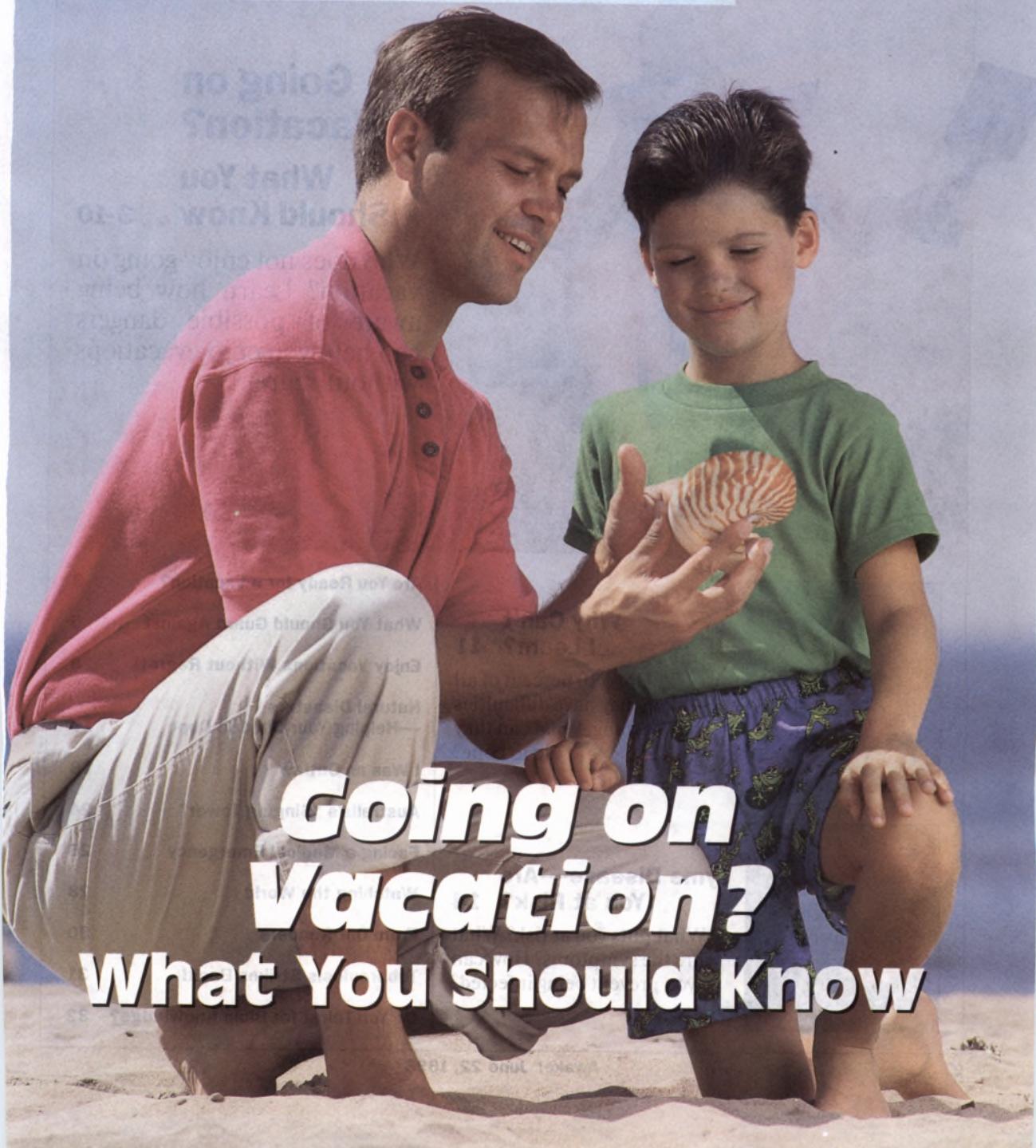


Awake!

June 22, 1996



Going on Vacation? What You Should Know



Going on Vacation?

What You Should Know 3-10

Who does not enjoy going on vacation? Learn how being aware of possible dangers can help you enjoy vacations without regret.



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Up to 10 percent of all children may have difficulties in learning. What can they do to cope?



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Are You Ready for a Vacation?



SUMMER in the Northern Hemisphere is at hand. Soon millions will be going on vacation. But vacations are by no means restricted to summer. Tourism has become a year-round business, bringing in billions of dollars annually. Although most vacationers travel inside their own country, foreign travel, once limited to the wealthy, is now commonplace.

Vacation time allotted by employers varies from country to country. In 1979, only 2 percent of the German labor force received six weeks' vacation, but now by far the majority do. The *average* vacation for industrial workers in Western Europe is over five weeks.

Vacations Have Their Place

Vacation originally meant something quite different from what it means today. *The New Encyclopædia Britannica* explains: "The modern practice of vacations . . . is derived from the ancient Roman religious calendar in a reverse fashion. More than 100 days of the year were feast days dedicated to various Roman gods and goddesses. On the days that were sacred festivals, and thus holy days, persons rested from their routine daily activities. Days that were not considered sacred were called *dies vacantes*, vacant days, during which people worked." Rather than being days of work, the "vacant days" of modern times are days of rest.

Germans like to call vacations "the best weeks of the year." Workaholics, on the oth-

er hand, may consider today's "vacant days" to be vacant indeed, devoid of meaningful activity. But this would be an extreme view. A balanced viewpoint accepts the wisdom of periodically getting away from the normal routine, doing something different, and relaxing.

The positive aspects of vacations were confirmed in a 1991 survey of European business executives, 78 out of every 100 of whom said vacations are "absolutely necessary to prevent executive burn-out." Fully three fourths felt vacations improved job performance, and over two thirds said vacations improved creativity. More colorfully, 64 percent of the women and 41 percent of the men agreed with the statement: "I would go bananas without a regular vacation."

Travel, an Education in Itself

Seventeenth-century English physician and writer Thomas Fuller wrote: "He that travels much knows much." Travel allows us to get acquainted with people from other places, to learn about their customs and their way of life. Traveling in countries that have living standards lower than our own can teach us to be grateful for what we have and can awaken in us feelings of empathy for people less fortunate than ourselves.

If we let it, travel can correct misconceptions and allay prejudices. It provides an opportunity to learn firsthand at least a little bit of a new language, to try out dishes that may delight our palate, or to enhance our

family photograph album, slide collection, or video library with examples of the beauties of God's creations.

Of course, to benefit the most, we must do more than just travel. The tourist who travels halfway around the world only to hole up in a hotel among fellow tourists—many of them his own countrymen—to swim at the hotel's private pool or beach, and to eat the same food he has at home will learn little. What a pity! According to reports, a majority of travelers apparently fail to take a serious interest in the countries that they visit or in the people there.

Proper Preparation

Samuel Johnson, an 18th-century English essayist and poet, said that a man who travels "must carry knowledge with him, if he would bring home knowledge." So if you have occasion to travel, prepare for your trip. Read about your destination before you go. Plan what you want to see, and decide what you want to do. Then prepare accordingly. For example, if you want to stroll on the beach or hike in the mountains, take along proper shoes and clothing.

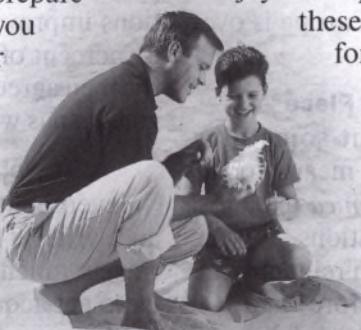
Do not try to cram too much into your schedule and thus carry over the stress of everyday life into your vacation. Leave plenty of un-

planned time for doing unexpected things. One of the real benefits of being on vacation is having time to think and meditate without the pressure of a tight schedule, feeling liberated from the stress and restrictions of living by the clock.

A very rewarding vacation may even include hard work. Doing something different is generally the key to a good vacation. For example, a nonprofit organization in the United States called Volunteer Vacations arranges for volunteers to spend vacations maintaining national parks or forests. One volunteer said he worked very hard, but he enjoyed it so much that he decided to repeat the experience a year later.

Jehovah's Witnesses often use vacations for traveling to Christian conventions or to further their public ministry. Some use their vacations to work at the headquarters or branch facilities of Jehovah's Witnesses in their respective countries, and they enjoy the experience. Afterward, many of these write letters of appreciation for the privilege.

Yes, vacations can be most pleasant, even the best weeks of the year. No wonder children count the days till they arrive! Yet, there are things that you need to guard against. The following article will explain.



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 that is about to replace the present wicked, lawless system of things.

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.

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What You Should Guard Against

THE most obvious purpose of vacations is contrast, interlude, a break in the pace," wrote journalist Lance Morrow. However, he observed that some come home from their vacation so stressed out that they vow "never to do it again."

Yet, rather than forget the idea of taking vacations, it would be wise to examine in advance possible pitfalls and take steps to avoid them.

Protect Your Valuables

Many have returned from vacation to find that in their absence their home had been burglarized. So before leaving on a vacation, ask friends or neighbors to check your home regularly. They may even be able to spend some time there to make it less obvious that you are absent. Ask them to collect your newspapers and to empty your mailbox daily, for nothing advertises your being away more than a pile of newspapers or a mailbox visibly bloated with uncollected mail.

You also need to protect your valuables at your vacation site. In some countries for-



eigners are thought to be rich, and every tourist is a potential robbery victim. A good practice, therefore, is to leave extra cash and valuable papers in the hotel safe or in another secure place. Be cautious of strangers, without being unkind.

Each year Miami, Florida, U.S.A., hosts millions of foreign and domestic vacationers. Criminals are particularly active in such tourist areas. *Time* magazine reported that during 1992, "in Florida alone, 36,766 visitors, foreign and domestic, were murdered, raped or otherwise victimized."

When on vacation, especially beware of pickpockets. Men should keep their wallet in an inconspicuous and protected place, such as an inside pocket of their jacket or their front pants' pocket. Experienced travelers often conceal money in ingenious ways on their person. For example, some carry their money, passports, and visas in a small, flat pouch around their neck and tucked under their clothing. Women should be careful lest bicycle or motor scooter riders snatch loosely held bags from their grasp.

Criminals keep finding new ways to prey

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on tourists. On long-distance express trains, sleeping passengers in European countries have been robbed during the night. A sleep-inducing agent may be released into compartments to make sure the occupants do not awaken while their belongings are being rifled. On one occasion, according to *The European*, "robbers are thought to have calmly left the train with more than \$845,000 [in] cash and stolen goods."

