Times* and saw on the front page a large baptism picture taken in Moscow! It had the cap-

tion: "The unleashing of religion in Russia brought converts into Moscow's Locomotive Stadium for a mass baptism as Jehovah's Witnesses."

My wife and I had returned from Russia

only the day before. We attended that baptism of 1,489 persons. The Christian love shown by the Russians and their interest in spiritual things had truly impressed us. One experience we had following the convention's concluding session Sunday evening illustrates this.

When returning by Metro to our hotel, I sat next to a young man of perhaps 18 or 19 years of age. I handed him the Bible tract, in Russian, *What Hope for Dead Loved Ones?*\* After looking at it briefly, he passed it to his mother. So I gave the youth another one. At that he pointed to the opening question, "If a man die, shall he live again?" and, in a tone registering skepticism, asked in English, "Do you believe this?"—Job 14:14, *King James Version*.

Turning to look him straight in the eye, and with firm conviction, I replied: "I really do believe it!" I quickly added: "Think about this. Our life as intelligent, thinking people is a miracle. Some Higher Being must be responsible for the laws that governed our development into living people. So I believe that this Superior One can also recreate a dead person to live again."

Immediately the youth began reading the tract. When he finished, I handed him the brochure, in Russian, *Does God Really Care About Us?*\* He wanted to learn more, but ours was the next subway stop. Even though the youth and his mother had a train to catch that night, they got off the subway with us to talk a few minutes longer. After making brief comments about our Bible study program, I showed him an address on the back of the brochure where he could write for more information.

We left Russia the next day, but encounters such as this made an indelible impression.

\* Published by the Watchtower Bible and Tract Society of New York, Inc.



*Top: The family we stayed with. Above and right: Witnessing in the park. Bottom right: Serosha and his letter*

### Russia on Our Minds

I kept thinking about the incredible numbers of new ones who were baptized after the ban on Jehovah's Witnesses in the former Soviet Union was finally lifted in March 1991. Seven conventions were quickly organized for the summer of 1991, and 7,820 were immersed in water. Then, at the 1993 summer conventions—including the one we attended in Moscow—11,238 were immersed.

The evangelizing zeal of the Witnesses in Russia has not gone unnoticed by many of the Russian people. When you think about the response of Russians to Bible teachings, it seems miraculous.

'How is such rapid growth possible?' we wondered. 'How grounded really are these Russians in Christian teachings?'

When a couple living in Moscow said that they would arrange accommodations for us

if we visited Russia again, we began making travel plans. Our anticipation for the trip grew when we received additional reports about the unusual interest of Russians in Bible truths.

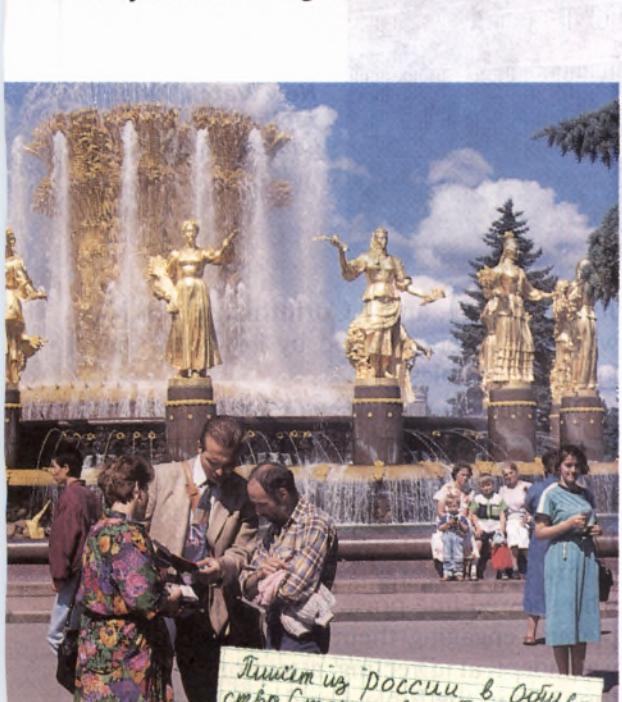
### A Warm Russian Family

We arrived July 24 with suitcases in hand at the place we would be staying in Moscow—a second-floor apartment that was about a ten-minute walk from the apartment building of our friends. Of the family we would be staying with, only 15-year-old Katia was home to greet us. It was Sunday evening, and the rest of the family were still out in the Christian ministry.

