

# Awake!

JUNE 2011

## TERRORISM

Why does it happen?  
When will it end?



# **Awake!**

AVERAGE PRINTING 39,913,000  
PUBLISHED IN 83 LANGUAGES

## **TERRORISM**

### **Why does it happen? When will it end?**

- 3 "All I Wanted Was to Get My Mail"**
- 5 Why Some Resort to Violence**
- 6 Is a World Without Terrorism Possible?**

- 
- 10 The Bible's Viewpoint  
Why Your Speech Matters**
  - 12 Something More Precious Than Our Life Now**
  - 16 Land of the Watchtowers  
—Mountainous Svaneti**
  - 19 Raising a Child With Down Syndrome—The Challenge and the Reward**
  - 23 Was It Designed?  
The Shell of the Scaly-Foot Snail**
  - 24 How Weather Can Change the Course of History**
  - 26 Young People Ask  
How Can I Make a Good First Impression?**
  - 29 Watching the World**
  - 30 For Family Review**
  - 32 Would You Like to Understand the Bible?**



# **“ALL I WANTED WAS TO GET MY MAIL”**

**I** WILL never forget that Monday morning at the post office,” reflected Andre, a white South African-born man living in Namibia. “The place was jam-packed with people. I saw a suspicious bag left unattended nearby. I asked for my mail and left. After driving for only about three minutes, I heard a tremendous blast. I later learned that a bomb had exploded a few feet from where I had been standing.”

“All I wanted was to get my mail,” explained Andre. “But to realize later that innocent people, a number of whom I knew, were blown to pieces was a great shock. I still shudder, even though this occurred over 25 years ago. At times, I have recollections of the carnage I later saw and realize how close to death I came.”

## **A Global Problem**

While you may never come that close to such an attack, you have likely heard that similar incidents are occurring often around the world. More and more people are resorting to violence, commonly called terrorist acts, to achieve their aims.—See the box “Who Are Terrorists?” on the next page.

An investigative journalist found that in 1997 there were “only four countries where a sustained campaign of suicide attacks had taken place.” But in 2008 this same researcher wrote that “more than thirty countries located on every continent save for Australia and Antarctica have experienced the devastating consequences of suicide attacks.” He





## WHO ARE TERRORISTS?

Researcher Mark Juergensmeyer explains: "Whether or not one uses 'terrorist' to describe violent acts depends on whether one thinks that the acts are warranted. To a large extent the use of the term depends on one's world view: if the world is perceived as peaceful, violent acts appear as terrorism. If the world is thought to be at war, violent acts may be regarded as legitimate."

So, there are often political implications when the term "terrorist" is used. Many groups consider themselves to be freedom fighters, not terrorists. According to one writer, terrorism involves (1) acts aimed at noncombatants and (2) the use of violence for dramatic purpose, namely to instill fear. Therefore, militants—regardless of whether they are a group of insurgents or a civil government—may often use terrorist tactics or methods.

concluded that such attacks are "executed by more and more organizations, which kill a greater number of people every year."—*The Globalization of Martyrdom*.

Consider the attack referred to at the outset. The group that took responsibility for planting the bomb considered themselves freedom fighters. They were striving to gain independence from the government that then ruled their country. But what motivates people to do such things to achieve their goals? Consider the experience of Hafeni.

Hafeni was born in Zambia and grew up in refugee camps in neighboring countries. "I was furious," he said, "at the brutal and unfair way my family and others had been treated." So he became part of the militant group to which his parents belonged.

Looking back on those times, Hafeni continued: "The saddest part of the story was the emotional impact of living as a refugee. Children were torn from their mothers, fathers, and siblings. The older ones were off fighting. Many of these older ones never returned. I never saw my father, not even in a photo. All I knew was that he had died in the fighting. The emotional scars remain with me to this day."

Clearly, the issues are complex. Having a better understanding of them will help you realize what has to be achieved if mankind is ever to see an end to such violence.

# 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.

This publication is not for sale. It is provided as part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, Scripture quotations are from the modern-language *New World Translation of the Holy Scriptures—With References*.

*Awake!* (ISSN 0005-237X) is published monthly 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, and by Watch Tower Bible and Tract Society of Canada, PO Box 4100, Georgetown, ON L7G 4Y4. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices. **POSTMASTER:** Send address changes to *Awake!*, 1000 Red Mills Road, Wallkill, NY 12589-3299. © 2011 Watch Tower Bible and Tract Society of Pennsylvania. All rights reserved. Printed in Canada.

# WHY SOME RESORT TO VIOLENCE

**J**OSEBA, who lives in Spain, was asked why he became a member of a militant group. “The oppression and injustice we suffered at the time became unbearable,” he said. “In the large city of Bilbao, where I lived, the police would come in, beat up people, and arrest them.”

Joseba continued: “I was arrested one morning for expressing my feelings about such police tactics. I was so angry that I wanted to do something—something violent if necessary—to remedy the situation.”

## Oppression and Revenge

While not justifying violence, the Bible acknowledges that “oppression may make a wise one act crazy,” that is, in an irrational manner. (*Ecclesiastes 7:7*) Many become outraged when they are mistreated on the basis of their race, religion, or nationality.

For instance, Hafeni, mentioned in the preceding article, said: “Our land was taken from us by exploitation. Animals fight for their territories, so it seemed natural for us to fight for our land and our rights.” One militant suicide bomber in a statement published after his death said: “Until you stop the bombing,



gassing, imprisonment and torture of my people we will not stop this fight.”

## Religious Motivations

Though militants are often motivated by secular causes, they frequently engage in violent acts for religious reasons. A world leader received this fax from a militant spokesman: “We are not crazy neither are we in love with power. We are in service of God and that’s why we are strict in our position.”

Concerning religious motivation, Daniel Benjamin and Steven Simon wrote in their book *The Age of Sacred Terror*: “In a world turning more religious, more adherents of the great faiths and new, burgeoning cults are placing violence at the heart of

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

<sup>+</sup> CD also available.

<sup>+</sup> MP3 CD-ROM also available.

<sup>+</sup> Audio recordings also available at [www.jw.org](http://www.jw.org).

**Would you welcome more information or a free home Bible study?** Please send your request to Jehovah's Witnesses, using one of the addresses below. For a complete list of addresses, see [www.watchtower.org/address](http://www.watchtower.org/address). **America, United States of:** 25 Columbia Heights, Brooklyn, NY 11201-2483. **Australia:** PO Box 280, Ingleburn, NSW 1890. **Bahamas:** PO Box N-1247, Nassau, NP. **Britain:** The Ridgeway, London NW7 1RN. **Canada:** PO Box 4100, Georgetown, ON L7G 4Y4. **Germany:** 65617 Selters. **Guam:** 143 Jehovah St, Barrigada, GU 96913. **Guyana:** 352-360 Tyrell St, Republic Park Phase 2 EBD. **Jamaica:** PO Box 103, Old Harbour, St. Catherine. **Japan:** 4-7-1 Nakashinden, Ebina City, Kanagawa-Pref, 243-0496. **Puerto Rico:** PO Box 3980, Guayanabo, PR 00970. **South Africa:** Private Bag X2067, Krugersdorp, 1740. **Trinidad and Tobago:** Lower Rapsey Street & Laxmi Lane, Curepe.

**"The brutality convinced me that my hatred was justified. If I had to die to bring changes, it would be worth it."—Joseba**



### **Etched Into Hearts**

Joseba, mentioned earlier, was badly abused when he was arrested. He said: "The brutality convinced me that my hatred was justified. If I had to die to bring changes, it would be worth it."

Often what is taught in the group adds to the members' reasons for engaging in violence. "During our time in refugee camps," said Hafeni, "there were rallies that taught us that the whites were constantly conceiving ways and means to dominate the blacks." What was the result?

"I could feel my hatred for whites growing," he added. "I distrusted all of them. Eventually, I couldn't stand it, and I thought our generation must do something."

Surprisingly, despite such strong positions, both Joseba and Hafeni changed their entrenched feelings of hatred and distrust. What was it that reached their minds and hearts? The following article will explain.

their beliefs." Another researcher, after documenting a number of what he called "spectacular acts of terrorism across the globe," observed: "All are united in the belief on the part of the perpetrators that their actions were divinely sanctioned, even mandated, by God."

But many religious militants have extreme viewpoints that do not reflect the traditional teachings and values of the religion with which they are associated.

## **IS A WORLD WITHOUT TERRORISM POSSIBLE?**

**“W**E NEED to be struggling . . . for hearts and minds." That was the conclusion reached after a 20-year review of the personality profiles of so-called terrorists.

But what can change the hearts and minds of people who have been deeply involved in violent and vengeful activity?

### **A Book That Can Change the Heart**

During the 1990's, Hafeni began to examine his own religious beliefs and decided to

obtain a Bible. He said: "I started by examining the Gospels [the Bible books of Matthew, Mark, Luke, and John], which contain the life story of Jesus. As I read, I was quickly attracted to the personality of Jesus and his kind and impartial way of dealing with people. This warmed my heart."

Hafeni said that when he read further, "one passage from the Bible really hit home—Acts 10:34 and 35." It reads: "God is not partial, but in every nation the man that fears

## **Both Hafeni and Joseba learned through personal experience that Bible teachings can powerfully affect one's life**

him and works righteousness is acceptable to him.”

“I concluded,” Hafeni said, “that it is people themselves who are responsible for tribalism, nationalism, and racial prejudices. I came to realize that the Bible’s message can change people’s thinking and that the most important thing in life is having a good standing with God. This is more important than fighting in behalf of people of a particular tribe, race, or color.”

Joseba, quoted in the preceding article, was the head of a small commando group that planned to blow up a police station. “But before we could carry out this attack,” explained Joseba, “I was arrested and spent two years in prison.” Later, his wife, Luci, began to study the Bible with Jehovah’s Witnesses. Eventually Joseba joined those discussions.

“As I learned more about Jesus,” reflected Joseba, “he became my role model. One of his statements really touched me, namely: ‘All those who take the sword will perish by the sword.’ I knew this was true.” (Matthew 26:52) Joseba acknowledged: “Assassinating someone only provokes hatred and a desire for revenge by the family members. Violence brings only pain, not a better world.” Joseba began to make adjustments in his thinking.