Avoid Accidents

"My only solution for the problem of habitual accidents," said humorist Robert Benchley, "is to stay in bed all day." But then he added: "Even then, there is always the chance that you will fall out." The point is, accidents happen everywhere! So fear of suffering an accident while on vacation need not frighten you into staying at home. But there is special reason for caution when on vacation.

Traffic situations can be treacherous during vacation periods. Germans have grown accustomed to 50-mile-long traffic jams during such times. *Time* magazine of August 14, 1989, stated: "Across Europe last week, millions of families started their traditional August holiday—and a grim and grueling time was had by all. . . . Virtually every major highway out of Paris was clogged to a standstill. . . . Between July 28 and Aug. 1, 102 people died in highway smash-ups." Therefore, wisely make brief stops to relax nerves frayed by stop-and-go traffic.

The European reported an advisory that motorists "delay their journeys until Sunday—or travel by night." Yet it admitted that most vacationers "still insist on taking off at the same time." The result? Europe in gridlock. Although it is wise to travel when roads are less crowded, do not overlook the fact that traveling at night can be dangerous. A person does not see as well at night, and hence the chance of accidents may be in-

creased. Early morning may be a better time to travel.

Do not ignore other possible accident sources after arriving at your vacation destination. If your muscles have been on vacation for most of the year, they will rebel when pressed into service without proper conditioning. So limit sports activities on the first few days, when your body may be particularly susceptible to injury.

Stay Healthy

According to the book *2,000 Everyday Health Tips for Better Health and Happiness*, "the most common health problems travelers encounter on trips overseas are centered on food, water and a few infectious diseases." Travel agents may offer advice on how to avoid such problems, and it pays to follow their suggestions.

In many areas it is important to avoid drinking tap water. And remember, ice cubes are likely made from such water. It may also be wise to avoid eating leafy vegetables, mayonnaise, creamed dishes, raw or rare meat, shellfish, and fresh fruit, unless you can peel it yourself. In the Tropics, fresh milk should be boiled before you drink it.

A major source of danger to lightly clad vacationers is the sun, and in recent years the danger has increased dramatically because of the decline of ozone in the atmosphere. The number of new cases of malignant melanoma, the most deadly form of skin cancer, doubled in the United States between 1980 and 1993. T-shirts have been spotted in Australia bearing the slogan "SLIP! SLOP! SLAP!" (Slip on a shirt, slop on some sunscreen, and slap on a hat.) But do not be lulled into a false sense of security. Sunscreens are not foolproof.

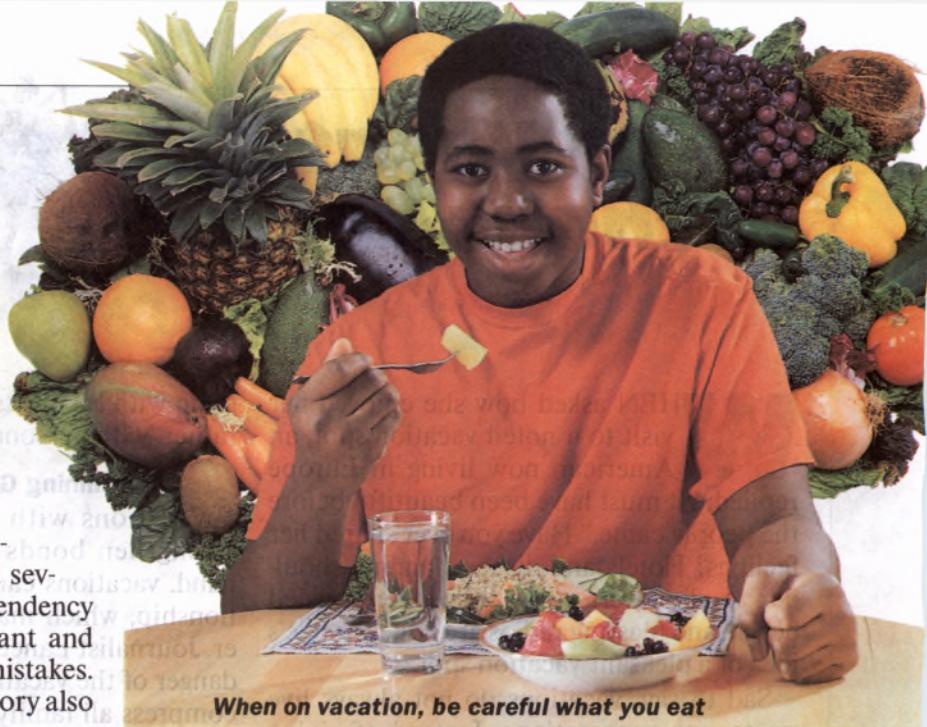
Air travel that traverses several time zones can result in jet lag. Although not a disease in itself, jet lag can upset a person's physical well-being, particularly if

one is not healthy to begin with. A study made of air travelers between London and San Francisco, an eight-hour time difference, revealed that "physiological adaptation . . . required no less than seven to ten days." The book *The Body Machine* also reported that some travelers who quickly crossed several time zones had "a tendency to be inarticulate, hesitant and twice as likely to make mistakes. Concentration and memory also suffered."^{*}

Additionally, jet travel facilitates the spread of disease from one continent to another in a matter of hours. The German newspaper *Nassauische Neue Presse* noted: "Doctors are particularly worried about 'exotic' diseases like malaria or hepatitis that vacationers bring back from Africa, Asia, or South America. Every year about 2,000 Germans return home with malaria." After the bubonic plague caused deaths in India in 1994, strong preventive measures were taken to keep it from spreading to other countries.

People with chronic health problems, as well as pregnant women, should take extra precautions when traveling. Although in most cases there is no compelling reason for such ones to refrain from traveling, they should seek the advice of their doctor beforehand. It is wise for everyone who travels to carry the name, address, and telephone number of a friend or relative who can be reached in case of emergency.

A person who requires regular insulin in-



When on vacation, be careful what you eat

jections to keep his blood sugar stable must keep in mind that crossing several time zones will disrupt his careful schedule of meals and injections. He will have to plan accordingly. Or a traveler with a heart pacemaker should make sure that he has the phone number of his cardiologist.

Moreover, anyone dependent on certain medication will want to keep it in his carry-on luggage because lost or misdirected luggage could otherwise be catastrophic. Doing without a fresh change of clothes for several days may be unpleasant; doing without necessary medication for only a few hours could be life-threatening.

The dangers of vacation travel are not to be underestimated. Yet, there is rarely good reason to let them frighten you into staying home. Just be cautious. Remember: Proper preparation helps combat potential dangers. Follow the wise advice: "A shrewd man sees trouble coming and lies low; the simple walk into it and pay the penalty."—Proverbs 22:3, *The New English Bible*.

* For tips on what to do about jet lag, see *Awake!*, June 8, 1986, pages 19-21.

Enjoy Vacations Without Regret!



WHEN asked how she enjoyed her visit to a noted vacation spot, an American now living in Europe replied: "It must have been beautiful before the people came." Have you ever shared her feelings? Hotels and discos standing shoulder to shoulder, a polluted, overcrowded beach, and blasting radios are not everyone's idea of a pleasant vacation spot.

Sad to say, vacations do not always live up to our expectations. Instead of giving us a second wind, they leave us gasping for breath; instead of putting us back on our feet, they sometimes put us to bed. Thus, the question is appropriate, How can we enjoy vacations without regret?

Be Balanced

Like spices in our food, vacations achieve best results when used sparingly. Although the life of the proverbial jet-setter may appear inviting, it lacks balance and does not make for true happiness.

Especially in connection with vacations, balance in spending money is vital. Plan carefully before you go, and try to stay within your budget. Avoid falling for special offers made by travel agents who encourage you to "enjoy now, pay later."

Also, do not become so obsessed with potential dangers that the spontaneity and carefree spirit that make vacations so appealing are squelched. In addition, proper balance includes recognizing the greatest danger that could cause us to look back on our vacation with regret. It has nothing

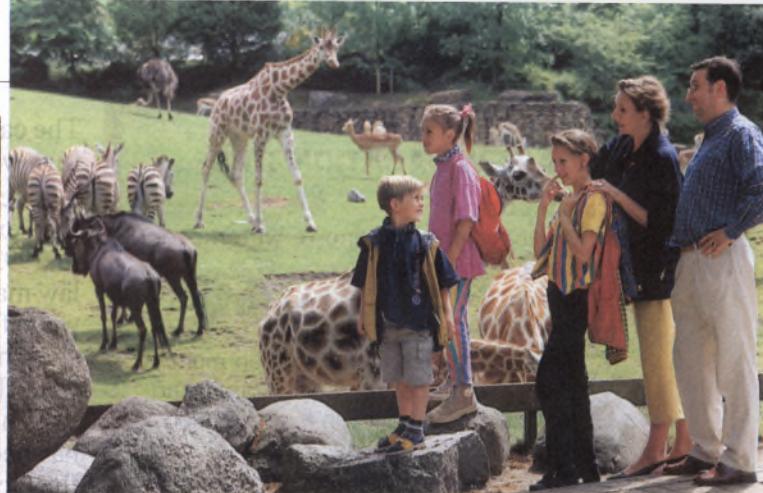
to do with accidents, sickness, or crime but, rather, with personal relationships.

Maintaining Good Relationships

Vacations with family or friends can strengthen bonds of love. On the other hand, vacations can cause cracks in a relationship, which may be hard to repair later. Journalist Lance Morrow said: "The real danger of the vacation lies in its capacity to compress all family conflicts into an exquisitely focused drama.... People in their normal working lives have jobs, roles, friends and routines to diffuse and absorb emotions. In the theater of a summer house, family issues 20 years buried are liable to come up thrashing like lobsters."

So before you go on a vacation, consciously resolve to make it a pleasant experience. Remember that interests differ. Children may be seeking adventure, parents probably relaxation. Be willing to forgo personal preferences of what to do and where to go. If advisable and practical, agree to allow each person periodically to pursue what is of particular interest to him. Learn to exercise the qualities of God's spirit on a daily basis throughout the year, and it should not be unduly difficult to continue doing so during your vacation.—Galatians 5:22, 23.

While maintaining a good relationship with family and friends is important, our relationship with God is even more important. On vacations we often meet people who do not share our Christian view of God and his requirements. Associating



Select wholesome activities when on vacation

closely with them—perhaps even frequenting places of questionable entertainment—can lead to regrettable consequences. Remember that the Bible warns: “Do not be misled. Bad associations spoil useful habits.”—1 Corinthians 15:33.

