

# Awake!

JANUARY 2010



ARE YOU  
WORKING  
TOO HARD?

ALSO: WHAT IS JUDGMENT DAY? PAGE 10

# Awake!

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## Can Mealtime Strengthen Your Family Values?

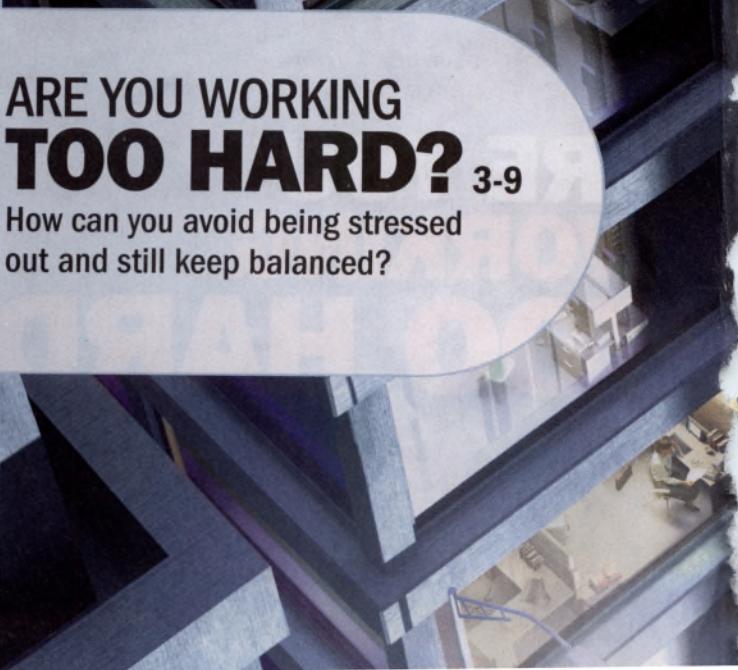
Strive to maintain a daily habit of at least one meal together as a family around the table. See how communication blossoms.



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## Why Don't Boys Like Me?

What kind of girls are boys really attracted to? The answer might surprise you!



## ARE YOU WORKING TOO HARD? 3-9

How can you avoid being stressed out and still keep balanced?

# ARE YOU STRESSED OUT?

AROUND the world, the conflict between work and family life is a major issue. As one source indicates, 'globalization, new technology, and a high-pressure, 24/7 economy have blurred the traditional line between home and work.' These changes have created unprecedented wealth. But this success has come at a price. Says one author: "Millions of us are overworked, overscheduled, overwhelmed. We're just plain stressed out."

Now add to this the demoralizing effects of the recent economic recession. Workers worldwide, both white collar and blue collar, have lost their jobs and their homes. They probably wish they could be working hard.

Let us consider the scope of these problems:

- **Among European workers, 6 out of 10 suffer from work stress.**
- **Among U.S. employees, 1 in 3 feels chronically overworked.**
- **More than 2 of every 3 Canadians find it difficult to balance family life with work.**
- **It is estimated that over 600 million workers, or 22 percent of the global workforce, spend more than 48 hours a week at their job.**

These statistics reflect an immense human tragedy. Some studies link long and irregular working hours with bad health, strained relationships, poor parenting, separation, and divorce.

What about you? Are you working too hard? Or are you among the millions who are presently unemployed? Do you yearn for a better balance between work and family life? If so, how can you find it?



## THE "SECOND SHIFT"

"When I come home," says one woman worker, "I must prepare supper, clean the house, wash clothes, pick up the kids from their daily activities, help with homework, and see that they are bathed and put to bed. By then I'm dead tired." Millions of the world's estimated 1.2 billion working women face this daunting "second shift," as do many men. However, surveys show that men often resist doing domestic work. Women typically bear the brunt of all of this, whether they work outside the home or not.



# CULTIVATE A BALANCED VIEW OF WORK

**I**N THESE times of severe economic depression, a prime concern is having a regular job that guarantees sufficient income to cover the needs of the family. This is not always easy, especially when thousands of workers are being laid off. If you are one who suddenly becomes unemployed, the challenge is to take vigorous action to find another job.—See the boxes on pages 8 and 9.

Still, there is much more to life than hard work. “Let’s face it,” says Glenn, a family man from Australia. “No one on his or her deathbed says, ‘I wish I had spent more time at work.’” Living a satisfying, meaningful life obviously involves making time for secular

work. But for what else? For family, for recreation, and for spiritual needs. How can you care for these important areas of life in a balanced way?

## Time for Work, Time for Self

The Bible tells us to work hard to provide for our family. (Ephesians 4:28) However, it also encourages us to ‘eat, drink, and see good for all our hard work.’ (Ecclesiastes 3:13) Indeed, working long hours without proper rest or recreation can rob you of many joys in life. It can also lead to serious health problems.

Chronic overwork has been linked to obesity, alcoholism, heart disease, workplace ac-

## Awake!®

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

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cidents, drug dependency, anxiety, fatigue, depression, and many other stress-related disorders. Overwork can also be deadly. One report estimates that in Japan about 10,000 people die annually from overwork, as many as die in automobile accidents in that country each year. This phenomenon—labeled *karoshi*, “death from overwork”—stretches far beyond Japan.

Notice that the Bible wisely counsels: “Better is a handful of rest than a double handful of hard work and striving after the wind.” (Ecclesiastes 4:6) Yes, balance is vital. Do not let your profession become your obsession. Protect your mental, physical, and emotional health by taking time to rest and enjoy the fruits of your labors.

“We should work to live, not live to work,” says Andrew, a married man with three children. Balancing work with rest and leisure will also help you care for the needs of your family. But this is not easy, especially when you have bills to pay.

### Do not let your profession become your obsession

**Languages:** Afrikaans, Albanian, Amharic, Arabic, Armenian, Bislama, Bulgarian, Cebuano, Chichewa, Chinese<sup>+</sup> (audio Mandarin only), Chinese (Simplified), Chitonga, Ciembwa, 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, Kirghiz, Korean,<sup>++</sup> Latvian, Lingala, Lithuanian, Luvale, Macedonian, Malagasy, Malayalam, Maltese, Myanmar, Norwegian,<sup>++</sup> Polish,<sup>++</sup> Portuguese,<sup>++</sup> Punjabi, Rarotongan, Romanian, Russian,<sup>++</sup> Samoan, Sepedi, Serbian, Sesotho, Shona, Silozi, Sinhala, Slovak, Slovenian, Spanish,<sup>++</sup> Swahili, Swedish,<sup>++</sup> Tagalog, Tamil, Thai, Tok Pisin, Tongan, Tsonga, Tswana, Turkish, Ukrainian, Urdu, Vietnamese, Xhosa, Yoruba, Zulu