Shortly, the other members of the family began returning home—Galina, the mother; 13-year-old Zhenia, the younger daughter; and, finally, Viktor, the father. None of them knew much English, and we knew even less Russian. Communication was relatively easy when our English-speaking friends were present as interpreters but was difficult when they left. We would use a Russian-English dictionary and descriptive gestures. Katia and Zhenia were good at communicating, having learned the language of the deaf.

All the family had been baptized at the same time, only two years before. Viktor was a ministerial servant in the congregation, and the girls used their school vacations to spend more time in the ministry. While attending school, they were not hesitant to talk about their faith. In fact, their preaching even drew the attention of authorities outside their school district. It impressed us to learn that the family was conducting 28 weekly home Bible studies with interested ones!

Clearly, the focus of each family member was on Bible study and the Christian ministry, and we could see that their lives had



Письмо из России в Адажи  
семья Сторожевская Галина Сережа  
Мне 4 лет и я уже хочу  
сказать с папой или мамой  
много рассказывать  
богам Честное.  
люблю читать.  
Происходит?: Но как  
зачем он приходит  
ко один раз в ме-  
сячной жизни к  
ней. Я очень хотим  
этот журналь  
зак в магазин.  
то я его очень  
в люблю.  
однажды это  
это 28 июля 1994 года.  
Сережа.



**New Watch Tower facilities, in Tallinn, Estonia**

thereby been enriched. They radiated happiness.—Acts 20:35.

#### **Well-Grounded in the Bible**

Before retiring in the evenings, I quizzed the family on Bible texts. First I asked what Revelation 21:3, 4 says. Right away, almost in unison, the girls could quote it. Next I asked for Isaiah 2:4. They knew that one also, even using signs to indicate the beating of swords into plowshares.

I continued with scriptures in Isaiah that tell of Kingdom rule and new world blessings, namely, Isaiah 9:6, 7; 11:6-9; 25:8; 33:24; 35:5, 6; and 65:21, 22. Without looking in their Bibles, the family were able to identify the content of each text. The girls would on occasion show that they knew the scripture by descriptive gestures, such as for a child leading a lion.

On another evening we considered scriptures on the identity of God, focusing on ones that show Jesus is inferior to God and that God and Jesus are not one in person but one in unity. The family could identify the content of such scriptures as John 10:30,

John 17:20, 21, and 1 Corinthians 11:3. My wife and I were amazed by how well they knew their Bibles.

On Tuesday morning about a dozen of us met and traveled together by Metro to a beautiful park where we spent two and a half hours speaking to people about the Bible. We split up and worked in twos. One of my partners was Nadia, a Russian girl who showed fine poise in approaching people and engaging them in discussions. She was adept at directing attention to God's thoughts in the Bible. I said to myself, 'This is an experienced publisher.' Afterward I was astounded to learn that she was just 17 years old and had been baptized only two months!

We had many such experiences, which impressed upon us that the situation in Russia is unique. Since the fall of Communism, Russians have shown themselves eager to examine Bible teachings. Most all of them are well educated, and they love to read. Even young ones read and comprehend well, as was evidenced when we visited a Russian

family that had learned Bible truths when the Witnesses were still under ban.

The couple's little son said that he wanted to ask a question. Through an interpreter, he made a request. I was so moved by it that I said if he would put his request in writing, I would pass it along to the publishers of *Awake!* He immediately sat down and wrote a letter. The following is a translation of what he wrote. The letter is reproduced on page 25.

"Serosha is writing from Russia to the Watchtower Society. I am seven years old, and I already go preaching with Father and Mother. I love to talk to people about God's Kingdom. I also love to read the *Awake!* magazine. It comes to Russia in Russian only one time a month but in the English language twice a month. I would very much like to have this magazine twice a month, because I love it very, very, and very much. Please do this."

Leaving the friends we had made in Moscow was not easy. In such a short time, we had come to love them dearly.

#### **Compared With Early Christianity**

We left for Tallinn, Estonia, by overnight train. There we saw the beautiful new facilities from which the preaching work is now being directed in that former republic of the Soviet Union. Three days later we took a train to St. Petersburg. In both places fellow Christians asked about the preaching work in Moscow. "Being there and seeing the growth," I replied, "helped me to understand better what is written in the early part of Acts 17 and in the letters to the Thessalonians."