When on vacation, if you ever detect within yourself a desire to escape from Christian standards and practices, wisely face up to such weakness and ask for divine help to combat that desire!

What Is Being Promoted?

People who do not mold their lives according to Christian principles may feel that while on vacation anything goes. In some European countries, sex tourism is big business, and some travel agencies even promote it. *The European* writes that ‘the unsavory things European men do in certain Asian resort cities have long been common knowledge.’ Referring to one Asian country,

the German magazine *Der Spiegel* estimated that up to 70 percent of all male visitors are “sex tourists.”

Women tourists are now following the lead of their male counterparts. A German charter airline that specializes in Caribbean flights estimates that 30 percent of its female passengers go there on vacation for the express purpose of illicit sex. *The European* quoted a German journalist as saying: “They see it as an easy and uncomplicated way of having fun—an exotic game.”

True Christians, however, do not view illicit sex as an acceptable way of having fun. It violates Christian principles and is fraught with dangers. Although the dangers are generally recognized, many people simply try to avoid the *consequences* rather than reject the *practice*. Typical is an advertisement seen in German newspapers showing an umbrella and two empty beach chairs.

A FEW VACATION TIPS

Combat Crime

1. Arrange for someone to watch over things back home.
2. Stay away from areas that are commonly viewed as dangerous.
3. Be alert to pickpockets, keep money in a safe place on your person, and leave excess money in a secure place where you are staying.
4. Be cautious of strangers who offer unsolicited help.

Avoid Accidents

1. If driving, be alert, and take frequent breaks.
2. When staying in hotels or flying, take careful note of provisions for emergencies.
3. Allow time after arrival to adjust physically before undertaking strenuous activities.
4. Have proper clothing, shoes, and equipment for your activities.

Stay Healthy

1. Ask your doctor for advice about the need for possible vaccinations or medication.
2. Take along a traveling medicine kit with necessary medication.
3. Get sufficient rest, and be careful of what you eat and drink.
4. Keep on your body at all times necessary documentation about your medical needs or wishes.

Keep Relationships Happy

1. Show love and consideration for those with you.
2. Keep standards for personal association high.
3. Do not allow other vacationers to lead you into actions you consider questionable.
4. Set aside some time to fill spiritual needs.

The caption reads: "Have a safe trip, and return without AIDS."

A repulsive by-product of sex tourism is the sexual abuse of children. Significantly, in 1993 the German government passed a law making Germans liable for punishment when found guilty of having sex with minors—even while on vacation in foreign countries. Up until now, however, positive results have been minimal. Child prostitution has been—and remains—a running sore on the face of human society.

Make Vacation a Rewarding Time

Reading, studying the Bible, and engaging in the Christian ministry are pleasant, rewarding activities for true Christians. But many struggle to find sufficient time to do these things to the extent they would like. What better time could there be to catch up than when a person is on vacation, away from severe restrictions imposed by the clock?

True, a busy, satisfying vacation may not allow you to pursue Christian interests to the extent you normally do. But why not try to set aside at least some time for constructive spiritual activity? This will still leave time for relaxation. Indeed, some even take advantage of the added time available during vacations to expand their ministry. As Jesus said, "*happy* are those conscious of their spiritual need."—Matthew 5:3.

Soon you too may be going on vacation. If so, be sure to enjoy it! Do not be overly uneasy about potential dangers, but do take proper precautions. Keep in mind suggestions like those found in the box on this page. Afterward, return refreshed, rested, and eager to get on with the activities of life that are of greatest importance. All too soon, the vacation is over, but some of its treasured memories may linger forever. How precious—vacations enjoyed without regret!

Young People Ask...



Why Can't I Learn?

"I did not want to come home," recalls Jessica, "and face my parents. Once again I had failed several courses."*

At 15, Jessica is bright and beautiful. But like many youths, she has a terrible time with her grades.

POOR performance at school is often the result of a poor attitude toward education or toward one's teacher. But that is not the case with Jessica. She simply finds it overwhelmingly difficult to grasp abstract ideas. Naturally, this made it hard for Jessica to succeed in math. And difficulty in reading made it hard for her to do well in other subjects.

* Some of the names have been changed.

Maria, on the other hand, cannot spell correctly. She always hides the notes she takes at Christian meetings because she is ashamed of her spelling errors. Neither Jessica nor Maria is unintelligent, however. Jessica is so good with people that she serves as a school-appointed mediator, or problem solver, when trouble arises between her schoolmates. And scholastically Maria is in the top 10 percent of her class.

The problem: Jessica and Maria have learning disorders. Experts believe that some 3 to 10 percent of all children may have similar difficulties in learning. Tania, who is now in her early 20's, is suffering from what is called Attention Deficit Hyperactivity Disorder (ADHD).^{*} She says: "I have a hard time with Christian meetings, personal study, and prayers because of my inability to pay attention or even to sit still. My ministry is affected because I jump from subject to subject too fast for anyone to keep up."

When not accompanied with hyperactivity, the disorder is called Attention Deficit Disorder (ADD). People with this disorder are often described as daydreamers. Regarding those with ADD, neurologist Dr. Bruce Roseman said: "They sit in front of a book and for 45 minutes, nothing happens." For some reason they have a hard time concentrating.

Medical researchers believe that they have recently begun to understand what causes these problems. Yet, much is still unknown. And boundaries between various disorders and disabilities that interfere with learning are not always clear. Regardless of the exact cause or the label given to a particular disorder—whether a problem with reading, remembering, paying attention, or being hyperactive—the disorder

^{*} Please see the series "Understanding Difficult Children" in the November 22, 1994, issue of *Awake!* and the article "Does Your Child Have Learning Problems?" in the May 8, 1983, issue.

can interfere with a person's education and can cause no small amount of suffering. If you have a learning disability, how can you cope with it?

The Challenge of Coping

Consider Jessica, who was mentioned in the introduction. Determined to overcome her reading disability, she kept trying to read different books. The turning point came when she found a book of poems that was absorbing to her. She obtained a similar book, which she also enjoyed reading. Later she became interested in a series of story books, and reading gradually became less of a problem. The lesson to be learned is that perseverance pays off. You too can overcome a learning disability or can at least make great strides in that direction by not giving up.—Compare Galatians 6:9.

What about dealing with a short-term memory problem? An important key to solving the problem lies in the adage: "Repetition is the mother of retention." Nicky found that verbally repeating to himself what he heard and read helped him to remember things. Try it. It may help you too. Significantly, in Bible times people used to mouth the words, even when reading to themselves. Thus, Jehovah commanded the Bible writer Joshua: "You must in an undertone read [God's Law] day and night." (Joshua 1:8; Psalm 1:2) Why was mouthing the words so important? Because doing so engaged two senses—auditory and visual—and helped to leave a deeper impression on the mind of the reader.

For Jessica, learning math was also a monumental task. However, she tried learning math rules by repeating them—at times spending as much as half an hour per rule. Her efforts eventually paid off. So *repeat, repeat, repeat!* A wise practice is to keep paper and a pencil handy when listening in class or reading so that you can take notes.

It is vital that you commit yourself to learning. Make it a practice to stay after school and to talk to your teachers. Get to know them. Tell them that you have a learning problem but that you are determined to overcome it. Most teachers will be eager to assist. So enlist their help. Jessica did that and received much-needed support from a sympathetic teacher.

Learn to Concentrate

It also helps to set a goal and reward system for yourself. Setting a specific goal—say of finishing a portion of a homework assignment—before turning on the television or your favorite music can motivate you to concentrate. Be sure that the goals you set are reasonable.—Compare Philippians 4:5.

Sometimes making constructive changes in your environment can help. Nicky arranged to sit up front in class near the teacher in order to concentrate better. Jessica found it beneficial to do homework along with a studious friend. You may find it helpful simply to make your room cozy and comfortable.

Reducing Restlessness

If you tend to be hyperactive, learning can be a painful ordeal. However, some experts say that hyperactivity can be channeled into physical exercise. "The evidence is mounting," notes *U.S. News & World Report*, "that each person's capacity to master new and remember old information is improved by biologic changes in the brain brought on by aerobic conditioning." Thus, moderate amounts of exercise—swimming, running, playing ball, riding a bicycle, skating, and so forth—can be good for both body and mind.—1 Timothy 4:8.

Medication is routinely prescribed for learning disorders. It is claimed that some 70 percent of the youngsters afflicted with ADHD who have been given stimulant drugs have responded. Whether you accept

Be committed to learning

drug treatment is a matter for you and your parents to decide after taking into consideration the severity of the problem, possible side effects, and other factors.

Maintain Your Self-Respect

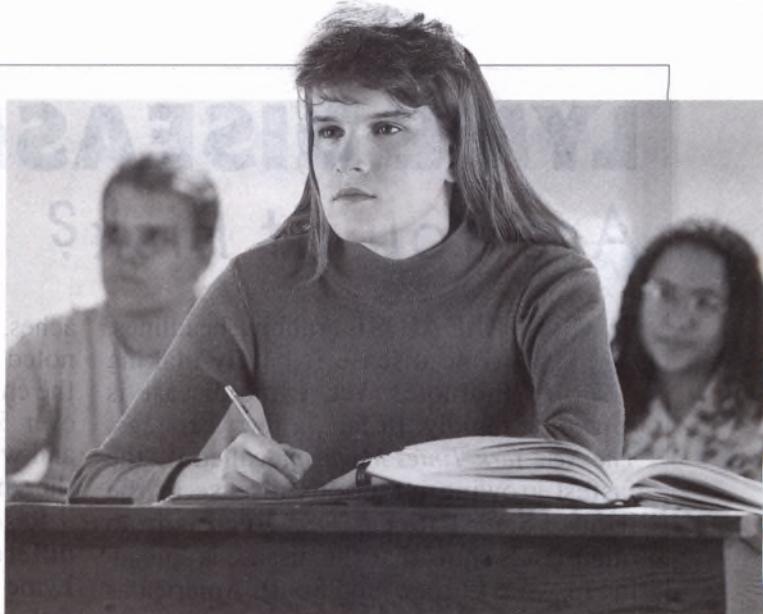
While difficulty in learning is not considered an emotional problem, it can have emotional consequences. The combination of constant disapproval and criticism from parents and teachers, poor or mediocre school results, and lack of close friends can easily produce low self-esteem. Some youths hide this feeling behind an angry and threatening front.

But you do not have to lose self-esteem because of learning problems.* "My aim," says one professional working with youths having learning problems, "is to change their attitude toward life—from 'I'm stupid, and I can't do anything right' . . . to 'I'm overcoming a problem, and I can do a lot more than I ever thought I could.'"