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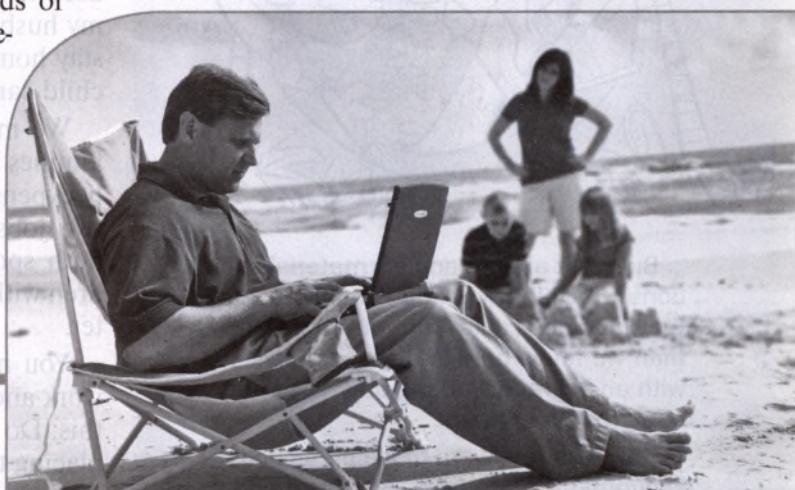
### Balance Work With Family Life

Today many families are overscheduled and underconnected. “Work gets most of my energy and the kids get what’s left,” laments one woman from England. In the United

**“Better is a handful of rest than a double handful of hard work and striving after the wind.”**—Ecclesiastes 4:6

States, 1 in 5 teenagers polled rated “not having enough time with parents” as their top concern. Another U.S. study reports that, on average, dual-income couples talk to each other only 12 minutes a day.

Fed up with the increasing pressure of work, many individuals are reexamining their



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## MONEY OR LEISURE?

Some 20th-century scholars believed that advancing technology would liberate people from the drudgery of work and usher in "an unprecedented era of leisure."

In the early 1930's, Professor Julian Huxley predicted that in the future no one would have to work more than two days a week. Businessman Walter Gifford declared that technology would give "every man the chance to do what he will . . . , the time to cultivate the art of living [and] enlarge the comforts and satisfactions of mind and spirit."



But what about people's material aspirations? Sociologist Henry Fairchild boasted that factories could "turn out more goods than we know how to dispose of wisely with an average working day . . . of not more than four hours."

How accurate were those predictions? Economic growth during the 20th and 21st centuries was truly explosive. Theoretically, this should have reduced the workload significantly. Yet, what has happened? Writes John de Graaf: "[People] have taken all their productivity gains in the form of more money—more stuff, if you will—and none of them in the form of more time. Simply put, we as a society have chosen money over time."

### **Do not forsake the joys of family life by placing too much emphasis on work**

priorities and making changes. Timothy, a family man with two small children, relates: "I worked overtime, and my wife worked weekends. We hardly saw each other. Finally, we reassessed our life and changed our work situation. Now we are much happier." Brian, a store manager, says: "With a second child on the way, I went looking for a job that would suit our family. I took a \$10,000-a-year pay cut to get better hours, but it was worth it!" Melina gave up secular work when her first daughter was born. "It was hard getting used to one income again," she recalls. "But my husband and I felt it was better for me to stay home with Emily rather than put her in child care."

We must recognize, however, that many families have a hard fight just to cover monthly expenses. Some spouses are holding down two jobs just to get by, and in other cases both spouses are working, leaving the children with grandparents or at a child-care center.

You may find additional ways to balance work and family obligations. The key point is this: Do not forsake the joys of family life by placing too much emphasis on work.

Be assured that balancing your work, recreation, and family needs will bring you rich rewards. In our final article, we will consider an even more important ingredient for a simple, balanced life.

## CAN YOU CREATE WORK OUTSIDE THE HOME?

Here are some suggestions that might help in some parts of the world during an unemployment crisis:

- House-sitting (when people are away on business or on vacation and want their home to be looked after)
- Cleaning: stores; offices; homes and apartments after construction, after fires, after people move out; housework (in homes of others); windows (business and domestic)
- Repairs: bicycles; appliances of all kinds (libraries contain easy-to-follow "How to . . ." books on repairs)
- Handyman jobs: siding houses; building cabinets, doors, porches; painting; fencing; roofing
- Farmwork: planting crops, picking fruit, harvesting
- Interior landscaping and plant care at: offices, banks, lobbies, shopping plazas, and atriums
- Property management: janitor, superintendent (sometimes includes free living quarters)
- Carpet and laminate wood floor installation, cleaning
- Newspaper routes (adults and children) and other delivery services: ads, bills for municipalities
- Moving, storage
- Landscaping, tree trimming, lawn care, woodcutting
- School-bus driver
- Photography (portraits and public events)
- Selling bait to fishermen
- Swap work: barter car repairs for electrical work, sewing for plumbing

For more information see *Awake!* of March 8, 1996, pages 3-11.



these things. Nevertheless, seek continually his kingdom, and these things will be added to you."—Luke 12:29-31.

Those reassuring words have moved countless Christians to simplify their lives. Juliet, who lives in Malaysia, relates: "My work left me exhausted and frustrated. So my husband and I prayed to Jehovah for help to simplify our lives. His answer was swift. Within a month, I was offered part-time work teaching disabled children." Steve, a roofing contractor in Australia, adjusted his work to spend more time with his family in spiritual activities. His wife, Maureen, explains: "He is so much happier now, and so are we. The children love it! I love it! Keep it simple, and the whole family thrives."

# LIVE A SIMPLE, BALANCED LIFE



**L**IVING a simple, balanced life is truly rewarding. But what does it involve? First, you may need to think about your priorities. How can you do this?

Ask yourself: 'What have I achieved so far? What remains to be done?' List your key goals below:

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

Today many people have a short-term, materialistic view of life. In effect, they say: "Let us eat and drink, for tomorrow we are to die." (1 Corinthians 15:32) They believe that today's work-spend consumer lifestyle is as good as life gets. The Bible, however, challenges this view.

In one of his parables, Jesus told of a man who accumulated goods, only to die before he could enjoy them. "So it goes with the man that lays up treasure for himself but is not rich toward God." (Luke 12:16-21) Was the

man wrong to work hard to provide for himself? Not at all. The problem was his materialistic focus. He left God out of his plans. As a result, all his wealth—all he had worked for—would not really benefit him in the long run. How tragic!—Ecclesiastes 2:17-21; Matthew 16:26.

In contrast, Jesus invites us to work for an eternal reward. "Work, not for the food that perishes," he urged, "but for the food that remains for life everlasting." (John 6:27) Earlier he had said: "God loved the world so much that he gave his only-begotten Son, in order that everyone exercising faith in him might not be destroyed but have everlasting life." (John 3:16) What a marvelous reward!

## How Can You Conquer Anxiety?

Jesus acknowledged the human tendency to worry about material things. Hence, he urged his disciples: "Quit seeking what you might eat and what you might drink, and quit being in anxious suspense; for all these are the things the nations of the world are eagerly pursuing, but your Father knows you need



**In God's new world, all work  
will be enjoyable and worthwhile**

However, if you have lost your job and are about to lose your home, it requires great faith to follow Jesus' admonition. Still, by giving priority to spiritual things and trusting in God, you too can live a simple, balanced life. Doing so will help you to reach out for "the real life"—eternal life in God's new world of righteousness, where all work will be enjoyable and no effort will be in vain.—1 Timothy 6:17-19; Isaiah 65:21-23.