Both Hafeni and Joseba learned through personal experience that Bible teachings can powerfully affect one’s life. The Bible says that “the word of God is alive and exerts power” and that it can discern the “intentions of the heart.” (Hebrews 4:12) The power of God’s Word has helped many to adjust their thinking and actions. But is there evidence that global unity exists among those who truly practice Bible teachings?



### **A Brotherhood Based on Love**

When Hafeni began attending meetings of Jehovah's Witnesses, he was deeply moved by the racial harmony he observed. "Sitting next to white people was an absolute thrill," he said. "I never thought that in my lifetime I would get the opportunity to call a white man brother. This cemented my conviction that the Witnesses must have the true religion, for they had the unity among themselves that I longed for and had love for each other despite racial differences."

Jesus said that his true followers would be identified by having 'love among themselves.' (John 13:34, 35) He also refused to take part in political conflicts and told his disciples: "You are no part of the world." (John 6:15; 15:19; Matthew 22:15-22) Love and neutrality were marks of true Christianity then, even as they are today.

### **Applying What Jesus Taught**

But how can love survive in spite of the divisive forces that breed terrorism? When political issues cause hostilities, loyalty to race, nation, or ethnic roots often pits one person—or nation—against another.

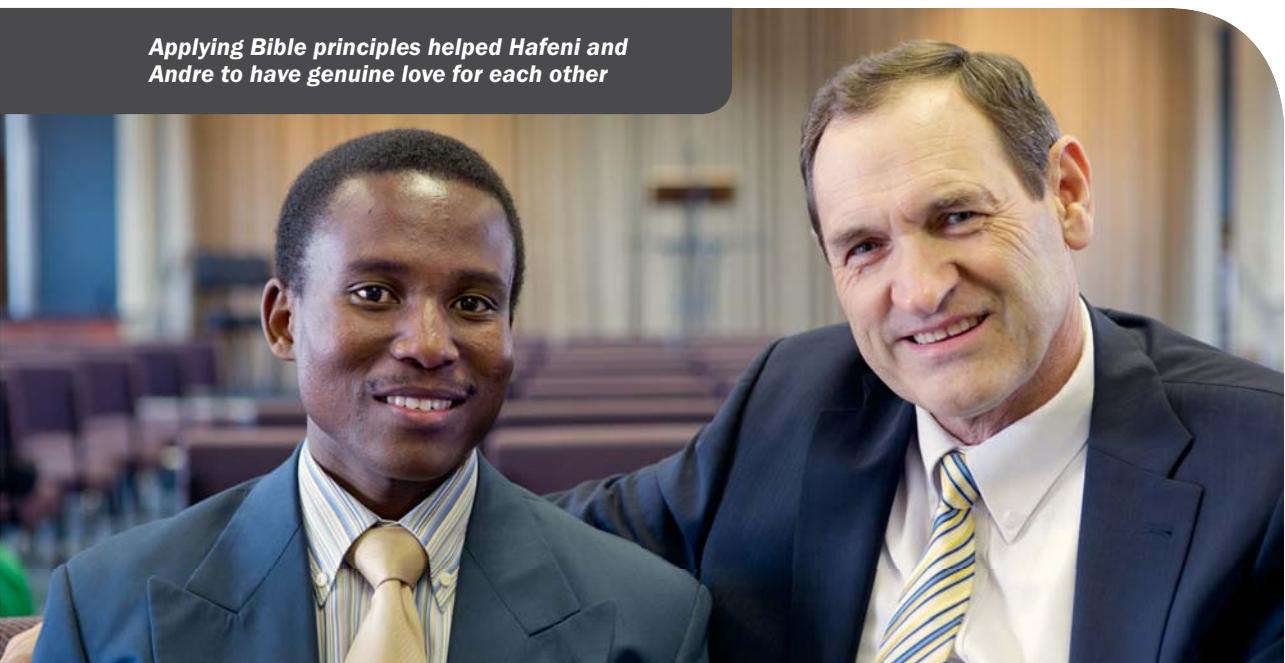
For instance, back in 1914, ethnic pride moved Gavrilo Princip to assassinate Arch-

duke Francis Ferdinand, heir to the Austro-Hungarian throne. Princip was a member of an organization called the Black Hand, which, according to its constitution, preferred "revolutionary struggle rather than . . . cultural striving" in pursuing its goals. The assassination sparked war between so-called Christian nations, leading to World War I and the death of millions of combatants who claimed to follow Jesus, the "Prince of Peace."—Isaiah 9:6.

After the war ended, a prominent clergyman, Harry Emerson Fosdick, denounced professed Christian leaders for not teaching their members to follow Jesus' example. "We have bred men for war," he wrote. "We have made warriors our heroes and even in our churches we have put the battle flags." Fosdick concluded: "With one corner of our mouth we have praised the Prince of Peace and with the other we have glorified war."

In contrast, a sociological study published in 1975 stated: "Jehovah's Witnesses have consistently maintained their stand of non-violent 'Christian neutrality' through two major world wars and the subsequent military clashes of the 'Cold War' period." Even though the Witnesses were mistreated and imprisoned, they "never responded with vio-

***Applying Bible principles helped Hafeni and Andre to have genuine love for each other***



lence.” The study concluded: “The teachings of the Jehovah’s Witnesses stem from their conviction that the Bible is the inspired word of God.”

### **Value of Applying Bible Teachings**

When a former prime minister of Belgium received from a neighbor a book about the life of Jesus entitled *The Greatest Man Who Ever Lived*, he was deeply moved by what he read. “It is evident that if people would be more interested in the message of the Gospel and put into practice the principles of Jesus Christ,” he wrote to the neighbor, “the world today would look completely different.”

“We would not need a Security Council,” he added, “nor would there be terrorist attacks, [and] violence would be banned.” Yet, he concluded: “All of this is wishful thinking.” But is it really? Even now, in the midst of a world saturated with violence, the Bible has helped many individuals of all backgrounds to reject the use of violence and to overcome the bitter resentment that builds when people live through decades of wanton bloodshed.

As described in our opening article, Andre was almost killed by a bomb that took the lives of several of his friends. It had been planted by a militant group. He subsequently learned of and applied the Bible advice that one should ‘freely forgive.’ (Colossians 3: 13) Later, Hafeni, who years after that bombing became a member of that same group, learned to apply Bible principles and renounced violence. (Psalm 11:5) Now both are Jehovah’s Witnesses and work together in a translation office of the Witnesses in an African country.

### **Confidence in a Secure Future**

Millions of people worldwide are finding that study of the Bible builds in them confidence in a secure future. For example, one day Andre was showing a neighbor the Bible’s promise of a righteous new world. (Isaiah 2:4; 11:6-9; 65:17, 21-25; 2 Peter 3:13) Suddenly,

soldiers with automatic weapons surrounded the house and ordered Andre to come out for questioning. After learning that Andre was a Bible teacher whom his neighbor greatly appreciated, the soldiers left.

Andre had just finished explaining that God will intervene in human affairs, as He did in the days of Noah, when “the earth [was] filled with violence.” (Genesis 6:11) God removed the world of that time by means of a global flood and preserved alive the peace-loving man Noah and his family. “Just as the days of Noah were,” Jesus said, “so the presence of the Son of man will be.”—Matthew 24:37-39.

**‘If people put into practice the principles of Jesus Christ, the world today would look completely different. We would not need a Security Council, nor would there be terrorist attacks, and violence would be banned.’—A former prime minister of Belgium**

Jesus, “the Son of man,” is God’s chosen Ruler of the heavenly government called the Kingdom of God, and he will soon lead God’s heavenly forces in removing violence from the earth. (Luke 4:43) As heavenly King, Jesus will ‘be fair with everyone, and there will be peace.’ He will protect his subjects “from cruel and violent deaths.”—Psalm 72:7, 14, *Contemporary English Version*.

Afterward, all who love what is right and who become subjects of this heavenly King will see the earth transformed into a peaceful paradise. (Luke 23:42, 43) “Peace and justice,” promises the Bible, will “rule every mountain and hill.”—Psalm 72:1-3, *CEV*.

Would you not enjoy living in a world ruled by such a king? Indeed, that will be a world without terrorism.

# Why Your Speech Matters

Following their polite conversation—and not knowing that the microphone was still on—the prime minister calls the elderly woman he just met bigoted and complains that his staff should have kept her away. The nation gasps at his characterization of the woman. With his reputation tarnished, the prime minister loses his bid for reelection just eight days later.

**N**O HUMAN can perfectly control the tongue. (James 3:2) Still, the above experience reveals that words matter. Your reputation, your career, and even the success or failure of your relationships with others center on how you speak.

But did you know that your words do even more? The Bible explains that your speech is actually a window into the inner person, revealing who you really are. Jesus said: “Out of the abundance of the heart the mouth speaks.” (Matthew 12:34) Since your words reflect the feelings, thoughts, and emotions that make you unique, it is important that you analyze your speech patterns closely. Can the Bible help? Consider the following.

## How to Improve Your Speech Habits

Words begin as thoughts. In order to improve what you say, you need to improve how you think. Notice how applying God’s Word can influence your thoughts, which can in turn influence your speech.

**Fill your heart with good things.** The Bible describes such good things by saying: “Whatever things are true, whatever things are of serious concern, whatever things are righteous, whatever things are chaste, whatever things are lovable, whatever things are well

spoken of, whatever virtue there is and whatever praiseworthy thing there is, *continue considering these things.*”—Philippians 4:8.

Following that good advice will help you to dismiss improper thoughts. Remember that your thoughts are fed and fortified by what you see and read. So to avoid negative and unclean thoughts, avoid negative influences. That means staying away from violent and obscene entertainment. (Psalm 11:5; Ephesians 5:3, 4) Instead, direct your mind toward clean, positive ideas. The Bible can help you to do that. For example, read Proverbs 4: 20-27; Ephesians 4:20-32; and James 3:2-12. See how applying the principles contained in these scriptures can improve your speech.\*

**Filter your words carefully.** “There exists the one speaking thoughtlessly as with the stabs of a sword, but the tongue of the wise ones is a healing,” says Proverbs 12:18. If you find that you often ‘stab,’ or hurt, others’ feelings, you would do well to make an effort to think before you speak. Heed the excellent advice found at Proverbs 15:28: “The heart of the righteous one *meditates so as to answer*, but the mouth of the wicked ones bubbles forth with bad things.”