Although you cannot do much about others' attitudes, you can influence your own. Jessica did that. She says: "When I judged myself based on what the kids at school said and their name-calling, I wanted to run away from school. But now I try to ignore what they say and keep doing my best. It's hard, and I have to keep reminding myself, but it works."

Jessica had to contend with another reality. Her older brother was a straight A student. "That used to destroy my self-esteem," says Jessica, "until I stopped comparing myself with him." So do not compare yourself with your siblings.—Compare Galatians 6:4.

* See the article "Young People Ask . . . How Can I Build My Self-Respect?" in the April 8, 1983, issue of *Awake!*



Talking to a trusted friend will also help you put things in the proper perspective. A true friend will loyally stick by you as you try to improve. (Proverbs 17:17) A false friend, on the other hand, will either tear you down or give you an improper exalted view of yourself. Therefore choose your friends carefully.

If you have a learning problem, you likely receive more correction than other youths. But do not allow that to give you a negative view of yourself. Look at discipline in a godly way, as something of great value. Remember, the discipline given by your parents is evidence that they love you and want the best for you.—Proverbs 1:8, 9; 3:11, 12; Hebrews 12:5-9.

No, your learning problems do not have to drag you down. You can do something about them and live a productive life. But there is even greater reason for hope. God has promised to bring in a new world of righteousness in which knowledge will be abundant and in which every disorder of mind and body will be corrected. (Isaiah 11:9; Revelation 21:1-4) So be determined to learn more about Jehovah God and his purposes, and act in harmony with that knowledge.—John 17:3.

LYME DISEASE

Are You at Risk?

WHILE AIDS is grabbing headlines, Lyme disease is barely making footnotes. Yet, Lyme disease is spreading rapidly. In fact, a few years ago, *The New York Times Magazine* called it "the fastest-growing infectious disease in the [United States] after AIDS." Reports from other lands show that the disease is spreading in Asia, Europe, and South America as well.

What is Lyme disease? How is it spreading? Are you at risk?

Ticks, Deer, and You

Some 20 years ago, a mysterious increase in arthritis cases occurred in and around the town of Lyme, Connecticut, which is located in the northeastern part of the United States. The victims were mostly children. Their arthritis began with rashes, head-

aches, and pains in their joints. One resident noted that soon her "husband and two of the children were on crutches." Before long, over 50 people in that area were affected, and within years, thousands were suffering the same painful symptoms.

Researchers, realizing that this illness was different from other diseases, named it Lyme disease. Its cause? *Borrelia burgdorferi*—a corkscrew-shaped bacterium living in ticks. How is it spread? Strolling through the woods, a person may pick up an infected tick. The tick pierces the person's skin and injects the disease-causing bacterium into the hapless stroller. Since these infected ticks often hitchhike, feed, and mate on deer and since more people are settling in rural areas where deer are thriving, it is no wonder that the incidence of Lyme disease has been rising.

Signs of Lyme Disease

Early Infection:

- Rash
 - Muscle and joint aches
 - Headache
 - Stiff neck
 - Significant fatigue
 - Fever
 - Facial paralysis
 - Meningitis
 - Brief episodes of joint pain and swelling
- Less common:**
- Eye inflammation

Dizziness

- Shortness of breath

Late Infection:

- Arthritis, intermittent or chronic

Less common:

- Memory loss
- Difficulty with concentration
- Change in mood or sleeping habits

One or more of these symptoms may be present at different times during the infection.—*Lyme Disease—The Facts, the Challenge*, published by the National Institutes of Health.

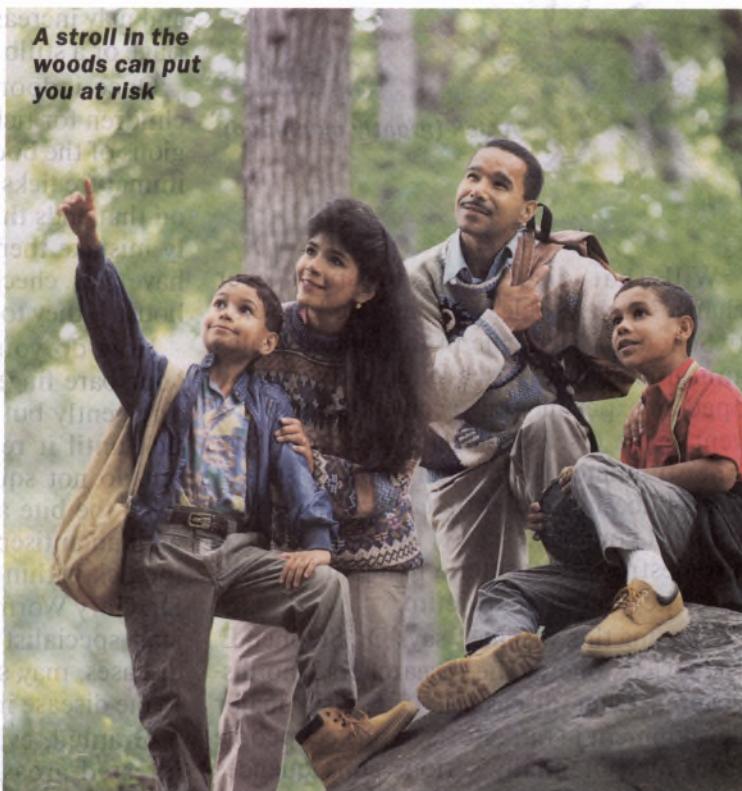
Symptoms and Problems

The first symptom of Lyme disease is generally a skin rash (known as erythema migrans, or EM) that starts as a small red spot. Over a period of days or weeks, the telltale spot expands into a circular, triangular, or oval-shaped rash that may be the size of a dime or may spread over the entire width of one's back. Fever, headache, stiff neck, body aches, and fatigue often accompany the rash. If not treated in time, more than half the victims suffer attacks of painful and swollen joints, which may last for months. Up to 20 percent of untreated patients end up with chronic arthritis. Though less common, the disease may also affect the nervous system and cause heart problems.—See the accompanying box.

Many experts consider Lyme disease difficult to diagnose because its initial, flulike symptoms are similar to those of other infections. In addition, 1 out of every 4 infected persons does not develop a rash—the only hallmark unique to Lyme disease—and many patients cannot recall if they were bitten by a tick because its bite is usually painless.

The diagnosis of the disease is further hampered because currently available antibody blood tests are unreliable. Antibodies in the patient's blood tell that the body's immune system has detected invaders, but some tests cannot tell if those invaders are Lyme disease bacteria. So a patient may test

A stroll in the woods can put you at risk



positive for Lyme disease while, in reality, his symptoms stem from other bacterial infections. The National Institutes of Health in the United States (NIH) therefore advises physicians to base their diagnosis on the history of a tick bite, the patient's symptoms, and a thorough ruling out of other diseases that may have triggered those symptoms.

Treatment and Prevention

If diagnosed in time, most patients can be treated successfully with antibiotics. The sooner the treatment begins, the quicker and fuller will be the recovery. For several months after the treatment, fatigue and achiness may persist, but these symptoms will decrease without the need of more antibiotic therapy. However, warns NIH, "a bout with Lyme disease is no guarantee that the illness will be prevented in the future."



A tick (greatly magnified)

Will that disquieting prospect ever change? A news release from Yale University School of Medicine in the United States announced that researchers have developed an experimental vaccine that may prevent Lyme disease. This "dual-action" vaccine stimulates the human immune system to produce antibodies that attack and kill invading Lyme bacteria. At the same time, it also destroys the bacteria living in the ticks that bite a vaccinated victim.

"Testing this vaccine," says Dr. Stephen E. Malawista, one of the researchers who discovered Lyme disease in 1975, "is a major development in our efforts to protect people from the potentially serious consequences of Lyme disease." Scientists hope, notes *The New York Times*, that in areas where fear of the disease has kept people indoors, "this vaccine will help reclaim the wilderness for human use."

Meanwhile, though, you can take some preventive measures of your own. NIH recommends: If walking through areas teeming with ticks, stay in the center of trails. Wear long pants, a long-sleeved shirt, and a hat. Tuck pant legs into socks, and wear shoes that leave no part of the feet exposed. Wearing light-colored clothing makes it easier to detect ticks. Insect repellents applied to clothing and skin are effective, but they can cause serious side effects particularly to children. "Pregnant women should be especially careful to avoid ticks in Lyme disease areas," cautions NIH, "because the infection can be transferred to the unborn child"

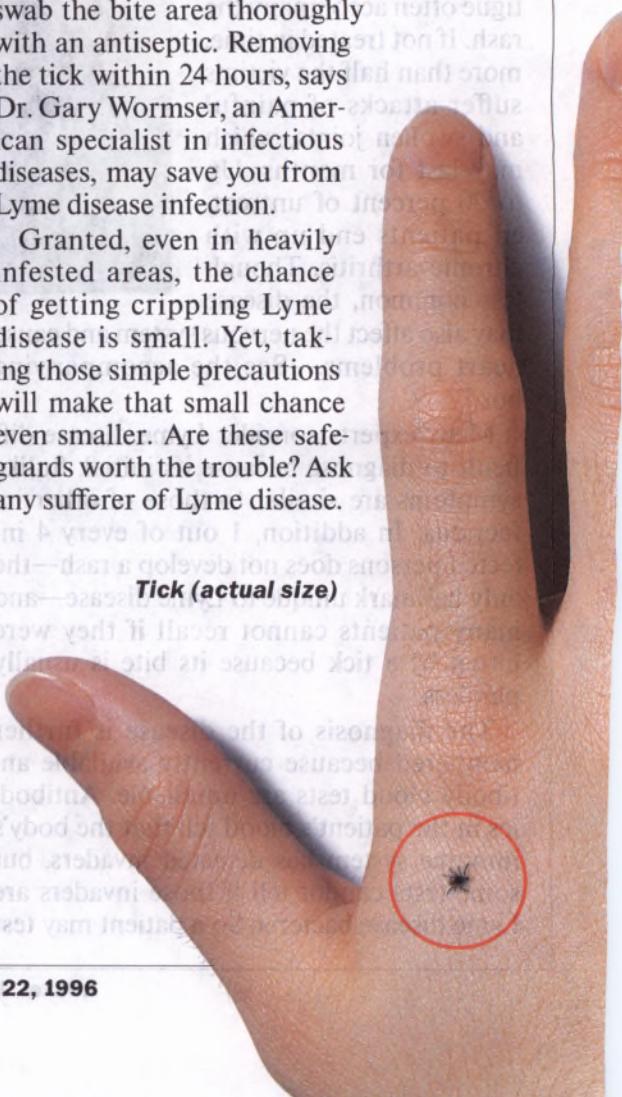
and may increase the likelihood of a miscarriage or a stillborn baby.