Would you like to learn more about this "real life" that the Bible promises? If so, contact Jehovah's Witnesses locally, or write to the appropriate address on page 5 of this magazine.

## OPTIONS FOR CREATING WORK AT HOME

Study the needs in your neighborhood. Ask neighbors. Use initiative.

- Babysitting, child care
- Selling homegrown vegetables or flowers; juice drinks
- Sewing, altering, and repairing clothing
- Piecework for manufacturers
- Baking and food preparation
- Quilting, crocheting, knitting; making macramé, pottery; other crafts
- Upholstering
- Bookkeeping, typing, home computer services
- Telephone answering service
- Hairdressing
- Taking in boarders
- Addressing and filling envelopes for advertisers
- Washing and waxing cars (customer brings car to your home)
- Pet grooming and exercising
- Lock repair and key making (workshop at home)

Note: For much of the work mentioned above, ads can be placed free of charge or at low cost in weekend shopping flyers or on supermarket notice boards.



# What Is Judgment Day?

The Bible says that God "has set a day in which he purposes to judge the inhabited earth." (Acts 17:31) For many people the prospect of being subjected to any kind of judgment is unwelcome. Is that how you feel?

If SO, you can find comfort in the fact that Judgment Day is a loving arrangement that will bring great blessings to the human family—including those who have died. (Matthew 20:28; John 3:16) Why is Judgment Day necessary? What will actually occur during that "day"?

## Judgment Day—Why Needed?

When God placed humans on the earth, he did not intend it to be merely a proving ground for future life in another realm. He created humans to live forever on the earth. Although physically and mentally perfect, the first human couple rebelled against God. As a result, they lost the prospect of eternal life for themselves and brought sin and death to all of their descendants.—Genesis 2:15-17; Romans 5:12.

Judgment Day will be a period of a thousand years during which humans will have the opportunity to regain what Adam and Eve lost.\* Notice that Acts 17:31, quoted above, says that Judgment Day will affect those living on "the inhabited earth." Those receiving favorable judgment will live on earth and will enjoy everlasting life in perfect conditions. (Revela-

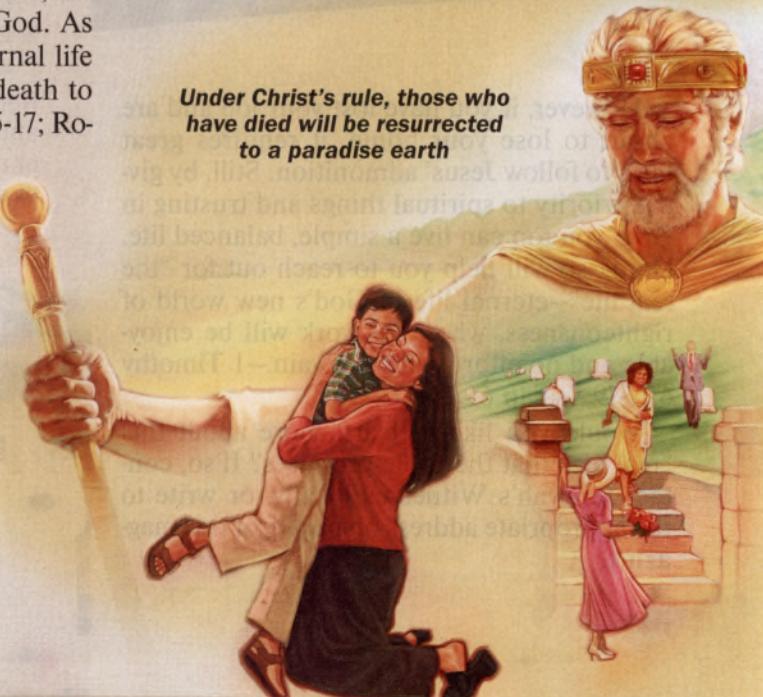
tion 21:3, 4) Thus, Judgment Day helps to accomplish God's original purpose for humans and the earth.

God's appointed Judge is Christ Jesus. The Bible says that Jesus will "judge the living and the dead." (2 Timothy 4:1) Who are "the living" that will be judged? How will the dead come to life again on "the inhabited earth"?

## Jesus Judges "the Living"

We are now nearing the foretold end of the present system of things, when God will destroy all elements of corrupt human society

*Under Christ's rule, those who have died will be resurrected to a paradise earth*



\* In the Bible the word "day" can refer to time periods of varying length. See, for example, Genesis 2:4.

and remove the wicked. Survivors of this system's end are "the living" who will be judged.—Revelation 7:9-14; 19:11-16.

During that period of judgment, which will last 1,000 years, Christ Jesus along with 144,000 men and women resurrected to life in heaven will rule over the earth. They will serve as kings and priests, administering the benefits of Jesus' ransom sacrifice and progressively elevating faithful humans to physical and mental perfection.—Revelation 5:10; 14:1-4; 20:4-6.

During Judgment Day, Satan and the demons will be restrained from influencing human activity. (Revelation 20:1-3) However, at the end of Judgment Day, Satan will be allowed to test the loyalty of every human living. Those who remain loyal to God will have passed the test that Adam and Eve failed. They will be judged worthy of receiving everlasting life in the restored Paradise earth. Those who choose to rebel against God will be permanently destroyed, as will Satan and the demons.—Revelation 20:7-9.

### Judging "the Dead"

The Bible says that during Judgment Day the dead will "rise up." (Matthew 12:41) Jesus said that "the hour is coming in which all those in the memorial tombs will hear his voice and come out, those who did good things to a resurrection of life, those who practiced vile things to a resurrection of judgment." (John 5:28, 29) This is not referring to disembodied souls of those who have died. The dead are totally unconscious and do not have a soul that survives death. (Ecclesiastes 9:5; John 11:11-14, 23, 24) Jesus will bring those asleep in death back to life again on earth.

Will the judgment of resurrected ones be based on what they did before their death? No. The Bible teaches that "he who has died has been acquitted from his sin." (Romans 6:7) So, like those who survive the end of this system, those resurrected to life on earth

will be judged "according to their deeds" during Judgment Day. (Revelation 20:12, 13) Depending on the final outcome of their actions, this will turn out to be either a resurrection that results in everlasting life or a resurrection

### Just imagine your joy at being reunited with resurrected loved ones

that results in destruction. Many of those restored to life will for the first time come to know about Jehovah God and his requirements for life. They will have the opportunity to live in harmony with God's will and receive everlasting life on earth.

### No Reason for Fear

Judgment Day will be not only a time of instruction from God but also a time for those alive to apply what they learn and enjoy the blessings that result. Just imagine your joy at being reunited with resurrected loved ones and growing to human perfection along with them!

God will allow Satan to test the loyalty of human creatures at the end of Judgment Day. But there is no need to be anxious or fearful. By the end of Judgment Day, all living will be fully equipped to face this final test. Judgment Day will thus be a part of the accomplishment of God's purpose to undo all the effects of the original rebellion against God in the garden of Eden.