\* You can read the Bible online at [www.watchtower.org](http://www.watchtower.org).



***What we say affects our reputation and our relationships***

Try setting a goal. Over the next month, be determined not to say the first thing that comes to your mind, especially when you are provoked. Instead, reflect on the scriptures cited in this article, and make a conscious effort to speak in a wise, loving, and calm manner. (Proverbs 15:1-4, 23) But that is not all.

**Pray for God's help.** A Bible writer prayed: "Let the sayings of my mouth and the meditation of my heart become pleasurable before you, O Jehovah." (Psalm 19:14) Let Jehovah God know of your desire to use your speech in a way that pleases him and makes you pleasant company for others. Proverbs 18:20, 21 says: "Make your words good—you will be glad you did. Words can bring death or life!"—Contemporary English Version.

**Use God's Word as a mirror.** The Bible is like a mirror with which you can closely examine yourself. (James 1:23-25) For example, as you reflect on the following three Bible principles, ask yourself, 'How do my overall speech and reputation measure up?'

*"An answer, when mild, turns away rage, but a word causing pain makes anger to come up."* (Proverbs 15:1) Do you speak in a mild, peaceable manner?

*"Let a rotten saying not proceed out of your mouth, but whatever saying is good for build-*

*ing up as the need may be, that it may impart what is favorable to the hearers."* (Ephesians 4:29) Does your speech build up those around you?

*"Let your utterance be always with graciousness, seasoned with salt, so as to know how you ought to give an answer to each one."* (Colossians 4:6) Do you try, even in difficult situations, to make what you have to say gracious and easier for others to hear?

By correcting the flaws you see in a mirror, you become more presentable to others and you feel better about yourself. The same benefits await you if you improve your speech by looking into the mirror of God's Word.

**HAVE YOU WONDERED?**

- What does your speech reflect?  
—Luke 6:45.
- How should you speak to others?  
—Ephesians 4:29; Colossians 4:6.
- What practical things can you do to improve your speech?—Psalm 19:14; Philippians 4:8.



**Serving as a medical doctor in Africa**

# Something More Precious Than Our Life Now

AS TOLD BY MURAT IBATULLIN

In 1987 the Russian Ministry of Health sent me to Uganda, Africa. I had agreed to serve as a medical doctor there on a four-year contract. Actually, I never wanted to return to Russia, but I hoped to gain experience that would help me to serve in a country such as Australia, Canada, or the United States of America. But by 1991 my plans had changed, and I returned to Russia. Let me explain why.

I WAS born in 1953 in the city of Kazan', the capital of the Republic of Tatarstan in Central Russia. My parents are Tatar, and most of the Tatar population is Muslim. As a child, I remember seeing my grandparents kneel and pray to Allah. Their children, including my parents, would tell us not to bother them and to leave the room. My parents would wink at us and look embarrassed, because they had embraced Communism and at the time professed to be atheists.

When I was four, I fell victim to the last polio epidemic in the Soviet Union. My childhood memories are filled with trips to hospitals and sanatoriums for medical checkups. I remember my grandfather pray-

ing that I would get well. I wanted to be healthy like other children, so despite a disabled leg, I played soccer, hockey, and other sports.

As I grew older, I developed a desire to be a doctor. I was not religious, nor was I an atheist. I simply never thought about God. By that time, I was critical of Communist ideology and often argued with my father and my uncle. My uncle was a university lecturer on philosophy, and my father worked for the State Security Committee, known as the KGB. When I finished medical school, my goals were to become a good neurosurgeon and to emigrate to another country.

### In Search of a Good Life

In 1984, I finished my doctoral dissertation on the diagnosis of brain tumors. Then, in 1987, I was sent to Uganda to a hospital in Mulago. I moved to this beautiful country along with my wife, Dilbar, and our children, Rustem and Alisa, who were then seven and four years old. Work at the clinic was hard and included surgeries on patients infected with the HIV virus. I often traveled to other clinics throughout the country, since there were then only two neurosurgeons practicing in Uganda.

One day, at a bookstall in Uganda, Dilbar and I saw a Russian Bible for the first time. We purchased several copies to send to friends in the Soviet Union, as it was almost impossible to buy Bibles there at the time. We read a few chapters from the Bible but found it so hard to understand that we soon stopped.

For three years, however, we attended various churches in Uganda and tried to understand what the local people believed and what motivated them. I also decided to study the Koran in its original language. In fact, Rustem and I signed up for Arabic lessons. After a few months, we could speak Arabic on a basic everyday level.

About that time, we met the missionary Bible teachers Heinz and Marianne Wertholz, who were originally from Germany and Austria. During our first conversation, we didn't speak of religion at all. We were like any other Europeans meeting in Africa. We asked them why they were in Uganda and learned that they were missionaries of Jehovah's Witnesses and that they were in the country to help people study the Bible.

I then remembered that during a philosophy course at the university I attended in Russia, we were told that the Witnesses were a sect and that they sacrificed children and drank their blood. I told Heinz and Marianne



***When my wife and I began studying the Bible with Jehovah's Witnesses, 1990***

this, since I couldn't believe that they would approve of such a thing. Dilbar and I each accepted a copy of the book *You Can Live Forever in Paradise on Earth*, and we both devoured most of it in a few hours. When I stopped reading and asked Dilbar how she felt, she said she was so thrilled by what she was reading that she had goose bumps! I told her that I felt the same way.

After that, we were eager to talk with Heinz and Marianne again. When we got together with them, we discussed many topics. What we learned about the Bible touched our hearts further. We were motivated to share what we were learning with friends and colleagues. These included the Russian ambassador, consuls of Russia and other countries, and a representative of the Vatican. He surprised us by claiming that the Old Testament was "all a myth."

### Return to Our Homeland

A month before our return to Russia in 1991, Dilbar and I decided to become Jehovah's Witnesses. We thought that upon returning to Kazan', we would immediately continue attending the meetings. But to our horror, for three months not only did we fail to locate a Kingdom Hall but we saw no trace of fellow believers! So we decided to go door to door, as is the custom of Jehovah's



**Visiting with Lloyd Barry during a trip to Brooklyn, New York, 1993**

Witnesses around the world, even though it meant doing so by ourselves. This resulted in our starting a few Bible studies, including one with a woman who later became a Witness.

After this, we were visited by an elderly Witness who had received our address from the Witnesses in Uganda. We then began to meet with a group of 15 who held meetings in a small one-room apartment. Heinz and Marianne kept in touch with us and even came to Kazan' to visit us. Later, we visited them in Bulgaria, the next country to which they were assigned and where they continue to serve as missionaries till this day.

### **My Homeland Brings Good Fruitage**

At every opportunity, I share Bible truths with my colleagues in the hospitals where I work in Russia. Over time, many have responded and have become Jehovah's Witnesses, including a number of my medical associates. In 1992, the year after our arrival, the group of Witnesses in Kazan' grew to 45; and the next year, to more than 100. In Kazan' today, there are seven congregations of Witnesses—five Russian-language, one Tatar-language, and the other sign-language. There are also Armenian- and English-language groups.

In 1993, I attended a medical conference in New York City, where I had a chance to tour the world headquarters of Jehovah's

Witnesses in Brooklyn. I met Lloyd Barry, who was helping to coordinate the preaching activities of Jehovah's Witnesses worldwide. Despite his busy schedule, he took the time to speak with me.

We discussed the need for Bible literature in the Tatar language. Some years later, a Tatar-language translation team was organized in Russia and literature in Tatar began to appear. How delighted we were, in time, to begin receiving regularly *The Watchtower*, a magazine designed for Bible study! Soon after that the first Tatar-language congregation was formed.

### **Using Blood-Conservation Techniques**

I uphold all of God's moral laws, which include the one found at Acts 15:20 that commands God's servants to "abstain . . . from blood." Verse 29 adds that God's servants should "keep abstaining from things sacrificed to idols and from blood and from things strangled and from fornication."

So when Jehovah's Witnesses seek medical help, they ask doctors to respect their views regarding nonblood medical management. For a while, I worked with a Hospital Liaison Committee of the Witnesses in Kazan'.\* In 1997, when one-year-old Pavel from the city of Novosibirsk needed surgery immediately, his mother contacted us for help. At that time, there were few experienced doctors in Russia who were willing to perform operations without blood. We agreed to help locate a doctor who would use alternative treatments.

Soon we found a heart-surgery clinic in Kazan' whose doctors agreed to perform the operation on young Pavel. On March 31, 1997, doctors performed a very successful bloodless operation to correct the serious heart condition called tetralogy of Fallot. On April 3, the newspaper *Vechernyaya*

\* Hospital Liaison Committees are groups of Jehovah's Witnesses who help hospitals and patients work with each other when blood transfusion becomes an issue.

Kazan reported: “The little boy feels all right and no longer needs heart medication . . . Pavlik’s [a diminutive of Pavel] mother was able to breathe easily for the first time in eleven months.” In a short time, Pavel recovered from the operation and took his first steps in the hospital corridor.

Pavel now enjoys good health and lives a normal life. He likes to swim, ice skate, and play soccer. He is in the eighth grade in school, and along with his mother, he worships as part of the congregation of Jehovah’s Witnesses in the city of Novosibirsk. After this experience, doctors at the same clinic successfully operated without the use of blood on several heart patients who are Jehovah’s Witnesses. Medical treatment in Tatarstan remains progressive, and surgery without the use of blood has become common.

### My Work Today

My wife and I, as well as other Witnesses, work in a clinic that offers high-tech medical solutions to patients with neurological and cardiological problems. We participate in various operations, especially on patients who utilize blood-conservation techniques.