Once indoors, check yourself and your children for ticks, especially in the hairy regions of the body. Do this carefully because immature ticks are about as tiny as the period that ends this sentence and you can easily mistake them for a speck of dirt. If you have pets, check them before they enter the house—they too can catch Lyme disease.

How do you remove a tick? Not with your bare fingers but with blunt tweezers. Tug gently but firmly near the head of the tick until it releases its hold on the skin, but do not squeeze its body. Then swab the bite area thoroughly with an antiseptic. Removing the tick within 24 hours, says Dr. Gary Wormser, an American specialist in infectious diseases, may save you from Lyme disease infection.

Granted, even in heavily infested areas, the chance of getting crippling Lyme disease is small. Yet, taking those simple precautions will make that small chance even smaller. Are these safeguards worth the trouble? Ask any sufferer of Lyme disease.

Tick (actual size)



NATURAL DISASTERS

Helping Your Child to Cope

EARTHQUAKES, tornadoes, fires, floods, hurricanes—how helpless we are when faced with nature's fury! Adults often find that it may be years before the frightening mental images etched by experiencing a natural disaster begin to fade. Not surprisingly, children may need extra help to recover from such experiences.

The U.S. Federal Emergency Management Agency (FEMA) notes that immediately after a disaster, children typically fear that (1) they will be left alone, (2) they will be separated from the family, (3) the event will happen again, and (4) someone will be injured or killed. What can you as a parent do to reduce your child's anxiety in the aftermath of a disaster? FEMA makes these recommendations.*

Try to keep the family together. Staying together provides reassurance to your child and alleviates his fear of being abandoned. It is better not to leave children with relatives or friends or at an evacuation center while you look for assistance. "Children get anxious," observes FEMA, "and they'll worry that parents won't return." Should you have to go somewhere, take your child along if at all possible. That way your "child is less likely to develop clinging behavior."

* Taken from the publications *Helping Children Cope With Disaster* and *Coping With Children's Reactions to Hurricanes and Other Disasters*, published by FEMA.

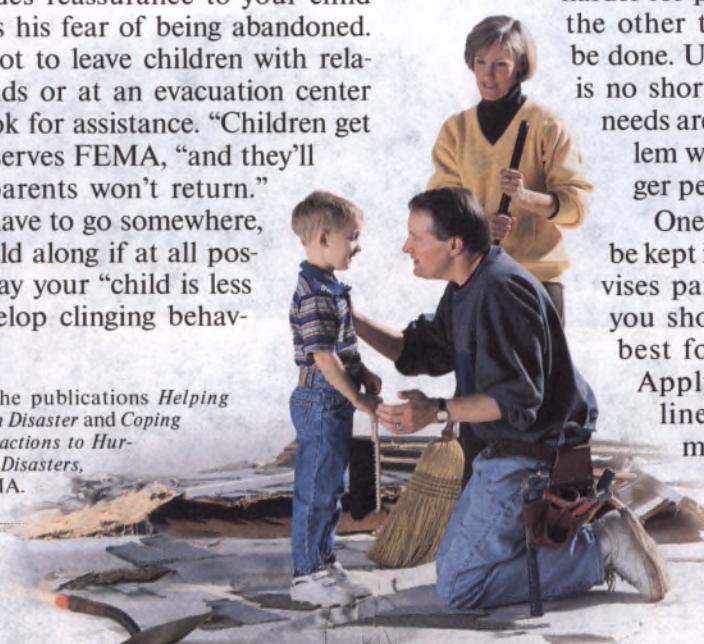
Take time to explain the situation calmly and firmly. Tell your child what you know about the disaster. If necessary, repeat your explanation several times. Outline what will happen next. For example, you may say, 'Tonight we will all stay together in the shelter.' Talk to children at their eye level, kneeling down if needed.

Encourage your child to talk. "Communication is most helpful in reducing the child's anxiety," FEMA points out. Listen to what each child tells you about the disaster and his fears. (Compare James 1:19.) Tell him that it is normal to be frightened. If your child seems reluctant to express himself, let him know that you are afraid. Doing so may make it easier for him to express his own fears, thereby reducing his anxiety. (Compare Proverbs 12:25.) "If possible, include the entire family in the discussion."

Include children in cleanup activities. When cleaning up and repairing the house, assign children their own chores. "Having a task will help them understand that everything will be all right." A very small child, however, usually needs special attention. FEMA explains: "Such a child may need more physical care, more holding; and this makes it harder for parents to attend to the other things that should be done. Unfortunately, there is no short-cut. If the child's needs are not met, the problem will persist for a longer period."

One final point should be kept in mind. FEMA advises parents: "Ultimately, you should decide what's best for your children."

Applying these guidelines could help you make the best of a difficult situation.



I WAS AN OUTLAW

IT WAS May 1, 1947, in Sicily. Some 3,000 people, including women with babies, had gathered at a mountain pass for the annual Workers' Day celebration. They were unaware of the danger concealed in the nearby hills. Perhaps you have read about or have even seen movies of the tragedy that followed. The massacre has been called the Slaughter of Portella della Ginestra, which left 11 people dead and 56 wounded.

Although I had no part in that tragedy, I did belong to the band of separatists who were responsible for it. Their leader was Salvatore Giuliano, with whom I had grown up in the village of Montelepre. He was only a year older than I. In 1942, when I was 19, I was called to serve in the army during World War II. Earlier that year I had fallen in love with and married Vita Motisi. Eventually, we had three sons; the first was born in 1943.

Why I Became an Outlaw

In 1945, the year World War II ended, I joined the western division of the Volunteer Army for Sicilian Independence (EVIS). This was the paramilitary arm of the separatist political party known as the Movement for the Independence of Sicily (MIS). Salvatore Giuliano, already a fugitive, had been appointed by the upper ranks of EVIS and MIS to take command of our division.

We were united by our love for our island of Sicily and for our people. And we were angry over the injustices we felt. So I embraced the cause of the Giuliano band, which was to have Sicily annexed to the United States of America as its 49th state. Was there reason to believe this was possible? Indeed there was, for officials of MIS had assured us that they had a close relationship with Washington, D.C., and that United States president

The mountain pass in Sicily where the slaughter occurred



Harry S. Truman was in favor of such an annexation.

Outlaw Activity

My group's work consisted mainly of kidnapping and holding for ransom persons of prominence. By this means we obtained funds to buy needed supplies. None of those kidnapped, whom we called "our guests," were ever harmed. When they were released, we gave them a receipt to be used for reimbursement of the ransom money we had received. They were told that the receipt could be used to get their money back after we had gained victory.

I participated in about 20 kidnappings, as well as in armed assaults on barracks of the Carabinieri, a national militarized police force. However, I am glad to say that I never killed anyone. Our separatist attacks culminated in the ill-advised action at the village of Portella della Ginestra. It was organized by about a dozen men of the Giuliano group and was directed against the Communist Party.

Although the killing of common people—including neighbors and supporters—was not intentional, people who had supported us and felt protected by us believed we had betrayed them. From then on, the hunt for the Giuliano band of outlaws was relentless. After tip-offs to the police, many of my com-

When we were married, in 1942

panions were captured. On March 19, 1950, I fell into a trap and was arrested. And that summer Giuliano himself was killed.

Imprisonment and Sentencing

In a Palermo prison, where I was held pending trial, I grieved at being separated from my young wife and three sons. Yet, the desire to fight for what I felt was right protected me from utter despair. I began reading to occupy my time. One book sparked my desire to read the Bible. It was an autobiography of Silvio Pellico, an Italian imprisoned for political reasons during the 19th century.

Pellico wrote that he always had with him in prison a dictionary and a Bible. Although my family and I were Roman Catholics, I really had heard nothing about the Bible.

So I made a request to the authorities to obtain a copy. I was told it was prohibited, but I was given a copy of the Gospels of Matthew, Mark, Luke, and John.

Later, I was able to obtain a copy of the whole Bible, which I still keep as a treasured memento.

Finally, in 1951 my trial began in Viterbo, near Rome. It lasted for 13 months. I was sentenced to two life terms plus 302 years! That meant I would never come out of prison alive.

Learning Bible Truths

On being returned to the prison in Palermo, I was assigned to a section where a member of our group who was a cousin of Giuliano was



also imprisoned. He had been arrested three years before I was. Earlier, he had met in prison one of Jehovah's Witnesses from Switzerland who had spoken to him about marvelous Bible promises. The man had been arrested with a fellow Witness from Palermo while preaching the good news of God's Kingdom. (Matthew 24:14) I was later told that his arrest had been instigated by members of the clergy.

Despite my lawless activities, I believed in God and in church teachings. So I was shocked to learn that veneration of so-called saints was unscriptural and that one of the Ten Commandments prohibited the use of images in worship. (Exodus 20:3, 4) I subscribed to the *Watchtower* and *Awake!* magazines, which became very precious to me. I did not understand all I read, but the more I read, the more I felt the need to escape, not from jail, but from the prison of religious falsehood and spiritual blindness.

In time, I realized that to please God I needed to strip off my old personality and to put on a new one—one that was meek and similar to that of Christ Jesus. (Ephesians 4: 20-24) My change was gradual. Yet almost immediately I began to do things in behalf of my fellow prisoners, and I tried to speak to them about the grand things I was learning. Thus, in 1953 a joyful period began for me. But there were obstacles.

IN OUR NEXT ISSUE

Must Differences Divide Us?

The Pope's UN Visit —What Did It Accomplish?

UFO's—Messengers From God?

Opposition From the Chaplain

Six months after I subscribed to *The Watchtower* and *Awake!*, their delivery was interrupted. I went to the censor of prisoners' correspondence and brought the matter to his attention. He told me that it was the prison chaplain who had the delivery suspended.

I requested to see the chaplain. During our discussion I showed him what little I knew from the Bible, including such scriptures as Exodus 20:3, 4 and Isaiah 44:14-17 regarding the use of images in worship. I also read to him Jesus' words, recorded at Matthew 23:8, 9, not to "call anyone your father on earth." Offended, he replied that I could not understand the Bible because I was an ignorant man.