### HAVE YOU WONDERED?

- What is Judgment Day?—**Acts 17:31.**
- Who will be judged?—**2 Timothy 4:1.**
- How long will Judgment Day last?  
—**Revelation 20:4-6.**

## Antibodies Still Roaming

"Nine decades after history's most lethal flu faded away, survivors' bloodstreams still carry highly potent protection against the 1918 virus, demonstrating the remarkable durability of the human immune system," states the *International Herald Tribune*. On examining blood from elderly Spanish-flu survivors, scientists found "antibodies that still roam the body looking to strangle the old flu strain." With these antibodies, researchers made a vaccine capable of curing mice that had been injected with the killer flu. The immune system's memory amazed researchers. "The Lord has blessed us with antibodies our whole lifetime!" one researcher exclaimed. "What doesn't kill you makes you stronger."

## Questions for God

"Why is there suffering if you are good?" This was one of the first questions that Swedish college students would ask God if they had the chance to do so, says the Swedish daily *Dagen*. A survey found that other common queries were: "What is the purpose of life?" and "What will happen after death?" Sweden is known as a highly secularized

**"The Christian God is not dead in American life,** but he is less of a force in our politics and culture than at any other time in recent memory."—*NEWSWEEK*, U.S.A.

**"The recession and economic turmoil is creating a new class of casualties:** Married couples who can't afford to get divorced. In these tough times many people are finding it's cheaper to stay together, even when they can't stand each other."—*THE WALL STREET JOURNAL*, U.S.A.

**One mother out of every 3 polled in Germany learns from her daughter**—regarding fashion, friendships, being more easygoing, or having greater self-esteem.—*BERLINER MORGENPOST*, GERMANY.

country. Even so, "these questions are alive," said a representative of the Christian student organization that conducted the survey. "Young people ponder over questions of this kind."

## Physical Disability Enhances Marital Happiness

"Both men and women—regardless of age—reported being happier in their marriage after they themselves became physically disabled," say researchers. Loss of ability to perform everyday activities can be stressful, but it can also unite spouses. Older men in particular report having more quality time with their mates. "Taking on care roles and responsibilities that may be new or more focused than in previous times in their marriage provided the men an opportunity to support and spend more time with their wives and ultimately enhanced their appreciation of their relationship," says Karen Roberto, director of the Center for Gerontology at Virginia Tech, U.S.A.



# Can Mealtimes Strengthen Your Family Values?



*"Life itself is full, not only of charm and warmth and comfort but of sorrow and tears. But whether we are happy or sad, we must be fed. Both happy and sad people can be cheered up by a nice meal."*—Laurie Colwin, American writer.

YEARS ago in Western lands, many homes had a treasured ritual. The whole family gathered around a table, at least once a day, to have a meal. No interruptions were allowed. Nobody watched television, wore earphones, or sent text messages to friends. A peaceful environment provided an opportunity for those present to absorb wisdom, strengthen family bonds, and laugh together over daily happenings while enjoying wholesome food.

For many people today, the family meal may sound like an old-fashioned custom. In many homes family meals are the exception not the rule. Why do families find it so difficult to eat together? Is this traditional custom worth preserving? What benefits could it bring to each family member?

## Family Meals—A Disappearing Custom

"The fact that it [the evening meal] has visibly diminished in the course of a single generation . . . is remarkable evidence of how rapidly our social connectedness has been changing," explains Robert Putnam in the book *Bowling Alone*. What factors have contributed to this phenomenon? First, the high cost of living has led both husbands and wives to work longer hours. Single parents, whose economic situation is usually more precarious, face an even greater strain

on their time. Second, today's hectic pace of life encourages fast food and hasty meals. Not only adults but also children have many commitments, such as sports and other after-school activities.

Additionally, there are fathers who prefer to arrive home when the toddlers are already asleep because they want to avoid tantrums at supper. Other parents, who do get home in time, choose to give the children supper first and send them to bed so that husband and wife can have a quiet meal together.

Such situations lead families to have separate eating sessions. Notes stuck on the refrigerator replace mealtime conversation. Each member of the family arrives home, warms a precooked dish, and sits in front of a TV set, a computer, or a game console. These social trends may seem irreversible. So is it worthwhile to think seriously about bucking the trend?

## Merits of the Tradition

Family meals offer parents a unique chance to care for their children's emotional well-being. The supper table is "an obvious place for kids to get regular access to parental presence and low-key attention," explains Miriam Weinstein in her book *The Surprising*

*Power of Family Meals.* "Family supper may not be a panacea, but it sure looks like a relatively painless fix."

Eduardo, a middle-aged father from Spain, agrees. "When I lived with my parents, there were 11 people at the table every day," he recalls. "My father made a great effort to return home to eat with his family at midday. It was a special occasion in every sense. We kept up-to-date with the lives of each family member. Good humor and laughter were often present. Those fond memories convinced me that I should imitate my father's example."

Family meals also help children to live a more balanced, healthy life. The U.S. National Center on Addiction and Substance Abuse at Columbia University found that youngsters who eat with their family about five times a week have fewer problems related to anxiety, boredom, or lack of interest, and they get better grades at school.

"I believe that family meals give children emotional stability," Eduardo adds. "My daughters are not worried about when they will be able to tell us something. Family meals present the perfect opportunity each day. Furthermore, as a father, these occasions help me keep informed of my daughters' problems."

Apparently, when families eat together, it can even help them to avoid bad eating habits. The University of Navarre in Spain reports that eating alone increases the risk of suffering from eating disorders. True, those disorders could still develop, but the absence of regular shared meals makes this more likely. "When eating together becomes a routine, children feel cared for. Family meals give

them the emotional security of a warm, loving family environment," explains Esmeralda, a mother of two daughters.

Family meals also offer parents the opportunity to care for their children spiritually. Some 3,500 years ago, God encouraged the Israelites to spend time with their children in order to inculcate spiritual values in their heart. (Deuteronomy 6:6, 7) "By praying together and considering a Bible text, family meals become a spiritual occasion," says Ángel, a father of two. In view of the many benefits that family meals offer, what have some families done to make them a regular feature of their lives?

### Making It Happen

"Organization and willingness are essential," Esmeralda explains. "You have to adapt the timetable as best you can to accommodate the one who arrives home last." Maribel, a mother of two, says, "We all have supper together every day, come what may." Some families use spare time on weekends to prepare ingredients or even whole dishes for suppers during the week.

Viewing family meals as a priority also helps. "I had to adjust my job in order to be home for our family supper, but it was worth the effort," says Eduardo. "Now I feel more aware of family affairs. Since I have to concentrate for many hours a day when I am at work, it would be inconsiderate for me not to pay the same attention to my family at mealtime."

What about distractions? "My family eats in a place where there is no television," says David, a 16-year-old. "We take advantage of the time to tell Mom and Dad about our day, and they often give us good advice." "Nowadays teenagers don't talk much to their parents," David adds. "Even when the whole family is at home, each one eats separately while watching television. They don't realize what they are missing." Sandra, aged 17, agrees: "I feel sad when my classmates say,

1. Potiphar's wife. 2. Joseph. 3. Not to lie down with Potiphar's wife. 4. Saul was tall and handsome. 5. Saul disobeied God.