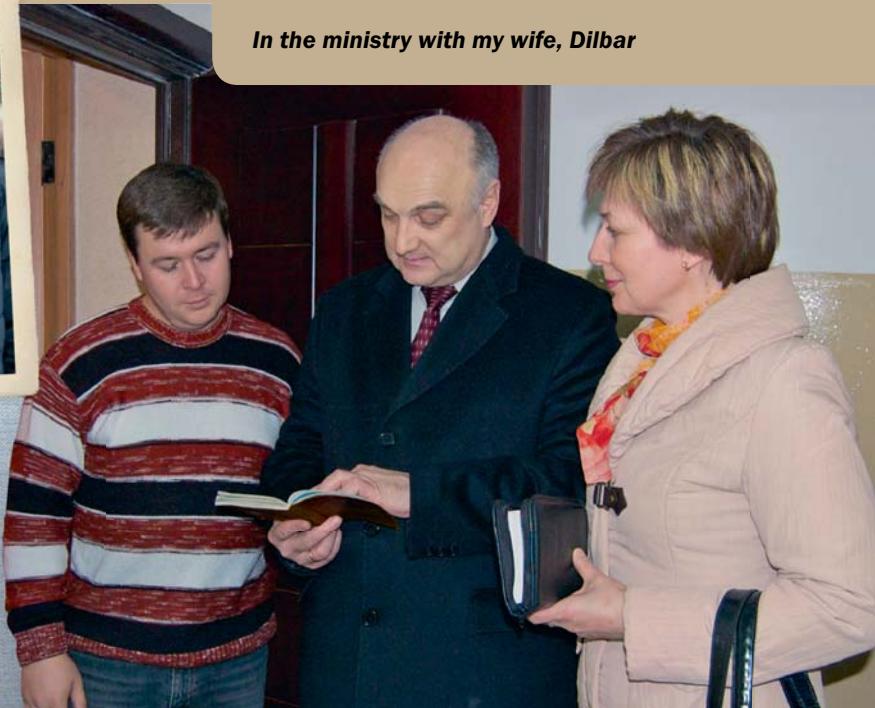
I work as a neuroradiologist and pursue my interest in noninvasive bloodless neurosurgery. As a professor in the Department of Neurology and Neurosurgery at Kazan’ State Medical University, I give lectures to medical students and doctors and try to help them to see the advantages of bloodless medicine.\*

My wife works with me in the clinic as an ultrasound specialist. We enjoy our work because we are able to help people. But we experience the most satisfaction from seeing how Bible truths heal people spiritually. It brings joy to our hearts to convey to people God’s promise that on earth soon “no resident will say: ‘I am sick.’”—Isaiah 33:24.

\* Bloodless treatment methods are alternatives to blood transfusions. Given the dangers associated with blood transfusions, bloodless medicine and bloodless surgery are gaining popularity throughout the world. Blood transfusions contain the risk of HIV and other infections as well as allergic reactions.



*Pavel and his mother today*

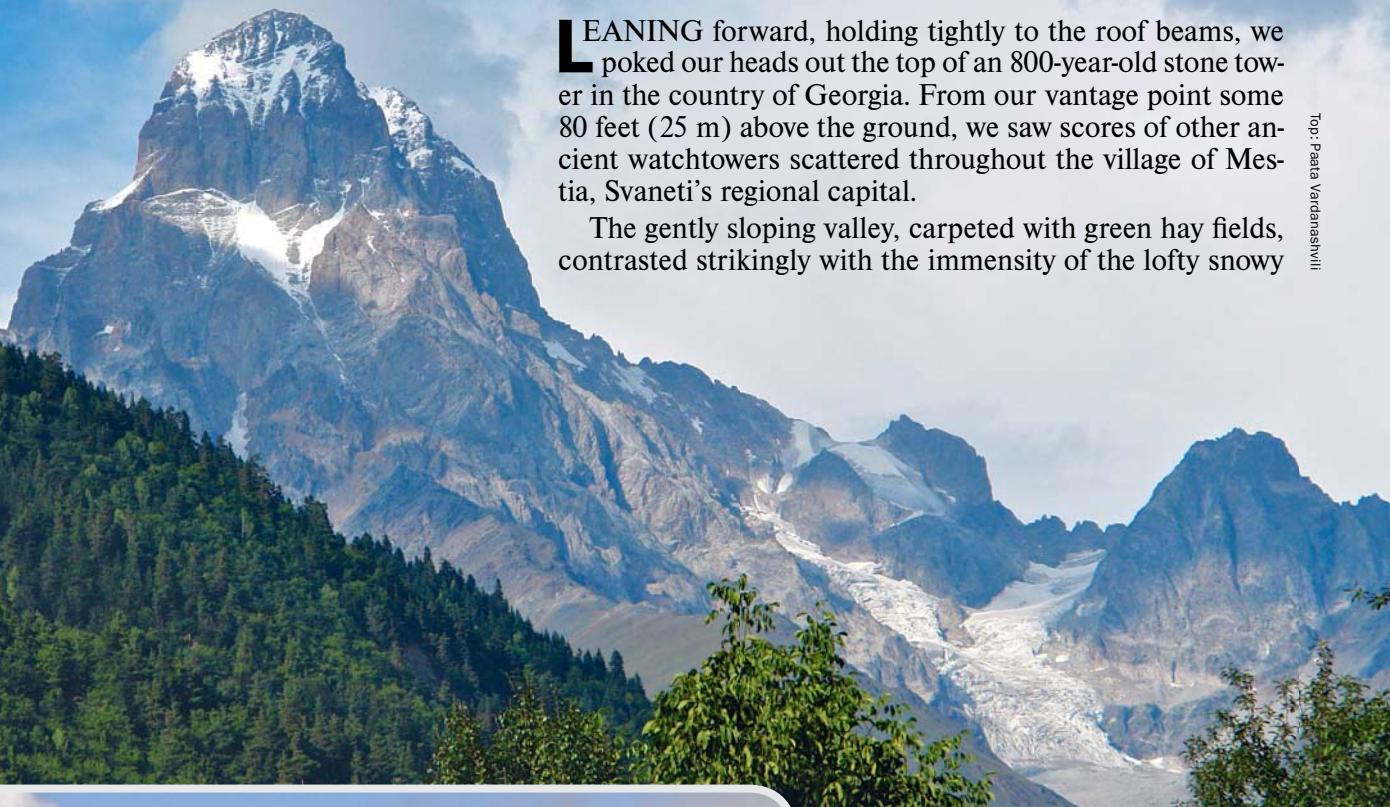


*In the ministry with my wife, Dilbar*

1. Poles and wings are missing. 2. Cherubs, wings should look spread over the cover. 3. Cherubs, faces should look toward the cover. 4. B. 5. 63,400. 6. C.

ANSWERS TO PAGES 30 AND 31

# Land of the Watchtowers MOUNTAINOUS SVANETI



Top: Paata Vardanashvili

**L**EANING forward, holding tightly to the roof beams, we poked our heads out the top of an 800-year-old stone tower in the country of Georgia. From our vantage point some 80 feet (25 m) above the ground, we saw scores of other ancient watchtowers scattered throughout the village of Mestia, Svaneti's regional capital.

The gently sloping valley, carpeted with green hay fields, contrasted strikingly with the immensity of the lofty snowy



summits that soared up around us. We were captivated by this ancient place, feeling that somehow we had stepped back into the Middle Ages. Visiting the famous watchtowers of Svaneti had, in fact, been a goal of our trip.

### Touring the Area

Our journey to the high mountain area of Svaneti began in Zugdidi, Georgia, near the Black Sea. The morning was clear, and from there we could already see the magnificent white peaks. When we reached the Inguri River gorge, we slowly wound our way through it. This forest area teems with ferns, azaleas, laurels, and masses of rhododendrons with cream-colored blossoms.

By evening, our group had reached the picturesque village of Becho. It is located at the foot of the breathtakingly beautiful Mount Ushba, with its towering twin granite spires. Like moths to a candle flame, mountain climbers are drawn to the sheer icy peaks of Mount Ushba. At 15,453 feet (4,710 m), it is frequently referred to as "the Matterhorn of the Caucasus."

Tired and hungry from our travels, we stopped a local shepherd, bought a sheep from him, and prepared it for our supper. Before long, over a campfire and with the kind hospitality of our Svan friends, we had a wonderful dinner of mtsvadi, known to many as shish kebabs. It was served with freshly baked Georgian-style lavash, a flatbread prepared in a wood-fired clay oven. To top off the meal, we enjoyed a glass of Saperavi, a rich, dry red wine native to Georgia.

The next morning our journey took us into



Mestia. Here, looking out from the watchtower mentioned at the beginning of this article, we concluded that Svaneti is one of the most beautiful mountain regions of the world. Some 28 miles (45 km) from Mestia, nestled still deeper in the mountains, is the village community of Ushguli. Villagers here live at altitudes of up to 7,220 feet (2,200 m). Ushguli has been called "the highest continuously inhabited village in Europe."

To reach this mountainous community, we took a lonely, narrow road that clings to the mountain and is bounded by steep precipices that drop off to the river below. On finally reaching Ushguli, we were rewarded with an unforgettable sight—clusters of houses huddled around medieval watchtowers. The backdrop was the immense Mount Shkhara. Its dazzlingly white snowy mantle contrasted beautifully with the deep blue of the alpine sky.

At 17,064 feet (5,201 m), Mount Shkhara, Georgia's tallest mountain, is part of what is called the Bezengi Wall, a seven-and-a-half-mile (12 km) line of peaks that reach almost the same height. These are part of the some 750-mile-long (1,207 km) Greater Caucasus range. Everywhere we looked we saw lush valleys with astounding scenery. Yet, these valleys are inaccessible, except to the most adventuresome or to those who call Svaneti their home.

### The People Who Live Here

The Svans, who live in Upper Svaneti, are an ancient people who have their own language. They have long been known as a people who refused to be dominated by any lord. In the 18th century, an explorer observed that the Svans had "realised the new ideal of a society where the free-will of the individual overrides all other considerations."

The unique freedom of Svaneti can be attributed to two factors. First, the barrier of extremely tall mountain ranges isolated the people from the outside world and protected



them from invaders. Second, the watchtower served to safeguard the independence of each family. It protected them against enemies and neighboring villagers, who at times became hostile, as well as from avalanches that inundated smaller structures with snow.

#### **Life in a Watchtower**

We were invited to visit one Svan family's tower, which dates back to the 12th century. The fortress compound had two major parts—the watchtower, called the murkvam, and the house to which it was connected, called the kor. The kor's first floor had a large fireplace, the source of heat and light. Prominent, too, was a big wooden chair for the patriarch, who presided over an extended family, which included his wife, his sons, and their wives. Rotating household duties were assigned to each of the women. Their work consisted of grinding flour, making bread, housekeeping, feeding the animals, and keeping the large fireplace burning.