It was good that I had already begun to change my personality—otherwise, I don't know what I might have done. Staying calm, I answered: "Yes, it's true; I'm ignorant. But you have studied, and you have not done anything to teach me Bible truths." The chaplain replied that to obtain the literature of Jehovah's Witnesses, I would have to make a request to the Ministry of Justice to renounce the Catholic religion. I did so right away, but the request was not honored. Later, however, I was able to have myself recorded as one of Jehovah's Witnesses and was able to receive the magazines again. But I had to be very insistent.

A Kingdom Hall in Prison

For some time I had asked the prison director for a job so that I could earn money to send to my family. He would always say that if he gave me a job, he would have to give one to others too, and that was not possible. But on the morning of August 5, 1955, the director gave me some good news—I was to take up work as a clerk inside the prison.

My work enabled me to earn the respect of the prison director, and he kindly gave me permission to use a storeroom to hold meetings for Bible study. Thus, in 1956, using

wood from discarded file cabinets, I prepared benches for what could be considered a Kingdom Hall, as meeting places of Jehovah's Witnesses are called. I met there every Sunday with other inmates, and we reached a peak attendance of 25 for our Bible discussions.

In time, the chaplain found out about the meetings I was holding, and he was furious. As a result, in the summer of 1957, I was transferred from Palermo to the penitentiary of Porto Azzurro on the isle of Elba. This place had a terrible reputation.

Baptized in Prison

When I arrived, I was put in solitary confinement for 18 days. There I was not even allowed to keep my Bible. Afterward, I again wrote the Ministry of Justice requesting that I be allowed to renounce the Catholic religion. This time, however, I asked for the help of the branch office of Jehovah's Witnesses in Rome. After ten months, the long-awaited answer came. The Ministry recognized my change of religion! This not only meant I could have a Bible, the magazines, and other Bible literature but also meant I could receive regular visits from a minister of Jehovah's Witnesses.

My joy was unbounded when I received the first visit from Giuseppe Romano, who was from the branch office of Jehovah's Witnesses in Italy. With the permission of prison officials, arrangements were made so that I could finally symbolize my dedication to Jehovah by water baptism. On October 4, 1958, in the presence of the prison director, the commander in charge of discipline, and other officials, Brother Romano baptized me, along



I often shared Bible truths with prison guards

with another inmate, in the huge tub used for watering the prison garden.

Although I was almost always able to study *The Watchtower* with other inmates, I had to observe the annual Memorial of Christ's death in my cell alone because this celebration takes place after sundown. I would close my eyes and pray, imagining that I was gathered with fellow Witnesses.

Making Disciples in Prison

In 1968, I was transferred to the prison at Fossombrone, in the province of Pesaro. There I enjoyed good results from speaking with others regarding Bible truths. I worked

in the infirmary, where it was easy to find opportunities to witness. It was especially a joy to see the progress of one inmate, Emanuele Altavilla. After two months of study, he realized that he had to apply the counsel of Acts 19:19 and destroy his book on the magical arts. Later, Emanuele became one of Jehovah's Witnesses.

The following year I was transferred to the prison on the island of Procida, just across the bay from Naples. Because of good conduct, I was once again assigned to the infirmary. There I met Mario Moreno, an inmate who was a confirmed Catholic. He also had a position of responsibility, working in the accounting department.

One evening Mario asked me for something to read, and I gave him the book *The Truth That Leads to Eternal Life*.^{*} He understood at once the importance of what he was reading, and we began a Bible study. Mario stopped smoking his three packs of cigarettes a day. In addition, he realized that he must conduct himself honestly even in the accounting work done in prison. He began witnessing to his fiancée, and she too accepted Bible teachings. Shortly afterward, they were married there in prison. At a convention in Naples in 1975, Mario's wife was baptized. Her joy was great when she heard that her husband had been baptized the same day in prison!

I was allowed weekly conversations with Witnesses who visited me on Procida. I was also permitted to prepare meals to share with them in the visitors' hall. Up to ten could be present at a time. When traveling overseers of Jehovah's Witnesses visited, I obtained permission to show their slide presentations. Once I had the pleasure of conducting the *Watchtower* study during the visit of 14 Witnesses. The authorities seemed to

trust me fully. On assigned days, toward evening, I would go preaching from cell to cell.

In 1974, after spending 24 years in various prisons, I received a visit from a judge who encouraged me to file a petition for a pardon. I did not consider doing so appropriate because it would have acknowledged involvement in the slaughter of Portella della Ginestra, and I had taken no part in it.

Occasions of Great Joy

In 1975 a new law provided for the granting of exit permits from prison. Thus, I had the opportunity to attend, in the city of Naples, my first convention of Jehovah's Witnesses. I enjoyed five unforgettable days, during which I met more Christian brothers and sisters than I had ever seen before.

What brought me special joy was finally, after so many years, being reunited with my family. My wife, Vita, had remained faithful to me, and my sons were now young men in their 20's and 30's.

The following year—during which I enjoyed being on leave from prison a number of times—it was suggested that I apply for a release from prison. In the probation magistrate's report about me, he recommended that my application be accepted. He wrote: "It can be said without fear of contradiction—today Mannino, compared to the blood-thirsty youth who carried out Giuliano's orders, is another man; he is completely unrecognizable."

In time, the prison authorities of Procida requested pardon for me. Finally, the pardon was granted, and on December 28, 1978, I was released from prison. What joy, after more than 28 years of confinement, to be a free man!

Only Hope for Justice

As a kidnapper under Salvatore Giuliano's command, I had fought for what I believed would bring true freedom for my family and my countrymen. Yet, I came to learn from

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

With my wife



the Bible that regardless of how sincere humans may be, they can never bring about the justice that I so earnestly desired as a youth. Thankfully, Bible knowledge helped me to see that only God's Kingdom in the hands of his Son, Jesus Christ, can provide the relief from injustice that is so desperately needed.—Isaiah 9:6, 7; Daniel 2:44; Matthew 6:9, 10; Revelation 21:3, 4.

Many newspapers documented the change in my personality, for which such Bible knowledge was responsible. For example, *Paese Sera* quoted the prison warden of Procida as saying: "If all prisoners were like Franck, prisons would disappear; his conduct has been irreprehensible, he never quarreled, and he never received even the slightest reprimand." Another paper, *Avvenire*, said: "He is a model prisoner, out of the ordinary. His rehabilitation is beyond all expectations. He is respectful toward the institutions and the prison officers and possesses an extraordinary spirituality."

A Rewarding Life

Since 1984, I have served in a congregation of Jehovah's Witnesses as an elder and as a pioneer, as full-time ministers are called. In 1990 a prison guard with whom I had shared Bible knowledge 15 years earlier phoned to tell me that he and all his family had become Jehovah's Witnesses.

But my happiest experience came in July 1995. That year I had the great joy of attending the baptism of my dear wife, Vita. After so many years, she had made the teachings of the Bible her own. Perhaps my three sons, who for now do not share my faith, will one day also accept what I have learned from the Word of God.

My experiences helping others to learn Bible truths have given me pleasure beyond compare. How rewarding it has been to have come into possession of the knowledge that leads to everlasting life and to be able to share it with honesthearted ones!—John 17:3.—*As told by Franck Mannino.*

Australia's "Singing Tower"

BY AWAKE! CORRESPONDENT IN AUSTRALIA

ART, technology, and science have often combined in the field of music to produce a variety of instruments of outstanding quality. But while the violins of Antonius Stradivarius and the flutes of Theobald Böhm may be well-known, generally little is known of the majestic carillon.

But what is a carillon, and how is it played? A visit to one of the world's major carillons will be enlightening and will perhaps deepen our appreciation for its unique music.

An Immense Instrument

The carillon is among the world's largest musical instruments and is of ancient origin. It is usually set in a bell tower and hence has been appropriately referred to as a "singing tower." The carillon and bell tower at Canberra, Australia's capital, was a jubilee gift from the government of Great Britain in 1963 to commemorate the founding and naming of the city 50 years earlier. The carillon is located on Aspen Island in the center of picturesque Lake Burley Griffin.

This 160-foot-high bell tower consists of a cluster of three triangular shafts, each one aligned to a side of a central equilateral triangle. High above and suspended between the three shafts are the floors that house the carillon itself.

The elevator in the tower takes us up to the first platform, where we are greeted by two large claviers, or keyboards, similar to those of organs. The first one is just for the car-



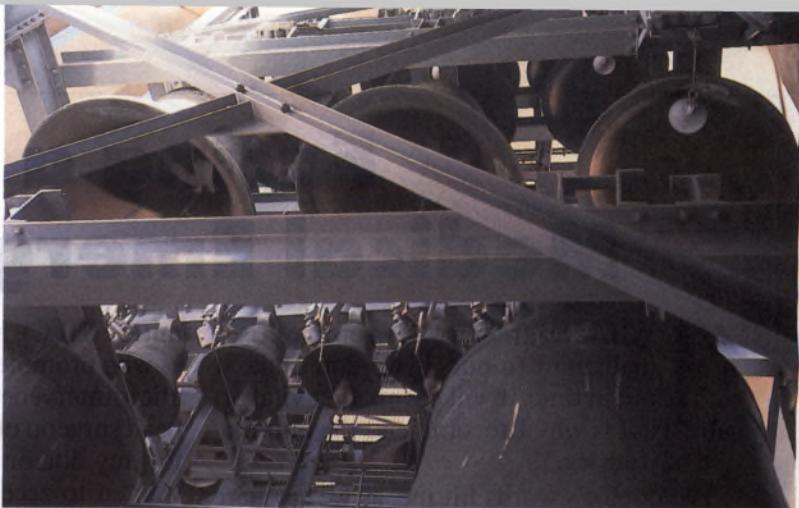
illonneur, as the performer is called, to practice his performance. The hammers from this keyboard merely strike on tuning bars.

Almost backing the practice keyboard is the real carillon clavier. But it is no ordinary keyboard, for it has large, round oak keys approximately three quarters of an inch in diameter. The upper row of keys represents the familiar black keys of a piano or organ. They project some three and a half inches, whereas the lower row (representing the piano's white keys) protrudes about six and a half inches. In contrast to a pianist or organist, however, the carillonneur does not use his fingers but plays with closed hands. That is why the keys are widely spaced—so that the player can avoid touching other keys while playing.

A Truly Imposing Mechanism

From the top of the main clavier, wires ascend to the floor above, and each key of the four and a half octaves is connected to a separate steel wire with a curious tension adjustment on it. To find out where all these wires lead, we take the elevator to the next floor. Here two massive bells, each weighing about six tons, hang imposingly. Then, looking between these bells, we see suspended above them yet another 51 bells gradually ascending to the smallest bell, which weighs just 15 pounds.