ANSWERS TO PAGE 31

**Converse.** Children can learn to talk and listen respectfully. Conversations enrich their vocabulary and teach them how to express themselves.



Eat healthful meals at regular times.

**Work as a team.** Children can cooperate by setting and clearing the table, cleaning up afterward, or serving others. As they grow older, they can also help to prepare the meal.

'I wonder what my mother will have left in the fridge.' For me, family meals are not just for nourishment. They give us time to laugh, to talk, and to show affection to one another."

Family meals can become "a bulwark against the pressures we all face every day,"

Display good manners. Learn generosity by sharing food and not insisting on getting the best portion. Also learn to care for the needs of other family members while eating.

asserts *The Surprising Power of Family Meals*. Could they provide an opportunity for your family to draw closer together? If you live a busy life, family meals offer the chance to slow down and talk to your loved ones. The effort will certainly be worth it.

# Cultivating Orchids

## How Patience Pays Off

**G**ROWING orchids can be habit-forming. Some admirers spend hours studying the Latin names of their favorites so they can pronounce them properly. Why are people so fascinated with orchids?

The number of different kinds of orchids is vast. Some 25,000 different species have been discovered in the wild, and official organizations recognize more than 100,000 artificial hybrids! The label "artificial hybrid" does not mean that botanists have created new living organisms from soil, water, and air. Rather, such hybrids are the product of controlled cross-pollination.

Naturally occurring orchids as well as those produced with human assistance come in a variety of sizes. There are tiny orchids that are best observed with a magnifying glass, while others display themselves nicely on a windowsill. One orchid that grows in the Indonesian rain forest can weigh over 1,000 pounds!

Orchids flaunt a rainbow of colors and come in many shapes. Some of them bear a striking resemblance to bees, moths, and



birds, while others with forms unlike anything you have ever seen before are particularly captivating, especially to breeders. For many years, only the rich could acquire these beautiful plants, but now orchids are available to those of lesser means. Here is the story behind the beautiful orchids you can enjoy today.

### The "Orchid Rush"

People have admired orchids for centuries, but only in fairly recent times have growers learned effective ways to reproduce them. In 1856 the first man-made orchid hybrid flowered. However, cultivating these splendid but fussy flowers was often more tedious than delightful.

Orchid seeds are small—some are like fine dust. Handling such tiny seeds was, and often still is, a challenge, but the greatest dif-



**"Doritaenopsis"  
hybrid**

### Orchids in the Wild

When two or more closely related orchid species are flowering in the same area, there is a chance that a natural hybrid will develop. In nature, insects and other creatures act as pollinators. When a pollinator visits orchids in search of nectar, pollen from one plant sticks to its body and pollinates subsequent plants visited. The pollinated orchids may then become fertilized. As such, they will produce seedpods.

In time, the seedpod ripens, splits open, and sets loose thousands, or even millions, of seeds. Some of these fall to the ground, while the wind carries off many others. The seeds that take root have a hard time, and very few reach maturity. Those that grow as a result of pollen from one species fertilizing another species are known as natural hybrids. But how is an artificial orchid hybrid made?

### Making the Hybrid

An orchid hybrid is the combination of characteristics from each of its parents. Hence, a grower first considers what kind of flower he wishes to produce. He may be looking for a certain color or stripes or spots. He

faculty has been getting them to grow. For decades, growers experimented with different materials and conditions to find the right medium for the germination of orchid seeds. In 1922, Dr. Lewis Knudson, a scientist at Cornell University in the United States, discovered that when the seeds were placed in a mixture of water, sugar, and agar (a jelly-like substance extracted from seaweed), they sprouted and flourished. Soon enthusiasts were producing new orchid hybrids in abundance. This "orchid rush" continues, with many hybrids never before seen in public appearing each year.

But long before humans cultivated them, orchids grew in the wild. How do orchids produce hybrids in their natural environment?

may be seeking to combine those features in a plant with small flowers or large ones. Fragrance is another factor. With those points in mind, the grower selects two orchids that will hopefully endow their offspring with the desired characteristics. For instance, an orchid cultivator may choose the golden slipper orchid (*Paphiopedilum armeniacum*) as one of the species he will use. That orchid was discovered in China in 1979. It often imparts a rich golden-yellow to its hybrid offspring, some of which are stunningly beautiful.

Once the grower has acquired his two parent plants, he removes all existing pollen from the *pod parent*, the flower that will receive pollen from the other plant. The orchid that supplies the pollen is known as the *pollen parent*. With a toothpick or similar tool, the grower removes pollen from the pollen parent and smears the pollen at the base of the column of the flower of the pod parent. He labels this cross-pollinated orchid with the names of both parents and the pollination date.

### **Patience Is a Must**

If fertilization takes place, an amazing thing occurs in the blossom of the pod parent. Thread-like tubes stretch out from the column to a part of the blossom known as the ovary. The ovary then swells and forms a seedpod. Inside, hundreds of thousands of tiny seeds are forming, each one connected to a single pollen tube. It may take months or more than a year for the seedpod to ripen. At that point, the grower gathers the seeds from the seedpod. He places them in a sterilized flask with a solution of agar and nutrients. If the seeds germinate, tiny orchids will soon appear like a carpet of green grass.

After a few months, the grower removes the seedlings from the flask and places them close together in a community pot. He keeps an eye on the seedlings, frequently watering them so they will not dry out. In time, the grower transplants his new orchids to individual pots. At this point, patience is a true virtue. Orchids may take from a few years to over a decade to bloom.

Imagine a grower's satisfaction when he sees a blossom on an orchid he has worked to produce! If the hybrid is new, the grower can register it using a name of his choosing. All hybrids developed thereafter using that genus/species blend will thus be referred to by the registered name.

At times, a grower finds an ideal combination that creates a sensation among orchid hobbyists. He may receive awards, and his beautiful plants will command high prices. But regardless of the monetary outcome, the pleasure of seeing a blossom on an orchid that he has crossed is a delight.

Now you know that it took much time and patience to produce the beautiful orchids that you admire. But in reality, the work humans do in producing orchid hybrids is simple compared with that of the grand Creator of every living thing, Jehovah. He has put the complex genetic code in each plant, allowing for such gorgeous blossoms. We are merely the recipients of his artistic love demonstrated among the fascinating variety of orchid hybrids. It is truly as the psalmist David wrote: "How many your works are, O Jehovah! All of them in wisdom you have made. The earth is full of your productions."—Psalm 104:24.

**"Brassidium" hybrid**





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## The Golden Age of **Queen Elizabeth I** Myth or Reality?

**S**HE was a legend in her lifetime. Authors, poets, playwrights, and modern filmmakers have perpetuated her fame. Recent years saw a surge in books and exhibitions about her. In an international poll, she featured in the top ten of the greatest Britons. She was Queen Elizabeth I of England.

Why has this monarch, known in her time as the Virgin Queen and Good Queen Bess, caught the public's attention so persistently? Was her reign really a golden age?