The huge tower was made of stones and was covered in a coarse whitish plaster. It had four floors. These rose above the two-story house to which it was connected. When we entered the tower from the house, it took a moment for our eyes to adjust to the subdued lighting. The watchtower's lower floors were used for the storage of water, flour, fruit, cheese, wine, and meat.

In times of emergency, the family would sleep in the tower's lower and middle floors.

The top floor, covered by a slate roof, was essentially a fighting platform that had small openings in the parapet. One visitor in the 19th century reported that since there was "no local authority of any kind able to enforce a decision, arms were constantly resorted to." So each family was prepared to fight to defend itself.

On our return home, feelings of gratitude to Jehovah welled up in our hearts as we reflected on the beauty we had seen in his awesome creation in Svaneti. Those who lived in the watchtowers there in bygone ages have the prospect of life in God's new world. At that time, none will feel the need to build a watchtower or any other fortress for protection. Why not? Because, as the Bible promises, then people "will actually sit, each one under his vine and under his fig tree, and there will be no one making them tremble."—Micah 4:4; Romans 8:21, 22.

# Raising a Child With Down Syndrome

## THE CHALLENGE AND THE REWARD

"I'm sorry to have to tell you this, but your baby has Down syndrome." The doctor's painful words change forever the lives of the parents. "I felt as if I were having a nightmare, and I wanted to wake up," one father named Víctor recalls.

**B**UT there is also an upside. Emily and Barbara, two mothers who reared children with Down syndrome, describe their experiences as an "emotional roller coaster of soaring successes and plummeting disappointments, daily frustrations and challenges, and exciting accomplishments and achievements."—*Count Us In—Growing Up With Down Syndrome*.

What is Down syndrome (DS)?\* Simply put, DS is a lifelong genetic condition that affects about 1 baby in every 730 in the United States.\* Children with DS have varying degrees of learning and language disability as well as impaired motor skills, ranging from mild to severe. They also mature at a slow-

er pace emotionally, socially, and intellectually.

To what extent does this condition affect a child's learning ability? Jason, who has DS, explains in the book *Count Us In—Growing Up With Down Syndrome*, of which he is a coauthor: "I don't think it's a handicap. It's a disability for what you're learning because you're learning slowly. It's not that bad." Yet, each child with DS is different and has his own talents. In fact, some of them are capable of learning enough to become active members of society and to enjoy a fulfilling life.

Nothing can be done to prevent this genetic disorder—either before or during pregnancy. DS is nobody's fault. But it does come as a huge blow to the parents. What can they do to help their child and help themselves?

### Coming to Terms With Reality

Coming to terms with DS is not easy. "The shock was incredible," a mother named Lisa

\* We will use the abbreviation DS throughout the article.

# The name comes from John Langdon Down, an English physician who published the first accurate description of the syndrome in 1866. In 1959 the French geneticist Jérôme Lejeune discovered that DS babies are born with an extra chromosome in their cells, for a total of 47 rather than 46. Later, researchers found out that the extra chromosome was a copy of chromosome 21.



recalls. "After listening to the pediatrician's explanations, my husband and I wept. Whether that was for [our daughter] Jasmine or for ourselves, I don't know. Perhaps a little of both! Nevertheless, I longed to hold her in my arms and tell her that I would always love her, no matter what the future held."

"Many thoughts went through my mind," Víctor says, "dread, rejection. We thought that nothing would be the same, that others would not like to associate with us. To be honest, these were selfish ideas as a result of fear of the unknown."

Those feelings of grief and uncertainty usually last for some time, or they may resurface suddenly. "I often wept because of [our daughter] Susana's condition," says Elena. "But when she was about four, she told me,

'Mummy don't cry. It doesn't matter.' Obviously, she did not understand why I wept, but at that moment I resolved to stop feeling sorry for myself and dwelling on negative thoughts. Since then I have tried to concentrate my efforts on helping her to progress to the greatest extent possible."

### Making Things Work for the Child

What is the key to successful training? "Start by loving them! Everything else comes after that," recommend experts from a DS association. "Individuals with Down syndrome are people first," states Professor Sue Buckley. "[Their] development . . . is influenced by the quality of care, education, and social experience offered to them, just like all other people."

## Do People With Down Syndrome Enjoy Life? *What They Say...*

"I like my job in the workshop of my training center because it makes me feel useful."—**Manuel, 39 years old**



20



"What I like the most is eating my mother's paella and preaching the Bible with my father."—**Samuel, 35 years old**

"I like to go to school because I want to learn and my teachers love me very much."

—**Sara, 14 years old**



During the last three decades, learning techniques used to help children with DS have improved a great deal. Therapists advise parents to include these children in all family activities and to help them through play and early intervention programs to develop their skills. Such programs—which should start soon after birth—include physiotherapy, speech therapy, and extra personal attention, along with emotional support for the child and the family. “Susana has always been one of us,” says Gonzalo, her father. “We have included her in all our family activities. We’ve treated and corrected her the same as we did her sister and brother, taking into account her limitations.”

Progress may be slow. Babies with DS may not say their first words until two or three

years of age. Their frustration at not being able to communicate may make them cry or become bad tempered. Nevertheless, parents can teach them some “pre-language skills.” For instance, they might use a simple signing method, accompanied by gestures and visual aids. In this way, the child can convey important needs such as “drink,” “more,” “finished,” “food,” and “bed.” “As a family, we would teach Jasmine two or three signs a week. All the focus was on fun and repetition,” says Lisa.

Each year more children with DS attend a mainstream school and join in social activities with siblings and friends. True, learning is more difficult for them, but going to school with children of their own age seems to have helped some fend for themselves,

“Don’t worry, behave well, and play with everybody, and you’ll learn step-by-step.”—**Yolanda, 30 years old**



“I really enjoy reading, listening to music, and being with friends.”—**Susana, 33 years old**



“I want to grow up. I want a life.”—**Jasmine, 7 years old**



interact with others, and progress intellectually.

Since they develop more slowly, the gap between DS children and their peers becomes wider with age. Nevertheless, some experts still advise that they go to a regular school for secondary education, providing that the teachers and parents are in agreement and that additional learning support is available. “The greatest advantage of Yolanda’s going to a regular secondary school was her complete integration,” says her father, Francisco. “From the very beginning, she could play with other children, and they learned to treat her normally and included her in all their activities.”

### Satisfaction Outweighs the Sacrifices

Rearing a child with DS is not a bed of roses. It requires much time, effort, and dedication, as well as patience and realistic expectations. “There are many tasks involved in caring for Ana,” says Soledad, her mother. “You have to learn to become a patient mother, nurse, and physiotherapist, besides doing the regular chores at home.”

However, many families insist that having a DS child has brought them closer together.

Siblings become less selfish and more empathetic, and they come to understand the disabled better. “Our patience has been richly rewarded, and in time we have seen the results,” say Antonio and María. “Marta—our oldest daughter—has always helped us care for Sara [with DS], and she shows a sincere interest in her. This instilled in Marta the desire to help other disabled children.”

Rosa, whose older sister has DS, explains: “Susana has contributed a great deal to my happiness and has given me so much love. She has helped me become more sympathetic toward other people who have disabilities.” Susana’s mother, Elena, adds: “She responds to kindness. When she receives love, she gives back double.”

Emily and Barbara—the two mothers quoted at the beginning of this article—discovered that “people with Down syndrome continue to grow and learn throughout their lifetime, and to benefit from new opportunities and experiences.” Yolanda—who herself has DS—gives this simple advice to parents of a child with Down syndrome: “Love him very much. Care for him as my parents have cared for me, and don’t forget to be patient.”

## Strategies to Improve Communication

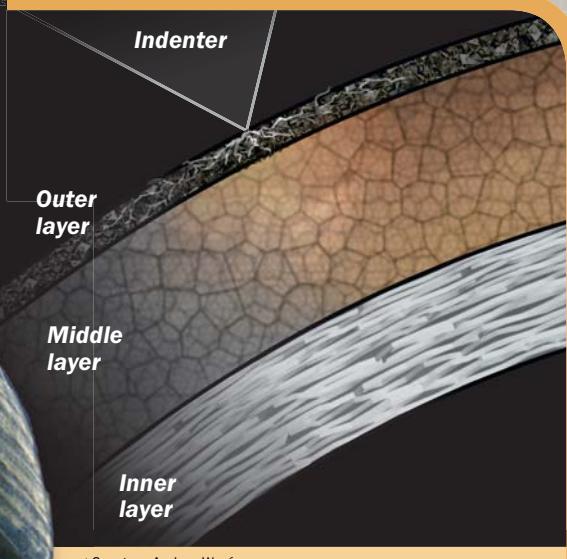
Here are some suggestions for interacting with people with Down syndrome:

- Place yourself face-to-face to ensure direct eye contact.
- Use simple language and short sentences.
- Support speech with facial expressions, gestures, and signs.
- Give them time to understand and answer.
- Listen carefully, and ask them to repeat instructions.



## WAS IT DESIGNED?

# The Shell of the SCALY-FOOT SNAIL



◀ Courtesy Anders Warén

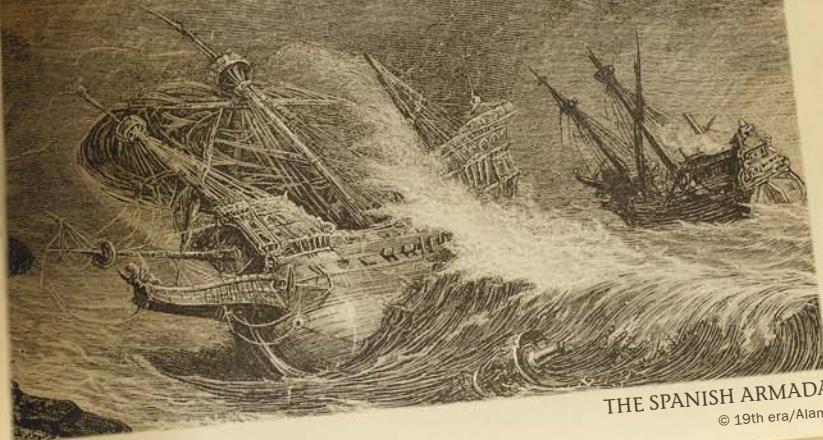
- It has one of the strongest exoskeletons ever discovered in nature. The scaly-foot snail, found at the floor of the Indian Ocean, can withstand the water pressure occurring at a depth of some 8,000 feet (2,400 m). Furthermore, this little mollusk is unaffected by both the high acidity of the water and its fluctuating temperature—including the hot water that gushes forth from hydrothermal vents. The shell also shields it from attack by predators.