All the bells are placed strategically to prevent any acoustic interference, occasionally caused by dominant harmonics of some of the bells. Each bell, with its soft metal clapper on the inside, is activated by the steel wire connected to each key of the clavier below. The tension is finely adjusted to suit the



The bells in the tower

individual touch of each carillonneur as well as the prevailing weather conditions.

Some Interesting Facts

The bells in the Canberra carillon were cast in the foundry of John Taylor and Company of England and are fine 20th-century examples of an ancient art. The bells can ring out their melodies across the waters of the lake and into adjacent gardens and parks.

This carillon is not the largest in the world, but with 53 bells it ranks high on the list, for most carillons have between 23 and 48 bells. However, the largest carillon is in New York City. It has 74 bells. It also has the world's largest tuned bell. This bell weighs over 18 tons and sounds a low C, in comparison to the Canberra carillon with its low F sharp.

So now let's enjoy a concert given by the carillonneur. Shall we sit in the gardens below? Here we can not only hear the magnificent music of the "singing tower" but at the same time enjoy the marvels of creation that surround us. The still of the evening air and the impressive height of the bells combine to produce seemingly ethereal music, filling our hearts with gratitude for the divine gift of music.

Facing a Medical Emergency

“I WILL be frank; what you have is a malignant tumor. If we don't take it out in time, it will harm other vital organs. That is why I recommend the amputation of your leg.”

The doctor's words hit me, as we say here in Peru, like a bucket of cold water. I was only 21. A month earlier I had begun to feel pain in my left knee and was treated for rheumatism. Within a few days, however, I could not even stand.

At the time, I was serving as a full-time minister of Jehovah's Witnesses in the Andes in central Peru. After returning to my hometown of Huancayo, I was accompanied by my mother down to the city of Lima on the coast. There, on July 22, 1994, I entered the best cancer hospital in the country, where I learned that my disease was called osteosarcoma.

A Matter of Conscience

I was soon informed that the hospital did not perform operations without the use of blood. One doctor even said: “I prefer that you die at home than that your death be on my hands.” But the local Hospital Liaison Com-

mittee (HLC), a group of Jehovah's Witnesses who promote hospital and patient cooperation, intervened in my behalf. As a result, the head surgeon of the hospital gave permission for any doctor on his staff to operate if he wanted to accept the challenge. One doctor was willing, and I was immediately prepared for surgery.

I had many visitors prior to surgery. A priest, with Bible in hand, came by and said that my illness was a punishment from God.

He urged me to avail myself of whatever treatment could save my life. I told him that I was determined to abide by the Bible's command to ‘abstain from blood.’—Acts 15:19, 20, 28, 29.

Nurses would also come in and mutter: “How foolish, how foolish!” Groups of doctors came by as well. They wanted to see the young man who had refused to accept a blood transfusion for a type of surgery in which they considered blood a requisite. The most important visits to me, however, were those of my fellow Christians and relatives. The nurses were quite impressed by these many encouraging visits.



Successful Treatment Without Blood

Just minutes before I was put to sleep, I heard one of the anesthetists say: "I won't be responsible for what happens!" But the other anesthetist, as well as my surgeon and the hospital directors, honored my request not to receive blood. The next thing I heard was an anesthetist saying: "Samuel, wake up. Your operation is over."

Although my entire leg had been removed, I began to feel severe pain where it had been. I wanted to relieve the pain by rubbing my thigh, which, of course, was no longer there. I was experiencing the strange phenomenon known as phantom pain. I really felt pain, and it was excruciating, even though the limb from which the pain seemed to come had been removed.

Next, I was scheduled to receive chemotherapy. A side effect of this treatment is a loss of red and white blood cells and of blood platelets, which are vital to clotting. This meant that a new group of doctors had to be informed of my refusal to accept blood transfusions. Again the HLC communicated with those responsible, and the doctors agreed to administer the treatment without blood.

The usual side effects followed the chemotherapy—my hair fell out and I experienced nausea, vomiting, and depression. I had also been informed that there would be a 35-percent risk of a brain hemorrhage. I couldn't help asking one of the doctors what was going to kill me—the cancer or the chemotherapy.

Afterward, the doctors said that they could not give the second dosage of chemotherapy without first building up my blood count with a blood transfusion. One doctor angrily told me that if he were able to, he would put me to sleep and give me the blood. I told him that before I would let that happen, I would discontinue the chemotherapy altogether. The doctor expressed admiration for my firm stand.

I agreed to take erythropoietin to build up my blood count. When it was administered, my blood count rose. Thereafter, the chemotherapy was given to me intravenously over a period of several days. I would lie there wondering, 'Will this be the dosage that gives me a brain hemorrhage?' Thankfully I finished taking all the medication without disastrous consequences.

Before my surgery it was the hospital's policy to turn people away if they would not accept blood transfusions. But this policy changed. In fact, the very day after my surgery my surgeon did another operation without using blood, and this time the patient was not one of Jehovah's Witnesses! Now a number of doctors in that hospital are working closely with the HLC, and they have agreed to accept patients who want bloodless surgery.

Adjusting to Limitations

Ever since I was a child, I had been taught God's ways. I am sure this helped me to hold to my Bible-based convictions in this medical emergency. However, lately I have been distressed that I have not been able to do as much as I would like in God's service. I mentioned my feelings to an uncle who is a Christian elder. He reminded me that even the apostle Paul had what he called a 'thorn in his flesh' and that this prevented him from serving God as fully as he wanted to. But Paul did what he could. (2 Corinthians 12:7-10) My uncle's comments helped me immensely.

Recently I was fitted for an artificial leg. Hopefully this will make it possible for me to render more extensive service to our God, Jehovah. I am thankful that I kept a good conscience during my medical emergency. I am confident that if I continue faithful, Jehovah will reward me with a sound body and life everlasting in a paradise earth, where pain and suffering will be no more.—Revelation 21:3, 4.—*As told by Samuel Vila Ugarte.*

WATCHING THE WORLD

Catholics Petition the Pope

In late 1995, German Catholics organized a petition demanding reform of the church, reports the *Süddeutsche Zeitung*. The petition, which was signed by about 1.6 million persons, called for the church to allow priests to marry, to open the priesthood to women, and to alter its stance on sexuality and birth control. "The person we are really addressing is the pope," explained Christian Weisner, initiator of the petition. The newspaper stated that Karl Lehmann, chairman of the German Bishops Conference, had serious reservations about the petition, claiming it would lead to a polarization of conservative and reformist Catholics. Nevertheless, Lehmann traveled to the Vatican and presented the results of the petition to the pope.

"Leap Second" Added to 1995

The earth's rotation, it seems, is not the most reliable timekeeper. According to *The New York Times*, scientists have a more accurate method of keeping time—the cesium atom. Used as the heartbeat of the atomic clock, the cesium atom vibrates at exactly 9,192,631,770 times a second. At this rate, the atomic clock boasts "an error rate of roughly one second in 370,000 years." By comparison, the earth's rotation is about a million times less accurate, which is why a "leap second" must be appended periodically. An international body of timekeepers decided to add such a "leap second" to the end of 1995. This allowed "the rotation of our planet and the march of time" to remain

in sync. Scientists, though, can hardly take credit for this discovery. After all, "the motions of the clock's subatomic particles mimic, in miniature, the grand order of planetary systems," says the *Times*.

Tots and Technology

"More and more kids are becoming computer literate before they are literate," reports *The Globe and Mail* of Canada. Some tots who have not yet learned to walk or talk are already using computers. Even babies who cannot sit up by themselves are being taught technological skills while sitting on their parent's lap. The rush to introduce infants to computers



often comes from parents who are eager for their children to excel in school. Additionally, many software companies tout their products as learning devices for children. Some parents, however, question the emphasis placed on interacting with machines rather than people, at such an early age. One mother said: "We don't develop relationships with computers, or at least I don't think we should."

Cheap Way Out

In Japan the number of human cadavers offered for medical research has increased in

recent years. According to *The Daily Yomiuri*, the Education Ministry says that "one body is needed for every two medical students and [one] for every four dental students, which brings the number of bodies needed throughout the country to 4,500 a year." But why are there many more people who offer their bodies than the number that are actually needed? Shortage of land for graves and weakening of family bonds are among the reasons suggested.

AIDS Tops 500,000 in United States

For the first time, as of October 31, 1995, the total number of reported AIDS cases in the United States passed the half-million mark, says *The Journal of the American Medical Association*. Of this number, 311,381—62 percent—had already died from the disease. Another grim development was the steady growth of AIDS through heterosexual contact. The journal indicated that from 1981 to 1987, the proportion of AIDS cases among females was only 8 percent, yet from 1993 to 1995, that figure had risen to 18 percent.

On-line Addicts

The practice of computer networking over a phone line has given rise to a new affliction called "Internet Addiction Disorder." According to *New Scientist*, "those suffering the on-line equivalent of alcoholism are turning in increasing numbers to support and therapy groups to treat their obsession." Dr. Ivan Goldberg, a New York psychiatrist, has started the Internet Addiction Support Group to help

those who are "struggling to get off" the information superhighway. Symptoms of the disorder include "a need to spend more and more time on the Internet to achieve satisfaction, and fantasies or dreams about the Net." The magazine says Goldberg has received "more than 20 responses from people who say the Net has ruined their life."

Sunlight Increases Morale

Bringing more natural light into a building results in "higher productivity" and "fewer days lost to absenteeism," reports *The Wall Street Journal*. Originally introduced as a way to conserve energy, building architecture that draws sunlight into the workplace is paying big dividends in improved employee morale. For example, when the aerospace giant Lockheed Corporation opened a new office in Sunnyvale, California, its energy-efficient design "cut overall energy costs in half." What Lockheed didn't anticipate, however, was that employees would love their new surroundings so much that "absenteeism dropped" 15 percent. The advantages of allowing more sunshine into a building have not gone unnoticed among retailers either. One merchandiser found that sales were "significantly higher" in stores that use natural light over artificial light.

A Water-Watching World

"Wars of the next century will be over water," warns Ismail Serageldin, environment vice president of the World Bank. According to Serageldin, 80 countries already have water shortages that threaten health and economies. But the problem is not that sufficient water is unavailable on earth. "The total quantity of fresh water on the Earth

exceeds all conceivable needs of the human population," says hydrologist Robert Ambroggi. Most crises are due to poor water management. Half the water used in irrigation seeps underground or evaporates. City water-supply systems leak from 30 to 50 percent of their water, and sometimes even more. "The time is coming," says *The Economist*, "when water must be treated as a valuable resource, like oil, not a free one like air."