### **She Inherits Many Problems**

Elizabeth Tudor was born in 1533—to the bitter disappointment of her father, Henry VIII, a king desperate for a male heir. Her mother, Anne Boleyn, Henry's second wife, failed to produce a son. Henry had her be-

headed on what many think were trumped-up charges. Elizabeth was just two years old at the time.

Henry had by then severed ties with the pope in Rome and had declared himself the supreme head of the Church of England. After Henry's death in 1547, the spiritual advisers of his young son, Edward VI, attempted to make England truly Protestant. Edward died after reigning just six years, and the nation swung again to the Roman Catholic faith under the brief and bloody rule of Mary I, Elizabeth's half sister.\* By the time Elizabeth came to the throne in 1558 at the age of 25, England was not only torn by religious strife but also almost bankrupt. It had lost the last of its French possessions, and Spain posed a very real threat.

Elizabeth began her rule by surrounding herself with capable advisers, some of whom were to stay with her for most of her 44-year reign. The first problem she tackled was religion. As the National Maritime Museum notes, she chose "to reinstate the Reformation and build a Church of England that was neither Catholic nor extreme Protestant." Instead of its supreme head, she became its supreme governor to pacify those who could not accept a woman as head of the church. Next, parliament passed the Act of Uniformity that established the beliefs and practices of the Church of England, although retaining certain Catholic ceremonies. Inevitably, this "middle way" did not please most Catholics or the more rigid Protestants, the Puritans.

There was another more personal problem on Elizabeth's mind. How could she gain the allegiance and respect of a nation still reeling from the disastrous reign of Mary I? She decided to turn her gender into an asset. Historian Christopher Haigh explains: "On her throne, Elizabeth was the Virgin Queen; towards the Church she was a mother, with her

\* See the article "Religious Intolerance Now Admitted," in *Awake!* of April 8, 2000, pages 12-14.

nobles she was an aunt, to her councillors a nagging wife, and to her courtiers a seductress." Her secret was to reassure her people constantly of her special love for them. In turn, her people loved her too, or so she told them repeatedly, and soon they believed it.

Parliament was anxious for Elizabeth to marry and produce a Protestant heir. First one and then another royal suitor came forward. Elizabeth would feign interest and keep the marriage negotiations going for months, sometimes years, before deciding against the betrothal when it was politically expedient to do so.

As Elizabeth pursued a "moderate" religious path, she became the target of conspiracies against her. Lurking in the wings was her Catholic cousin, Mary Stuart, whom Catholic Europe viewed as the rightful heir of Mary I. Danger from this quarter increased in 1568 when Mary was forced to abdicate the Scottish throne and flee to England. Although under house arrest, she quickly became the focus of Catholic plots to overthrow the Protestant queen, but Elizabeth steadfastly refused to put a fellow monarch to death. In 1570, Pope Pius V issued a papal bull excommunicating Elizabeth and absolving her subjects of obedience to her. The next pope, Gregory XIII, went further, declaring that it would be no sin to invade England and forcibly remove the queen. Matters came to a head when Anthony Babington's plot to kill Elizabeth was discovered and Mary was implicated. At last, Elizabeth was forced to make a decision about Mary, and urged on by parliament, she finally agreed to Mary's execution in 1587. Catholic Europe was incensed—and particularly Philip II of Spain.

### Catholic Philip's Bold Strategy

Philip, at that time Europe's most powerful ruler, had tried to keep England Catholic by asking Elizabeth to marry him when she became queen, but she had turned down his offer. For years English privateers had been

- A. English fireships sent into the Spanish Armada
- B. Sir Francis Drake
- C. Queen Elizabeth
- D. The Globe Theatre
- E. William Shakespeare



looting Spanish ships and ports and challenging its colonial supremacy. To add insult to injury, Elizabeth supported the Dutch in their struggle for independence from Spanish rule. Mary's execution was the last straw for Philip. Urged on by the pope, he planned to use the Spanish Armada, a huge fleet of more than 130 ships, which would sail to the Netherlands, pick up a large land army, and then cross the English Channel to invade England. Before the fleet was fully mobilized, English spies uncovered the plot. Elizabeth sent Sir Francis Drake with 30 ships to the Spanish harbor of Cádiz, where they destroyed a number of the prize vessels, delaying the Armada for a year.

When the Armada finally left port in 1588, the English navy was ready for it. Although under fire, the Spanish fleet came through

A: From the book *The History of Protestantism* (Vol. III); B: ORONZO; C: From the book *Heroes of the Reformation*; D: From the book *The Comprehensive History of England* (Vol. III); E: Encyclopædia Britannica (11th Edition) (1911)



English Channel without too much damage and anchored off the French port of Calais. The following night the English sent in eight fireships.\* In panic, the Spanish fleet scattered, and after some fierce fighting, a southwest wind blew them away from England and northward toward Scotland. Storms around Scotland and the west coast of Ireland wrecked half the Spanish ships, while the rest limped back to Spain.

### The “Golden Age” Begins

At the start of Elizabeth’s reign, England had no overseas possessions. In contrast, Spain was acquiring great wealth from vast territories it conquered in North, Central, and South America. England wanted a share of the action. So, enterprising adventurers set

\* A fireship was a military vessel loaded with explosives and other combustible materials that was set adrift on fire among enemy ships, causing destruction.

sail across oceans seeking fame, fortune, and new trade routes to China and the Far East. Sir Francis Drake became the first sea captain to sail his own ship around the world, plundering Spanish treasure ships as he navigated up the west coast of South and North America. Challenging Spain’s monopoly of the New World, Sir Walter Raleigh sponsored attempts to found a colony on the East Coast of North America. The territory that he claimed there he named Virginia in honor of England’s Virgin Queen. Although those early colonizing attempts failed, they awakened England’s interest in future ventures. When Spain’s “Invincible Armada” was defeated, England grew in maritime confidence and Elizabeth supported new trading enterprises on the other side of the world in southeast Asia. The stage was set for the foundation of a British Empire that would eventually encircle the globe.\*

On the home front, education was encouraged. New schools opened giving more students a door to the literary world. Thirst for literature, coupled with advances in printing, produced a cultural explosion. This was the age of William Shakespeare and other great dramatists. Audiences thronged to newly opened theaters to be entertained by their plays. Poets wrote eloquent sonnets, and composers developed innovative music. Skilled artists painted exquisite miniatures of queen and courtiers. New Bible translations took pride of place in churches and homes. But the golden days did not last.

### The Golden Age Loses Its Glitter

Elizabeth’s last years were full of troubles. Having outlived her trusty advisers, she bestowed privileges on a chosen few, provoking furious rivalry at court and even an unsuccessful rebellion. Once again her kingdom was rent by religious division. Catholics refused to attend Protestant services and experienced increasing persecution. By the end

\* See the box “John Dee and the British Empire.”