**Consider:** The shell of the scaly-foot snail has three layers. The first is composed of iron sulfides; the second resembles the protein coating found on other snail species; and the third is made up of a calcium mineral called aragonite. With its triple layer of defense, the scaly-foot snail is impervious to attack by predator crabs, which try to crush the shell with their powerful claws. The crab may grip the snail for days at a time, but the shell holds fast.

Using a diamond-tipped device called an indenter, researchers learned that “the outer shell is designed to crack in a way that absorbs energy,” reports *Discover* magazine. “Cracks spread only by fanning out around the iron sulphide particles. This ‘microcracking’ not only absorbs energy, it also ensures that larger cracks do not form.” Meanwhile, the middle layer absorbs the mechanical energy exerted during an attack.

Researchers hope to copy the structure of the scaly-foot snail’s shell in order to produce stronger helmets and bulletproof vests, as well as ship and aircraft hulls. “Even Arctic oil pipelines that are buffeted by icebergs could benefit,” says *Discover*.

**What do you think?** Did the shell of the scaly-foot snail come about by chance? Or was it designed?



THE SPANISH ARMADA

© 19th era/Alamy

## How Weather Can Change the Course of History

RECORDED history tells of remarkable instances where the weather played a major role in the outcome of events. Let us consider just two examples.

### When the Storm Blew

In 1588, King Philip of Spain sent a fleet of ships, known as the Spanish Armada, to invade England. But things did not go as planned, for the weather played a disruptive role.

The Spanish fleet entered the English Channel and was met by a fleet of English ships. The more-maneuverable English ships engaged their Spanish counterparts but caused little damage. The Spanish Armada then dropped anchor near Calais with orders to pick up troops for its planned invasion of England.

Meanwhile, under cover of darkness, the English set fire to several of their own ships, which, assisted by the wind and a favorable current, sailed unmanned directly toward the anchored Spanish ships. Many Spanish ships cut

their anchors loose to avoid being struck by the fireships. That action by the Spanish was to prove disastrous to them later.

After that incident at Calais, both fleets headed into the North Sea, sailing before the wind. By now, the English fleet had depleted its supply of gunpowder, so it withdrew to the English coast. With the wind against them and the English between them and Spain, the Spanish were forced to sail north around Scotland, then south until they cleared Ireland, and finally back to Spain.

By this time, the Spanish fleet was dangerously short of food and water, and the damaged ships were carrying many wounded sailors, as well as others who were sick with scurvy. Therefore, the whole fleet was put on starvation rations, which further weakened the crews.

After the fleet rounded Scotland, a fierce Atlantic storm blew many ships toward the coast of Ireland. The normal

defense was to drop anchor and wait for favorable winds. However, because many anchors had been cut loose in the previous encounter with the fireships, 26 Spanish ships were wrecked on the Irish coast, with the loss of some 5,000 to 6,000 men.

By the time the Armada returned to Spain, almost 20,000 lives had been lost. The single decisive factor in the heavy loss of men and ships must have been the weather. The Dutch apparently thought this to be the case. Later, on a medal celebrating the Spanish Armada's demise, the Dutch echoed the popular belief that God is responsible for natural disasters and inscribed the medal with the words: "Jehovah blew and they were scattered."

### Defeated by Rain

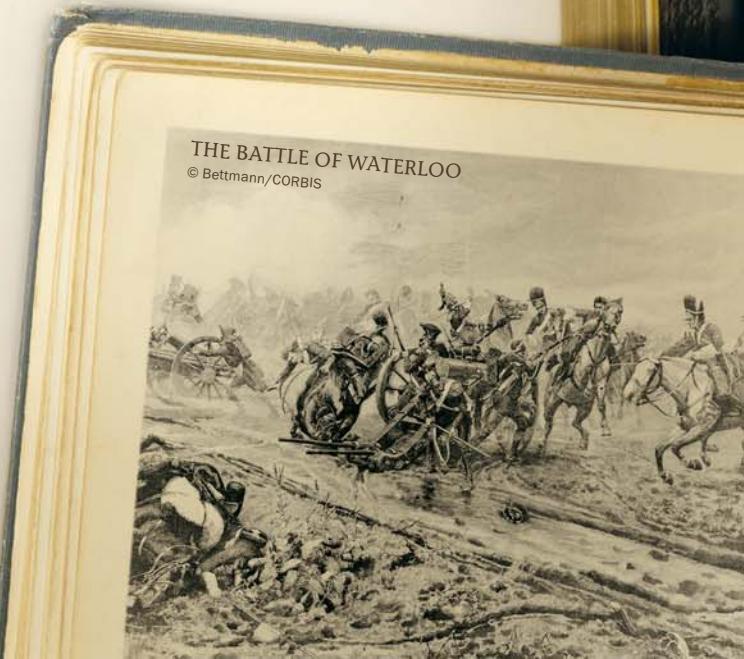
Another world-changing event seriously affected by the weather was the Battle of Waterloo in 1815. History records that on the Waterloo battlefield, some 13 miles (21 km) south of Brussels, Belgium, more than 70,000 men were killed or wounded in just a few hours. The British Duke of Wellington chose the field of battle and held the high ground. Although Napoleon's French army outnumbered Wellington's troops, Napoleon needed to defeat the enemy before nightfall, because Wellington was to receive reinforcements from the Prussian army that night. Once again, however, the weather played a key part.

A torrential rain fell during the night before the battle. Most soldiers remembered that night as the most miserable one of their life. Even when some were able to erect small tents, one soldier lamented that the beds inside seemed as wet as if they were at the bottom of a lake. The ground, saturated by the rain,

was softened to a quagmire. To ensure an early defeat of Wellington, Napoleon wanted to begin his attack at first light. However, his attack could not be made until several hours later.

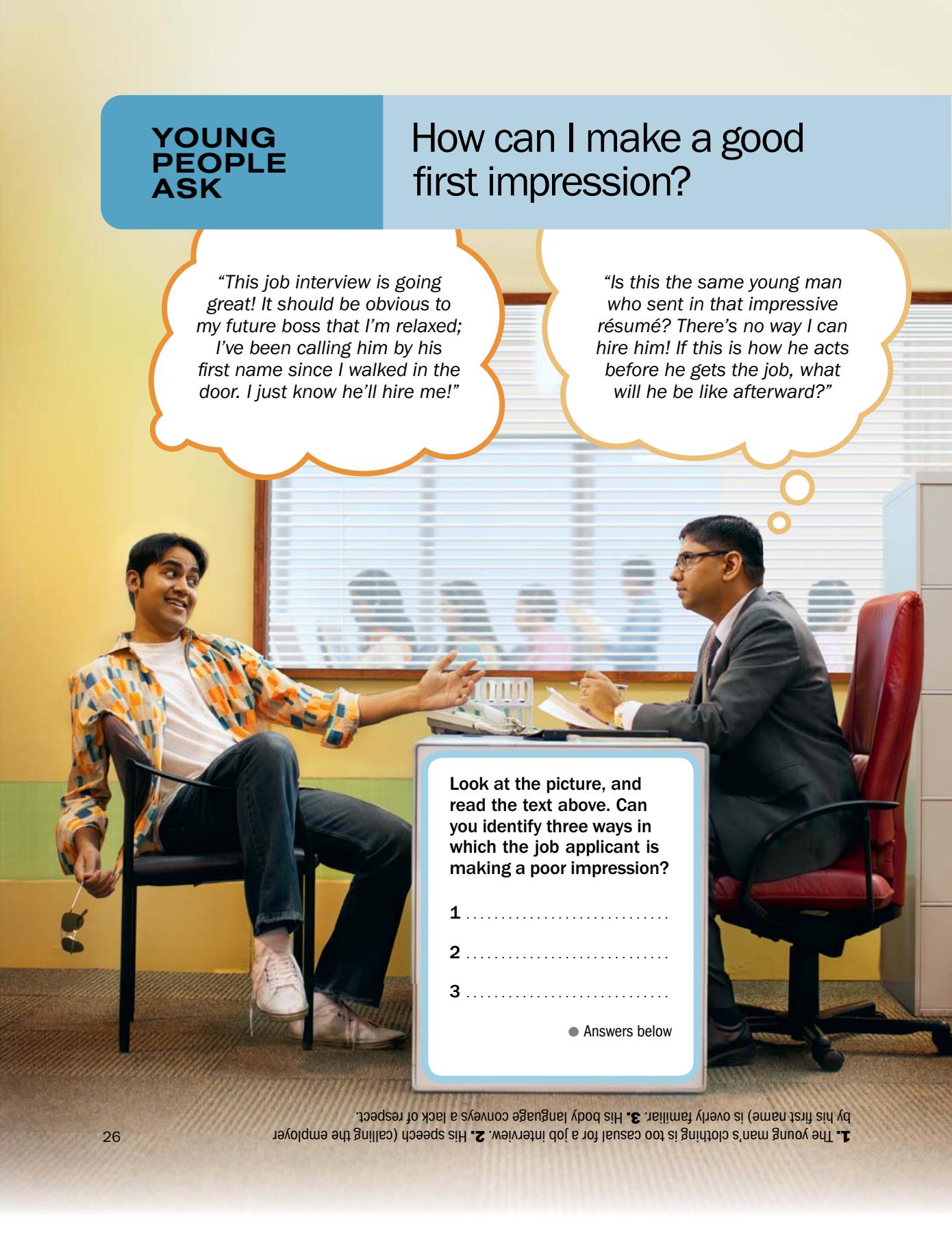
The primary reason for the delay was the condition of the ground, which had to dry somewhat before the conflict could begin. The mud also lessened the effectiveness of the cannons, so favored by Napoleon. First, the range of fire was reduced, owing to the difficulty of moving those heavy machines in the mud. Second, the cannonballs were intended to ricochet off the ground and hence cause additional damage to Wellington's troops. However, that did not happen because the soft, wet ground absorbed much of the energy. This proved to be a disaster for Napoleon and his troops. Thus, because of the extreme weather, the army of Napoleon was defeated, and he was taken into exile.