I had always been amazed that a congregation was established in Thessalonica apparently within a few weeks of the apostle Paul's ministry there. Amazing to me too was that within a year or so, Paul wrote these new Christians two letters regarding

such deep spiritual matters as the resurrection and being "caught away in clouds," "Jehovah's day," the cry of "peace and security!," and "the presence of our Lord Jesus Christ." (1 Thessalonians 4:13-17; 5:1-3; 2 Thessalonians 2:1, 2) The zealous activity of those early Christians, in effect, produced a first-century miracle—a mature, spiritually strong international organization of preachers in a very brief time. About ten years later, Paul wrote that the "good news" had been "preached in all creation that is under heaven!"—Colossians 1:23.

What was occurring in Russia seemed to me to be comparable to what had happened in the first century.

#### **The Struggle to Keep Up With Growth**

Russia is the largest country on earth, so providing direction to the thousands there who are preaching the good news of God's Kingdom is obviously a big job.—Matthew 24:14.

The Bible says regarding those who heard about Christianity in the first century: "The hand of Jehovah was with them, and a great number that became believers turned to the Lord." (Acts 11:21) How well we found those words to apply to our Christian brothers in Russia! May the Russian field remain ripe for spiritual harvesting, and may thousands more there join in the precious privilege of helping yet others on the road to life.

—Contributed.

#### **IN OUR NEXT ISSUE**

**Is Your Food Really Nutritious?**

**A Solar Eclipse and the Fascination of Astronomy**

**Is God Pleased to See Us Suffer?**

## WATCHING THE WORLD

### The Mystery of the Canine "Suicides"

The people of Rosario, Argentina, are seeking a credible explanation for what appears to be a wave of attempted canine "suicides" in that city. The problem has been observed mainly at Rosario's popular park known as Parque de España. A promenade in that park looms some 90 feet above the Paraná River. Over a one-year period, there have been some 50 instances in which dogs suddenly pulled away from their owners, ran straight to the edge of the promenade, and jumped to almost certain death. According to experts, however, dogs are not capable of deciding to kill themselves. Rather, veterinarians think that the dogs are lured by ultrasounds or by the movement of birds or boats in the river. They dash toward the edge, but before realizing it, they find themselves flying down into the cleft.

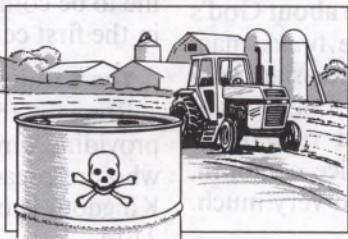
### Personal Security Devices

According to *The Toronto Star*, more Canadians are obtaining portable security devices for protection. Among popular items are the "noisemakers" or "screamers"—personal alarms that emit high-frequency sounds. Also available are vials containing malodorous chemicals designed to discourage the attacker and aerosol dyes that facilitate the later identification of the attacker, who has been sprayed green. The *Star* acknowledges, however, that "personal security gizmos cannot guaran-

tee that a person will not become a victim of violent crime. Common-sense precautions, according to police, can be more important than technology."

### Health Risks of Farming

Fungicides, herbicides, and pesticides have helped farmers reduce the loss of their crops. However, a report by the International Labor Organization



says that agricultural chemicals are directly responsible for the deaths of some 40,000 farm workers each year. It is estimated that these chemicals seriously affect the health of another 3.5 million to 5 million persons.

### Anglican Priests and Their Man-Made God

Recently the Church of England dismissed one of its clergymen. The priest was openly teaching disbelief in a supernatural God, in the authority of the Bible, and in Jesus as a savior. Despite his open disregard for Bible teachings and church doctrines, his dismissal triggered a sympathetic reaction from other priests. Seventy-five Church of England clergymen signed a public letter requesting that the man in question be allowed

to continue as a priest. Some priests claim that there are hundreds of fellow Anglican clergymen who do not believe in a supernatural God.

### Global Insecurity

In connection with the upcoming World Summit for Social Development in March 1995, the UNDP (United Nations Development Program) released a newsletter expressing its concern over human security. The newsletter, basing its report on the *Human Development Report 1994*, noted that "at the beginning of this century, about 90 per cent of war casualties were military. Today, about 90 per cent are civilian—a disastrous shift in the balance." The UNDP acknowledges that human security is threatened regardless of where you live. The *Human Development Report* added that "famines, ethnic conflicts, social disintegration, terrorism, pollution and drug trafficking are no longer isolated events, confined within national borders. Their consequences travel the globe."