## JOHN DEE AND THE BRITISH EMPIRE

Elizabeth called John Dee (1527-1608/9) her philosopher. A respected mathematician, geographer, and astronomer, he was also deeply interested in astrology and the occult. He advised the queen on the most propitious day for her coronation and practiced his arts in her court. Credited with popularizing the term "British Empire," he encouraged Elizabeth to view herself as empress of a future empire to be gained by controlling the oceans and colonizing new lands. To this end he tutored explorers in navigation, particularly in their search for Northeast and Northwest passages to the Orient, and he backed schemes to colonize the North American continent.



of her reign, approximately 200 priests and laymen had been executed. Puritans suffered imprisonment and executions too. Rebellion against English rule broke out in Ireland, and war with Spain continued. Four successive poor harvests caused rising unemployment and vagrancy, and people rioted against high food prices. Elizabeth had outlived her popularity. England no longer loved its Virgin Queen.

Elizabeth gradually lost the will to live and, as the last of the Tudor rulers, died on March 24, 1603. The nation greeted the news with stunned silence, but by evening they were celebrating a new monarch with bonfires and street parties. At last they had a king—James VI of Scotland, Protestant son of Mary Stuart. In his role as James I of England, he did what Elizabeth had been unable to do—he united the two kingdoms under one monarch. Early optimism, however, soon changed to disillusionment, and the na-

tion began longing for the days of their Good Queen Bess.

### Was It Really a Golden Age?

Early historians wrote glowingly of Elizabeth. A few years after her death, William Camden described her reign as a golden age of progress during which the queen inspired her people to greatness. No one really challenged this view for centuries. Elizabeth's reputation even increased toward the end of the 19th century when she was credited with the

**"Elizabeth has attained a posthumous reputation far in excess of her actual achievements"**

birth of the British Empire, which by then covered a quarter of the world.

Some modern historians do not view Elizabeth's reign through such rose-colored glasses. *The Oxford Illustrated History of Britain* states: "Elizabeth has attained a posthumous reputation far in excess of her actual achievements. It is plain that her own propaganda, . . . her sheer longevity, the coincidence of the Shakespearian moment, and the lucky defeat of the Armada have beguiled us into joining a crescendo of adulation that ignores the simple fact that she quietly allowed England to become ungovernable." Haigh, quoted earlier, explains why some historians wrote as they did: "In 1603, Elizabeth had seemed a foolish old woman, as men looked expectantly to a Stuart king. By 1630, when Stuart kings had proved rather a disappointment, she had become the paragon of all princely virtues."

There is no doubt that Elizabeth was an exceptional woman in a man's world. Intelligent and determined, she excelled at public relations with the help of her ministers, who skillfully stage-managed her speeches, public appearances, dress, and portraits to promote the royal image and its legendary golden age.



## Come See an African Market

ONE of the best ways to explore the culture, customs, and cuisine of a country is to visit a market. There you can observe the local people, taste their food, and buy their wares. You will also meet colorful traders who do their utmost to communicate with you—whatever your language.

You would be hard-pressed to find more fascinating markets than those in Africa. They teem with people and products of every sort imaginable. There you can feel the pulse of Africa. Come with me to visit a typical market here in Douala, Cameroon.

### Getting to Market the African Way

In many large African cities, the cheapest and quickest way to go to the market is by getting a ride on a motorbike. On almost every street corner, motorbike riders offer their services. If you pluck up enough courage, you can arrange for one of them to give you a ride. In Cameroon, this popular system of transport is unbeatable for both price and speed.

For the less adventurous, more conven-

tional taxis are also abundant. Several passengers will often pile into the same vehicle to share the cost.

### Hundreds of Stalls

The first-time visitor to the market may feel overwhelmed by the sheer number of people and stalls along the streets. Hordes of people, including children, carry merchandise on their heads. A closer look reveals that their baskets contain live chickens, peeled oranges, and assorted medicines, among other items.

Hundreds of wooden countertops are laden with such vegetables as cabbages, carrots, cucumbers, eggplants, squashes, string beans, sweet potatoes, tomatoes, yams, and various types of lettuce. Visitors from a different continent may not recognize all the produce, as some items are local favorites not common outside Africa. Perhaps the most colorful stalls are those selling red and yellow peppers, so fresh that they glisten in the morning sun. Many stalls offer avocados, bananas, grapefruit, melons, pineapples,

oranges, and lemons. They look so appetizing, and the prices are tempting! Yams, cassava, and rice—the mainstays of local produce—are also well represented, along with imported onions and garlic.

In one of Douala's markets, many of the stallholders belong to the Hausa and the Fula peoples. These merchants stand out because of their typical long blue, white, or yellow robes called gandouras or boubois and their friendly greeting in the Fulfulde language. A relaxed atmosphere is part of the market environment. On this visit, one stallholder, Ibrahim, selects three big onions and hands them to me as a gift. "Tell your wife to fill them with spicy rice and cook them slowly," he recommends.

A little farther along, freshly butchered meat—mostly beef and goat—is for sale. Strong men carry huge carcasses on their shoulders and dump them onto tables. The butchers, brandishing long knives with dexterity, invite customers to choose their cut of meat. Live goats, chickens, and pigs are also on sale for customers who prefer to do their own butchering.

#### Come Eat at a Chophouse

A marketplace without somewhere to eat is unthinkable. In Cameroon, food stalls at the market are known as chophouses. Some play loud music to attract potential customers, but there are also quiet places where one can order a typical African dish and meet local people. The menu will probably be written on a blackboard, and any who are not familiar with local dishes may need help to interpret it.

Two basic items are rice and *fufu*, a pounded mash made from manioc, plantains, or yams. You will also find grilled fish, beef, and chicken served with sauces made from okra, peanut butter, or tomatoes. The pace is unhurried in the chophouses, and there is ample opportunity to chat.

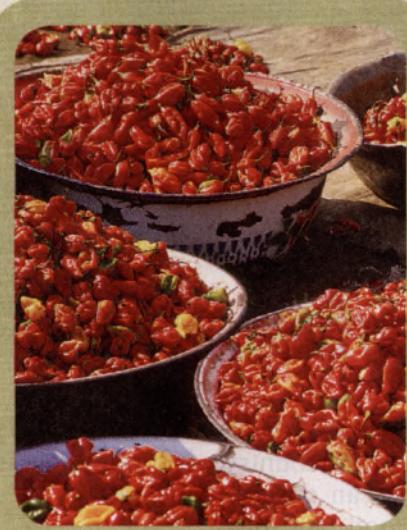
Two waitresses come over to serve us.

One is carrying a big tray with metal plates full of steaming rice, beans, and *fufu*. The staples are flavored with an okra sauce and garnished with meat and fish kebabs. There is also a small jar of hot red chili sauce for those who like their food spicy. The second waitress brings a towel and a basin with water so we can wash our hands. This is necessary, since local dishes are traditionally eaten without utensils. It is not uncommon for a customer to pray before eating and then to hear

guests at a neighboring table join in to say "Amen."

#### Sharing the Good News at the Market

Marketplaces have long played an important social role in many communities. They provide an ideal setting not only for buying and selling but also for sharing news, meeting friends, and even getting a job. The Bible says that Jesus visited marketplaces, where he taught people about God and performed healings. The apostle Paul too reasoned "in the marketplace with those who happened to be on hand." (Acts 17:16, 17; Mark 6:56) Likewise today, Jehovah's Witnesses in Cameroon find that the market is a fine place to preach the good news of God's Kingdom.—Contributed.