In both of the foregoing instances, it seems apparent that the weather had a decisive impact on world-shaking events. These developments, in turn, played a key role in the rise of the British Empire.



## YOUNG PEOPLE ASK

# How can I make a good first impression?



*"This job interview is going great! It should be obvious to my future boss that I'm relaxed; I've been calling him by his first name since I walked in the door. I just know he'll hire me!"*

*"Is this the same young man who sent in that impressive résumé? There's no way I can hire him! If this is how he acts before he gets the job, what will he be like afterward?"*

Look at the picture, and read the text above. Can you identify three ways in which the job applicant is making a poor impression?

1 .....

2 .....

3 .....

● Answers below

1. The young man's clothing is too casual for a job interview. 2. His speech (calling the employer by his first name) is overly familiar. 3. His body language conveys a lack of respect.

**I**MAGINE that you're tasting a certain food for the very first time. How long does it take for you to figure out if you like it? One bite may be all that's required to determine whether you'll ever eat that food again—or even finish the portion that's in front of you.

Something similar happens when you meet another person for the very first time. In just a moment, you form an impression about that person. And here's a sobering thought: In the same amount of time, that person forms an impression about *you*.

Are you looking for a job? a friend? a marriage mate? Your success may depend on the first impression you make. Let's look at three areas in which you may need to brush up on your social skills so that the impression you leave with others is a good one.

### 1. How You Look

Fair or unfair, the initial impression people form of you may be based on the first thing they see, *your appearance*. This aspect of making a favorable first impression is often overlooked. A young woman named Clarissa\* says, "It seems that when you go to a restaurant these days, you don't know whether people will show up in a formal gown or in their pajamas!"

Of course, what you wear should be fitting for the occasion. For example, you wouldn't wear the same outfit to a job interview as you would wear to the beach! But what if you're just not sure what's appropriate? The key is to reflect good sense by avoiding extremes. When in doubt, lean toward the conservative.

**REMEMBER THIS!** Your dress and grooming may, like an X-ray image, reveal what you are on the inside.

*"When I see people at a gathering and they're dressed outlandishly, I shy away from meeting them. At that point, all I know about them is how they look, and their dress reflects on them badly."—Diane.*

\* Some names in this article have been changed.

## WHAT YOUR PEERS SAY



Sier

**"**When it comes to friendships, it's important to have good judgment. I can see how my friends affect my attitude, so I try to pick those who will be a good influence on me.**"**



Ashley

The Bible recommends "well-arranged dress" that shows you have "modesty and soundness of mind."—1 Timothy 2:9.

**Ask yourself:** 'Does what I wear look well-arranged, or am I unkempt? Would a potential employer, friend, or spouse conclude that I lack "soundness of mind" because of the way I dress?'

**Suggestion:** Get advice from someone you respect for his or her good taste in clothing.

### A CALLING CARD TO SUCCESS...

- A warm smile
- A firm (but not bone-crushing) handshake
- Good hygiene
- Appropriate eye contact





### DON'T OVERDO IT!

*Talk BUT don't hog the conversation  
Ask questions BUT don't pry  
Be friendly BUT don't flirt  
Be confident BUT don't brag*

## 2. What You Say

Your speech reveals whether you are humble or conceited, easygoing or desperate. Keep that in mind if you're trying to make a good first impression on a member of the opposite sex. "It really irritates me when I'm talking to a young man and all he does is talk about himself," says a girl named Valerie. "At the other extreme," she adds, "some boys want to know *everything* about you right away. That's overwhelming and makes a girl feel like running in the opposite direction."

**REMEMBER THIS!** Your words provide a window through which others can see what you're truly like—so make sure that the view is a pleasant one!

*"When I meet a young man, I like it when he just acts natural. The initial meeting is important. If a boy has to overthink what he's going to say, chances are he shouldn't say it."—Selena.*

The Bible says: "You will say the wrong thing if you talk too much—so be sensible and watch what you say."—Proverbs 10:19, *Contemporary English Version*.

**Ask yourself:** 'How can I strike a balance between talking too much and talking too little? Is there anything about my manner of speech that might shock or offend others?'

**Suggestion:** Take note of those who seem gifted at holding a conversation. What techniques do they use to keep the conversation going? Could you use a similar method?

## 3. How You Act

As the saying goes, actions speak louder than words. For example, if you're manner-

ly, your actions "say" that you have respect for others. That's another tip to keep in mind when you're ready to look for a marriage mate. "Doing little things, like holding the door open, shows respect," says a girl named Carrie. "A lot of it is just common courtesy."

**REMEMBER THIS!** Your actions are like a billboard that displays your inner qualities. (Proverbs 20:11) What do your actions "advertise" about you?

*"I think being a good listener is important. Also, it shows good manners not to interrupt the other person speaking, unless it's necessary."*—Natalia.

The Bible says: "Treat others just as you want to be treated."—Luke 6:31, CEV.

**Ask yourself:** 'Am I mannerly? Do I show genuine interest in others? Am I reliable? Am I punctual?'

**Suggestion:** Plan to arrive at appointments at least ten minutes early so that if unexpected circumstances arise, you'll still be on time. Don't let the first impression you make be that of a latecomer!

A word of caution: Making a good impression isn't about putting on a facade, which essentially amounts to deception. (Psalm 26:4) Instead, determine the qualities you want to be known for and then cultivate them from the inside out. (Colossians 3:9, 10) As you do so, remember that *you* are the creator of your own reputation. By giving due attention to your appearance, speech, and actions, you'll make a good first impression—one that will last!

---

More articles from the "Young People Ask" series can be found at the Web site  
**[www.watchtower.org/ype](http://www.watchtower.org/ype)**

### WHY NOT ASK YOUR PARENTS?

**When you were my age, what did you learn about how to make a good first impression?**

.....

## Dangers of Polluted Water

According to a United Nations report, “more people now die from contaminated and polluted water than from all forms of violence including wars.” The UN reports that two million tons of waste—agricultural and industrial, as well as sewage and so on—are discharged every day into rivers and seas, spreading illness and damaging ecosystems. Moreover, every 20 seconds, a child under the age of five dies from water-related disease. Says Achim Steiner, executive director of the UN Environment Programme: “If the world is to thrive, . . . we need to get collectively smarter and more intelligent about how we manage waste.”

## Singing to Recuperate Speech

A number of patients who have lost the power of speech after a stroke have been helped to regain it by singing. Neurologists encourage stroke patients to sing what they want to say, putting their thoughts to rhythms and melodies. The treatment, called melodic intonation therapy, has produced dramatic results. After 15 weeks of therapy, “patients gradually learn to turn the sung words into speech,” explains *The Wall Street Journal*.

**In the first year and a half of a crackdown on human trafficking,** “Chinese police freed 10,621 women and 5,896 children who had been abducted.” Some 15,673 suspects were detained.—CHINA DAILY, CHINA.

**“More than 1,000 teachers have been sacked [fired] in Kenya for sexually abusing schoolgirls** in the past two years. . . . A nationwide confidential helpline . . . showed that the problem was more widespread than previously thought.”

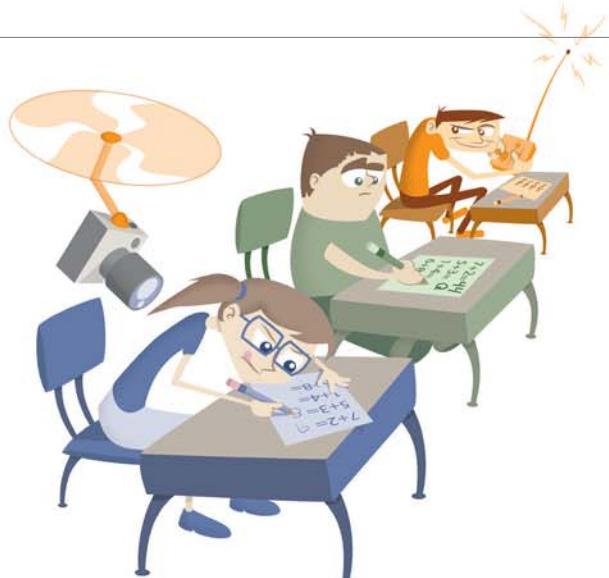
—DAILY NATION, KENYA.

According to one study, people who have used **tanning beds have a 75 percent greater risk of developing melanoma** than those who have never used them. Those who have used tanning devices for more than 50 hours are 2.5 to 3.0 times more likely to develop melanoma.—CANCER EPIDEMIOLOGY, BIOMARKERS & PREVENTION, U.S.A.

**“Only 8% [of Canadian brides-to-be] think that abstaining from sex before marriage is a good idea,”** and “74% of couples already live together before getting married.”—WEDDINGBELLS, CANADA.

## “Explosion of Classroom Cheating”

In a survey of 20,000 first-year university students in Canada, 73 percent “admitted to committing one or more serious acts of academic dishonesty on written work while in high school,” says the Canadian Council on Learning (CCL). One university reported that cases of cheating and plagiarism increased by 81 percent between the years 2003 and 2006. “Over the past decade,” says Dr. Paul Cappon, president of CCL, “internet and high-tech devices have enabled a virtual explosion of classroom cheating.”



## What Is Different?

Can you identify the three differences between picture A and picture B? Write your answers on the lines below, and complete the pictures by coloring them. CLUE: Read Exodus 25:10-22.