### Roaming Pit Bulls

Many Eastern cities in the United States are experiencing an increasing problem with dangerous pit bulls roaming the streets, according to *The New York Times*. Tom Simon, an official for the Canine Control Office explains that not all pit bulls are necessarily dangerous. He said that "if they are trained properly, they really can be a gentle dog and make wonder-

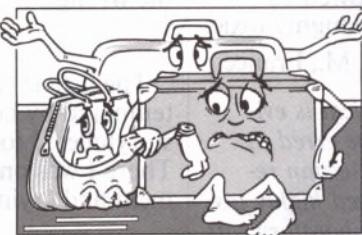
ful pets." But the harsh reality is that the dangerous dogs mentioned above have been inbred and trained to be ferocious fighters. Some dogs are being cruelly tortured "to make them more crazy," one expert explained. After participating in violent and savage dogfights, many dogs are unable to fight again. When this happens, often the owners merely abandon the pit bulls to roam the streets.

#### New Ecumenical Church Body in Australia

In 1946, a number of churches in Australia formed the Australian Council of Churches. The Roman Catholic Church did not become a member but did have observer status for many years. Now, nearly 50 years later, the council has been given a new name, the National Council of Churches in Australia. Its membership has increased by just one—the Catholic Church. The Lutheran Church was invited to join the new body, but it declined, since not enough of its own members were in favor of the move. *The Sydney Morning Herald* noted that David Gill, who was nominated to be general secretary of the new council, spoke of them as "praying like mad," and he added: "I suppose that in itself is a bit of a change." He was referring to the previous council's "somewhat political image." "The emphasis," it was said, "seemed to be on social justice rather than spreading the Good News." The paper added: "Failure to embark on what evangelicals call 'gospel issues' has created a major rift, which is still unresolved."

#### Unclaimed Luggage

What happens to all the unclaimed luggage left with major U.S. carriers? It is sold to a Scottsboro, Alabama, company called Unclaimed Baggage Center. There it is opened, cleaned, checked for cash, and resold to the public. "One look inside Unclaimed Baggage is enough to convert even the most trusting air traveler to stick to carryon," says *The Wall Street Journal*. "Four mammoth sales floors feature everything from fur coats and fishing rods



to T-shirts and cameras.... You also can find toasters, cosmetics, moose antlers, Hungarian folk tapes, even a casket." Airlines handle some two million bags a day, and although they misroute or misplace about 10,000 to 20,000 of them, fewer than 200 are not reunited with their owners. Travelers are given three months in which to claim lost bags before they are shipped off. "While the airlines say they can't find the owners of items sent to Scottsboro, clerks there say they spend hours peeling and scraping names and addresses from merchandise before putting it up for sale," the *Journal* states.

#### The Jackpot Shrine

A small, relatively unknown island in southern Japan has sud-

denly become famous, thanks to the name of a local Shinto shrine. Its name, Hoto, means "strike treasure," and a civic promotion group has utilized this with results exceeding their wildest dreams. They arranged for the shrine to sell bags in which people could put their lottery tickets. Using these "lucky bags" bought at the shrine, they said, guarantees good fortune in the lottery. Since then, "people hoping to strike it big in the lottery have been descending in droves on Hoto Shrine," says *Asahi Evening News*. It is not these "droves," however, but the shrine, selling bags at \$10 and \$30 a piece, that has hit the jackpot.

#### Egypt Has Oldest Paved Road

Research geologists have mapped out a 7.5-mile paved road across the desert 43 miles southwest of Cairo. The ancient road, paved with slabs of limestone, sandstone, and even some petrified wood, has been dated about 2600 to 2200 B.C.E., during the period of the Old Kingdom. It has an average width of six and a half feet. The road was built to facilitate the transportation of heavy stones from a large basalt quarry to the shore of an ancient lake that was linked to the Nile at flood stage. The lake no longer exists. The dark stones were favored by the ancient Egyptian rulers for their sarcophagi and for pavements inside the Giza mortuary temples. "Here is another technological triumph you can attribute to ancient Egypt," said geology professor Dr. James A. Harrell. A flagstone road in Crete, dated no earlier than 2000 B.C.E., was previously the oldest known paved road.