Sleeping Without Pain

Certain over-the-counter pain medications may contribute to insomnia, reports *Tufts University*



Diet & Nutrition Letter. "That's because some of the top brands of pain relievers contain as much caffeine, or more, than a cup of coffee." Caffeine—a mild stimulant—is often added to aspirin and other analgesics to boost their effectiveness. In fact, some popular brands contain up to 130 milligrams of caffeine for a two-tablet dose. That is "well above the 85 milligrams found in the average cup" of coffee. The newsletter therefore recommends checking a painkiller's label for "active ingredients" to see whether it contains caffeine.

"TB Time Bomb"

New strains of tuberculosis (TB) resistant to multiple drugs are killing 10,000 people in India each week, reports the newspaper *Indian Express*. According

to Kraig Klaudt of the World Health Organization, India is "sitting on a TB time bomb." Worldwide, 1.75 billion people are infected with the tuberculosis bacterium. A group of experts, gathered from 40 countries for a meeting sponsored by the British medical journal *The Lancet*, say that drug companies are unwilling to invest the money necessary to bring new drugs to market because the vast majority of cases occur in the poorer developing countries.

Unpunished Thieves

According to 1994 statistics, in Italy "those who commit a robbery have a 94-percent chance of getting away with it," and "those who commit a robbery with violence have an 80-percent probability of evading justice," reports the Italian newspaper *La Repubblica*. The figures were derived from reports that judicial authorities received from law-enforcement agencies. If the many thefts that go unreported were taken into account, the percentage of unpunished crimes would be even higher.

Italian Families Changing

According to a survey of the Italian family, more unmarried people are living together and more married couples are separating or divorcing, reports *La Repubblica*. Every year some 18,000 marriages are solemnized in which at least one of the spouses is remarrying. These new marital unions often create enlarged family units that include children from a previous marriage. This trend, together with the increase in single-parent families, is rapidly and drastically changing the structure of the traditional Italian family.

FROM OUR READERS

Greatest Artist Thank you for the series "In Search of the Greatest Artist." (November 8, 1995) As an artist myself, I appreciated the articles very much. The great variety of God's creation, the poetic art of the Psalms, and other beautifully worded Bible passages all show that Jehovah not only creates art but enjoys it as well!

B. R., United States

Having been involved in art for over 30 years, I want to commend all who had a part in preparing such a wonderful article! It was nine pages of excellent logic and reasoning regarding our great God, Jehovah, and his dynamic creative abilities.

P. M., United States

Mormons I read the article "The Mormon Church—A Restoration of All Things?" with anticipation. (November 8, 1995) I was raised in a Mormon household and was baptized and ordained into the priesthood as a Mormon before becoming one of Jehovah's Witnesses. One statement, though, caught my attention. You state that the Mormon "version of the sin of the first married couple involved sexual intercourse and childbearing." As I recall, we were taught that Adam and Eve sinned by eating literal fruit.

D. A., United States

We are sorry if this statement caused some confusion. We did not mean that Mormons believe the sin itself was sexual intercourse, although one might get this impression from the "Book of Mormon" account. (2 Nephi 2:22, 23, 25) Rather, we stated that the sin "involved" sex. How? In that, according to Mormon theology, it paved the way for human procreation. According to the book "Mormon Doctrine," by Bruce R. McConkie, prior to his sin, Adam "could have no children. . . . According to the foreordained plan, Adam was to fall . . . Being mortal he could now have children." By way of contrast, the Bible does

not teach that Adam had to sin in order to pro-create. (Genesis 1:28) Nor does it say their fall was due to a foreordained plan of God's. Instead, it says it was due to their own desire for independence. (Ecclesiastes 7:29) So while we respect the rights of Mormons to believe as they choose, this matter illustrates that the teachings of "The Book of Mormon" are simply not compatible with the Bible.—ED.

As someone who never really knew what to talk about with Mormons, I can say that I am truly informed about them now, thanks to these articles. How can the Mormons say they believe that the Bible and *The Book of Mormon* are both from God but not see that they contradict each other?

J. M., United States

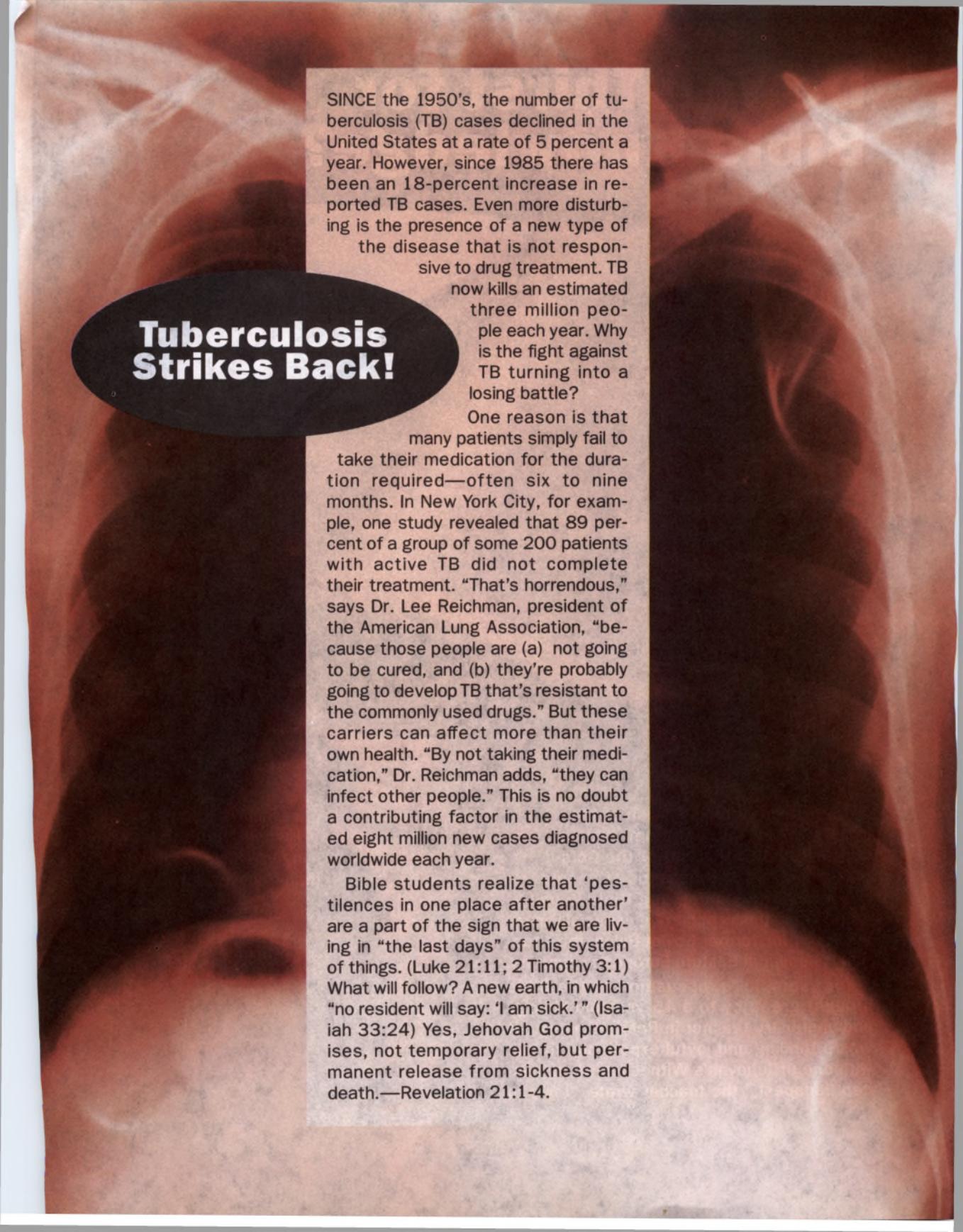
Computer Porn I want to thank you for the "Watching the World" item "Computer Porn Available to Children." (November 8, 1995) I read this, and my heart almost stopped! It really showed how much of a danger these programs are and how accessible these can be to children. This article will help Christians weigh the positive and the negative aspects associated with such computer technology.

D. P., United States

Food-Borne Illness I enjoyed your article "Protect Yourself From Food-Borne Illness." (November 22, 1995) I am a chef by trade, and I'd like to add a point. If one enjoys eating rare meat, this may not be possible where there is a concern for avoiding food-borne illness. True, cooking meat at higher temperatures tends to dry out the meat and may make it harder to digest. A good method for cooking meat well and retaining its moisture is to stew or braise it.

J. P. K., United States

Thanks for the cooking tip.—ED.



Tuberculosis Strikes Back!

SINCE the 1950's, the number of tuberculosis (TB) cases declined in the United States at a rate of 5 percent a year. However, since 1985 there has been an 18-percent increase in reported TB cases. Even more disturbing is the presence of a new type of the disease that is not responsive to drug treatment. TB now kills an estimated three million people each year. Why is the fight against TB turning into a losing battle?

One reason is that many patients simply fail to take their medication for the duration required—often six to nine months. In New York City, for example, one study revealed that 89 percent of a group of some 200 patients with active TB did not complete their treatment. "That's horrendous," says Dr. Lee Reichman, president of the American Lung Association, "because those people are (a) not going to be cured, and (b) they're probably going to develop TB that's resistant to the commonly used drugs." But these carriers can affect more than their own health. "By not taking their medication," Dr. Reichman adds, "they can infect other people." This is no doubt a contributing factor in the estimated eight million new cases diagnosed worldwide each year.

Bible students realize that 'pestilences in one place after another' are a part of the sign that we are living in "the last days" of this system of things. (Luke 21:11; 2 Timothy 3:1) What will follow? A new earth, in which "no resident will say: 'I am sick.'" (Isaiah 33:24) Yes, Jehovah God promises, not temporary relief, but permanent release from sickness and death.—Revelation 21:1-4.

Do You Thirst for Bible Knowledge?



FOR decades free discussion of the Bible was prohibited in Communist lands. But with the end of the Cold War, hundreds of thousands of people there have begun seeking Bible knowledge. While this is occurring especially in republics of the former Soviet Union, the situation is similar in Eastern European countries.

For example, a discussion of the Bible brought great joy to a 45-year-old biology and chemistry teacher in Pécs, Hungary. "It was a thrilling and joyful experience to talk with one of Jehovah's Witnesses when I visited Budapest," the teacher wrote. "I like to

read the Scriptures, and I would appreciate sharing in a Bible study. I would thankfully accept your help."