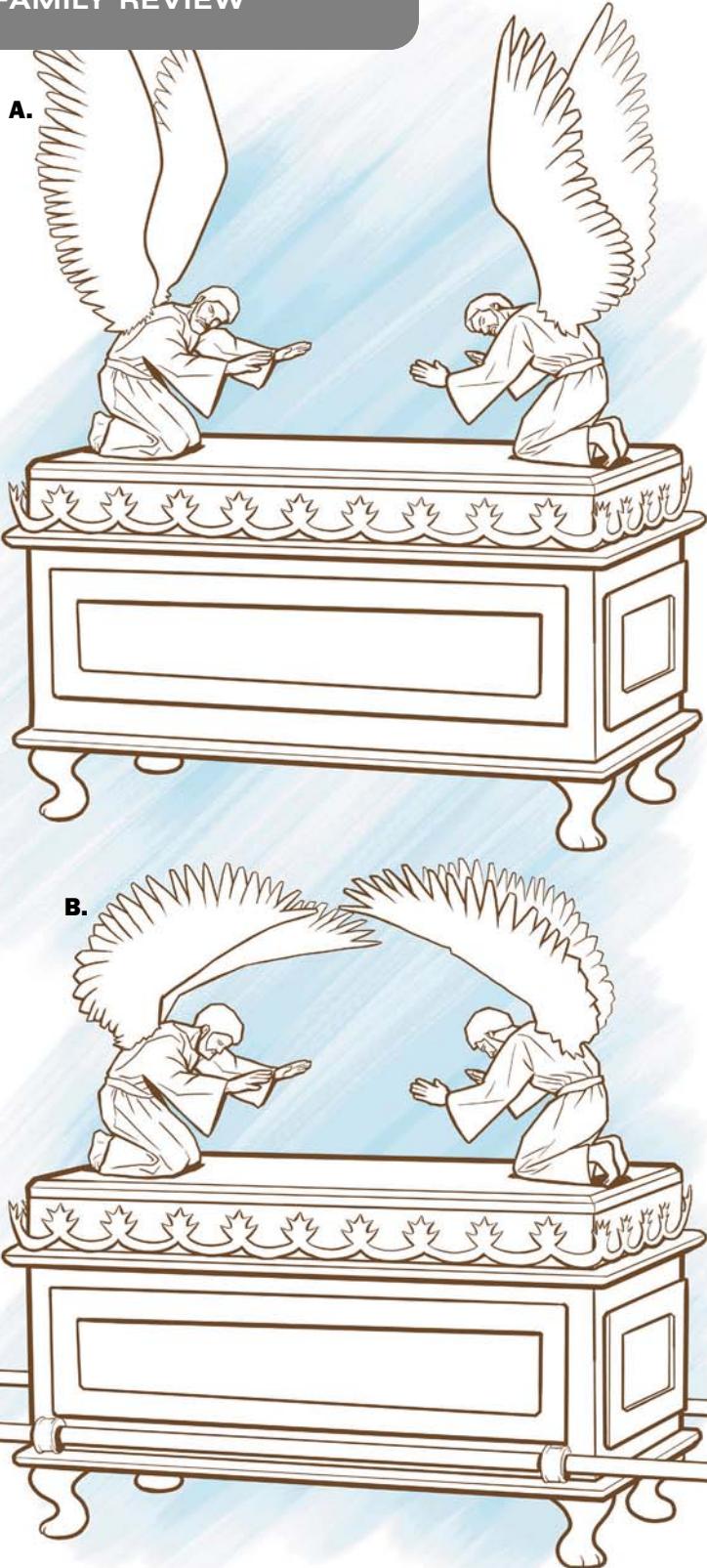
- 1.....
- 2.....
- 3.....

**4. Which picture is correct, picture A or picture B?**

● “FOR FAMILY REVIEW” answers on page 15

**FOR DISCUSSION:** What did the ark of the covenant represent for Israel? CLUE: Read Exodus 25:22; Leviticus 16:2. What was more important than the Ark’s presence? CLUE: Read Joshua 7:1-6, 11, 12. How important is obedience if you are to please your parents and Jehovah? CLUE: Read 1 Samuel 15: 22, 23; Ephesians 6:1-3.

**FAMILY ACTIVITY:** Have each family member research facts about the ark of the covenant. Then come together and report what you have learned. For example, over time, what items were kept in the Ark? Draw them, and discuss their importance. CLUE: Read Hebrews 9:4. How was the Ark to be carried? What happened when David did not obey Jehovah’s instructions for carrying the Ark? CLUE: Read Exodus 37:5; 1 Chronicles 13:7, 9-14; 15:12-15.



# Collect and Learn

Cut out, fold in half, and save



## ABEL

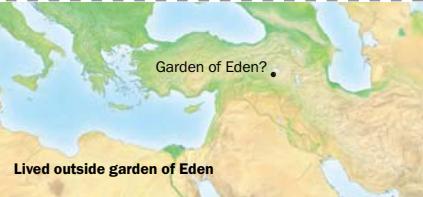
BIBLE CARD

6



### QUESTIONS

- A. Who murdered Abel?
- B. How did Jehovah view Abel and his sacrifice?
- C. Fill in the blank. Abel worked as a \_\_\_\_.



## ABEL

**PROFILE** The second son of Adam and Eve and the first man of faith listed in the Bible. Abel proved that he wanted God's favor by offering an acceptable sacrifice. Although the Bible does not record anything Abel said, his example and faith set a pattern for us.—Genesis 4:1-11; Hebrews 11:4.

### ANSWERS

- A. His brother, Cain.—1 John 3:11, 12.
- B. “With favor.”—Genesis 4:4.
- C. Shepherd.—Genesis 4:2.

## Peoples and Lands

5. Our names are Dean, aged 10, and Jennifer, aged 7. We live in Australia. About how many of Jehovah's Witnesses live in Australia? Is it 36,400, 63,400, or 93,400?

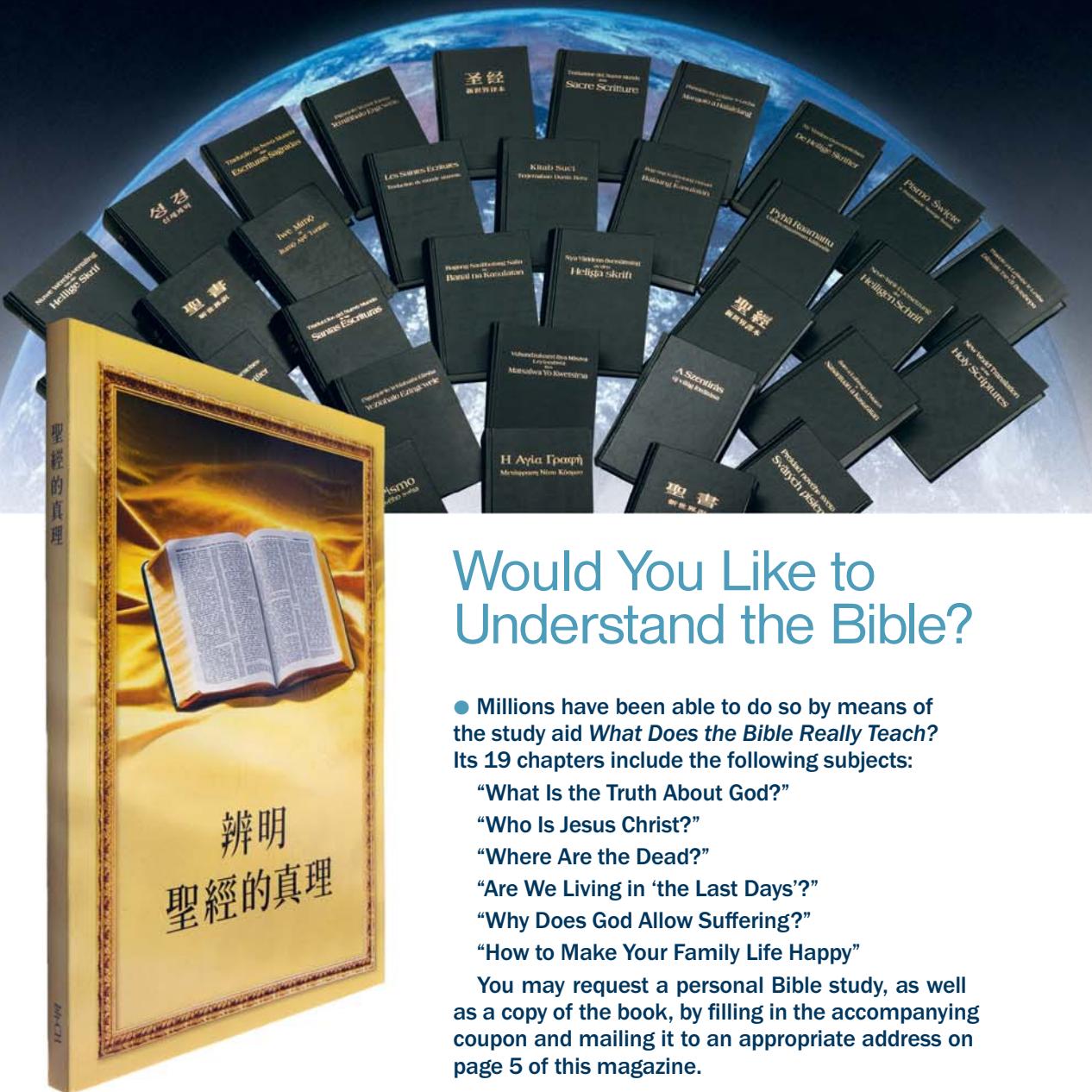
6. Which dot shows where we live? Circle it, draw a dot where you live, and see how close you are to Australia.



## Children's Picture Search

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





## Would You Like to Understand the Bible?

● Millions have been able to do so by means of the study aid *What Does the Bible Really Teach?* Its 19 chapters include the following subjects:

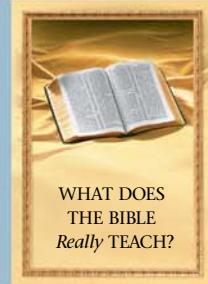
- “What Is the Truth About God?”
- “Who Is Jesus Christ?”
- “Where Are the Dead?”
- “Are We Living in ‘the Last Days’?”
- “Why Does God Allow Suffering?”
- “How to Make Your Family Life Happy”

You may request a personal Bible study, as well as a copy of the book, by filling in the accompanying coupon and mailing it to an appropriate address on page 5 of this magazine.

Without obligation, I request a copy of the book shown here.

Indicate which language.

Please contact me concerning a free Bible study.



Name .....

Address .....

City .....

Province/State .....

Postal/ZIP Code .....