## FROM OUR READERS

**Humor** I would like to express my appreciation for the article "Put Humor Into Your Life." (May 22, 1994) I have always been very withdrawn, often being ill-tempered. When I learned to put humor into my life, things changed. Laughter truly is "the shortest distance between two people."

A. Q. G., Brazil

**Cancer** I recently gave my mother's doctor a copy of your April 8, 1994, issue on "Breast Cancer—Every Woman's Fear." On page 10 you describe hydrazine sulfate as a "nontoxic drug." The doctor showed us medical literature that lists it as highly toxic.

D. M., France

*Since the toxicity of this chemical is evidently a matter of controversy, we erred in calling the drug nontoxic. One Russian research study claimed that it proved highly toxic when given in large doses to laboratory rats and mice. However, in one clinical study on human cancer patients performed at UCLA Medical Center, hydrazine toxicity was reported as "mild" with 71 percent of the patients reporting no toxic effects. No doubt much more research will have to be done before the risks and possible benefits of this drug can be fully evaluated.—ED.*

**Opera** I've always thought your articles were great, and I've always had the feeling that they were written especially for me. But I never imagined that you would write about something that I truly love, the opera. I couldn't stop crying when I saw the article "A Night at the Opera." (July 8, 1994) Thank you so much.

S. S., Romania

**Addie's Story** The article "Addie Found the Answer Late but Not Too Late" (July 22, 1994) was simply marvelous! It was like reading a novel, except it was really a true story. I was moved when I realized that

the moral of her story was that the most effective way to help our neighbors is by preaching!

D. L., Italy

I just read the life story of Addie Clinton Few, and for the first time in the 19 years that I have been reading *Awake!*, I am writing to say thank you! I too am black and have suffered the barbs of social injustices all my life. But I have learned that Jehovah really cares for the plight of people of color and that his promised new world will right all the wrongs.

L. N., United States

The article showed her wit and humor tempered by her humility. She was a great storyteller! I found the ending very touching. There I was on the bus chuckling one moment and crying the next.

D. M., United States

**Overweight** I was impressed by the article "Young People Ask . . . Why Am I So Fat?" (April 22, 1994) I was always mad about my weight, but the article said that Jehovah does not look at how you look but at what is in your heart. Thank you.

N. C., United States

Even though I am not really fat, sometimes I wish I could look like those models. Sometimes I get depressed and just cry. Your article helped me to see that I am not the only one who feels like this, and that was comforting.

R. M., United States

I'm not obese, but I'm a very hefty girl with broad shoulders. I get teased by my cousins and older brothers. I appreciated your point that though I may be on the stout side, that does not necessarily mean I have to lose weight.

M. T., United States

# WHY ITALY'S BISHOPS ARE WORRIED

BY AWAKE! CORRESPONDENT IN ITALY



IN November 1993, the Italian bishops' conference made a number of negative comments about Jehovah's Witnesses. It was alleged that they are not Christians and that their door-to-door preaching was "savage proselytism."

However, not all religious authorities agree. For example, Attilio Agnoletto, professor of the history of Christianity at Milan State University, describes Jehovah's Witnesses as "a strong, serious, Biblical, completely legitimate movement in which there is nothing unchristian."

And what of their "savage proselytism"? "The term 'savage' is absolutely unacceptable," professor Agnoletto told Awake! "That would mean that the proselytism of Jesus Christ was also 'savage.' "

Why do the bishops harbor such prejudice against Jehovah's Witnesses? Professor Agnoletto feels that their opposition "results from the very number and success of Jehovah's Witnesses in Italy today," which, he adds, "corresponds to a crisis of Catholic religiosity."

The clergy today seek to discredit and obstruct those who obey Jesus' command to preach. (Matthew 28: 19, 20; compare Matthew 5:11, 12.) The newspaper *La Stampa* reports that despite the opposition, Jehovah's Witnesses are the second-largest denomination in Italy, now numbering over 200,000 and growing steadily.

In contrast, the Catholic Church has experienced waning attendance in recent years. So at the beginning of 1994, Pope John Paul II urged Italian Catholics to become active evangelizers, even preaching from door to door —much the way Jehovah's Witnesses do!\*

\* See page 15.

its coastal wetlands. A 6-foot out the 1,190-island Maldivian  
arecasts are on the conservative side of the more extreme predictions made: "The year is 2035," here. "Holland is under water. It has ceased to exist. Torrential seas there have killed several people and forced the remaining ones into makeshift refugee camps on land in Pakistan and India. In central and the American Midwest, droughts have turned once fertile lands into parched deserts." Lefkin, in the *Manchester Guardian*, says what the future holds for our

### ity in Greenhouse Effect

oud t enough heat to delay the full onset of the greenhouse effect by decades. Just how much delay is difficult for scientists to predict.

pert VOLCANOES: Volcano-induced clouds warm the stratosphere and cool the surface of the earth in a complex way. Overall, volcanoes would probably tend to reduce the greenhouse effect, but no one can predict when a big one will erupt.

solar anekts up from to d. e. r. is an, and it can store SOLAR CYCLES: Contrary to what many people think, the sun's output is not absolutely constant. Its brightness diminished about 0.1 percent between 1979 and 1984. This makes the increasing global temperature during that period seem all the more ominous.

*Awake!* September 8, 1989



### The Greenhouse Gases

WATER VAPOR: The amount of water vapor in the air depends mostly on the temperature. Warm air can store more moisture than cool air can. Water vapor absorbs heat very effectively, but it cannot give rise to the greenhouse effect by itself. Water vapor serves mostly to amplify the effects of the other gases.

CARBON DIOXIDE ( $\text{CO}_2$ ): It is the most prevalent of the heat-trapping gases and is vital to all life on earth because plants need it to live. The amount of carbon dioxide in the atmosphere is currently increasing by a half percent per year. That may not sound like much, but it means that about one ton of carbon for every man, woman, and child on the planet is put into the atmosphere each year from burning fossil fuels, such as coal and oil—5,000,000,000 tons of carbon per year! About half of that carbon is eventually used by plants or is

absorbed by the ocean, but the rest stays in the air.

METHANE ( $\text{CH}_4$ ): This is the chief component of natural gas. Like carbon dioxide, it contains carbon. It is increasing twice as fast as carbon dioxide in the atmosphere, or about 1 percent per year. There is already twice as much methane in the air as there was in preindustrial times. Scientists are concerned that the increasing concentration of methane may make it more difficult for the atmosphere to decompose other greenhouse gases, such as the infamous CFCs (chlorofluorocarbons).

CFCs: These long-lasting chemicals help destroy ozone after they have risen to the stratosphere. But they are powerful greenhouse gases while molecule for molecule, they are about ten thousand times as effective as carbon dioxide when it comes to absorbing infrared rays!

### NITROUS OXIDE ( $\text{N}_2\text{O}$ )

When your dentist used this, he may have called it laughing gas, but its effect on the atmosphere is no laughing matter. It is a by-product of burning fossil fuels and is extremely stable. Once it gets into the atmosphere, it stays there on the average for 150 years. During that time, it absorbs heat while in the lower part of the atmosphere, called the troposphere, but it can also rise to the stratosphere, where it helps to destroy ozone. The concentration is currently growing at 0.25 percent per year.

OZONE ( $\text{O}_3$ ): Last but not least is ozone. In the stratosphere, ozone is beneficial because it absorbs dangerous ultraviolet radiation that can cause skin cancer if it penetrates to earth's surface. In fact, in the lower atmosphere, ozone is a hazard. Ozone is a by-product of combustion, especially in automobiles and jet aircraft.



The Greenhouse Effect: The earth's atmosphere, like the glass of a greenhouse, traps the sun's heat. The sunlight warms the earth, but the heat that is created—carried by infrared radiation—cannot easily escape the atmosphere because the greenhouse gases block the radiation and send some of it back toward the earth, thus adding to the warmth of the earth's surface.

## Valuable Help for School Projects

"THE Watchtower and *Awake!* journals are definitely the most informative, the easiest to read and comprehend, the most timely, and the most encouraging journals I've ever read," wrote a teenage reader. "The information for the majority of my school projects has come from these magazines. When I'm studying something in school, an article on that very subject is there to encourage me and help me understand the topic and its importance."

"For example," she explained, "I needed a topic for a science project for the Science Fair we are required to enter. The project required three posters, a report, and a model. So I decided

to develop the subject of the greenhouse effect, which was discussed in the September 8, 1989, *Awake!* I based my posters on illustrations that appeared in the articles and used the information therein for my report. My biology teacher gave me an A, and I received the first-place award for the section on ecology and conservation!"