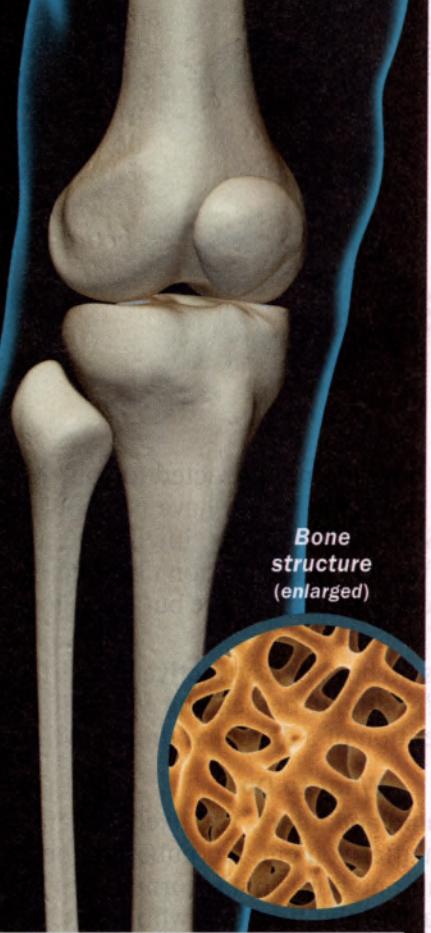


**Colorful peppers**

## WAS IT DESIGNED?

# Bone

## A MARVEL OF STRENGTH



- Bone has been described as “an engineering masterpiece of tensile, compressive and elastic strength.” Why?

**Consider:** The human skeleton consists of approximately 206 bones and 68 joints. The longest bone is the femur, or thighbone; the smallest is the stapes, a bone inside your ear. As skilled gymnasts clearly demonstrate, bones, muscles, cartilage, and joints can give a healthy body an astonishing degree of flexibility and range of movement. “The thumb alone would convince anyone that the architect of our body (whoever that may be to each one of us) had to be a genius!” says the National Space Biomedical Research Institute.

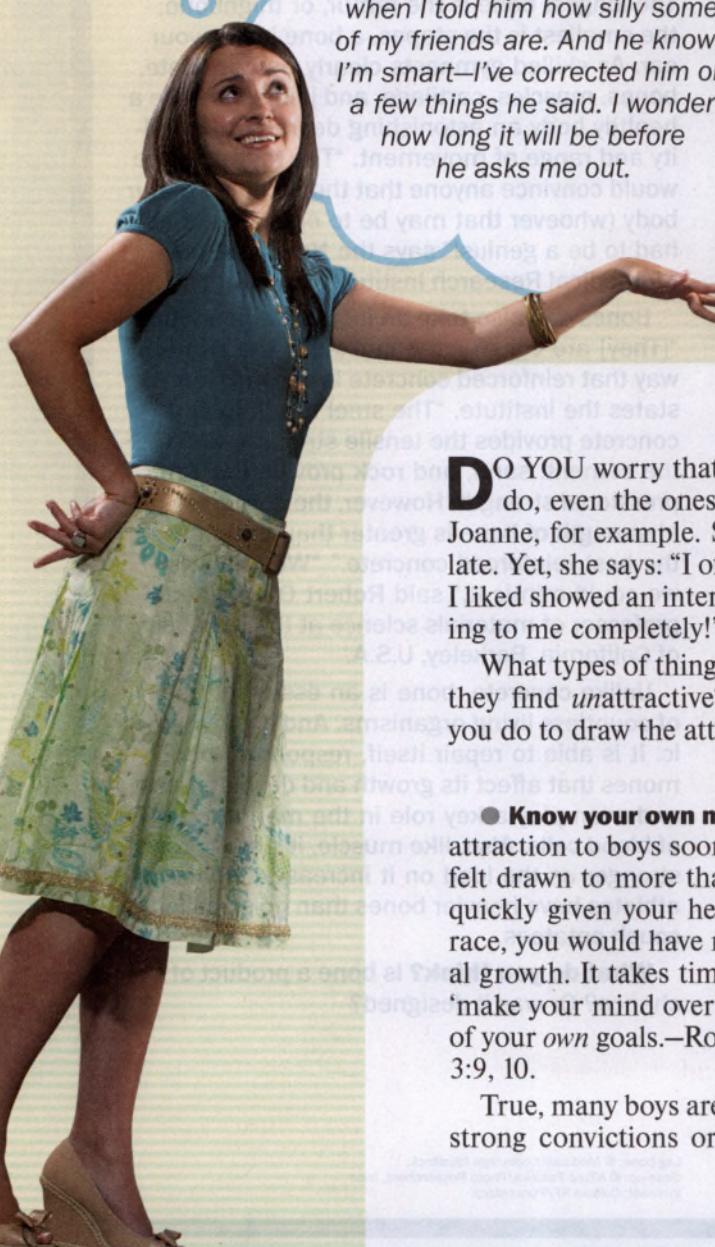
Bones can also take an incredible pounding. “[They] are constructed in exactly the same way that reinforced concrete is constructed,” states the institute. “The steel of reinforced concrete provides the tensile strength, while the cement, sand, and rock provide the compressional strength. However, the compressional strength of bone is greater than that of even the best reinforced concrete.” “We only wish we could mimic it,” said Robert O. Ritchie, a professor of materials science at the University of California, Berkeley, U.S.A.

Unlike concrete, bone is an essential part of countless living organisms. And it is dynamic. It is able to repair itself, respond to hormones that affect its growth and development, and even play a key role in the manufacture of blood cells. Also, like muscle, it slowly grows stronger as the load on it increases. Hence, athletes have heavier bones than do so-called couch potatoes.

**What do you think?** Is bone a product of chance? Or was it designed?

## YOUNG PEOPLE ASK

# Why don't boys like me?



He knows I'm popular because I've told him that other boys like me. He laughed when I told him how silly some of my friends are. And he knows I'm smart—I've corrected him on a few things he said. I wonder how long it will be before he asks me out.

She looks attractive, but she seems so shallow! I've hardly had a chance to say anything. And when I do speak up, she corrects me! I wonder where the nearest exit is.

**D**O YOU worry that boys are not attracted to you? Many girls do, even the ones you think would have no problems! Take Joanne, for example. She's good-looking, intelligent, and articulate. Yet, she says: "I often feel that boys don't like me. A few that I liked showed an interest in me for a while but later stopped talking to me completely!"

What types of things do boys find attractive in a girl? What do they find *unattractive*? Without demeaning yourself, what can you do to draw the attention of a decent young man?

### What to Do

● **Know your own mind and heart.** You likely felt an increased attraction to boys soon after you entered puberty. You may have felt drawn to more than one boy. That's normal. But if you had quickly given your heart to the first boy who made your pulse race, you would have risked stunting your emotional and spiritual growth. It takes time to develop positive personality traits, to 'make your mind over' on important matters, and to reach some of your *own* goals.—Romans 12:2; 1 Corinthians 7:36; Colossians 3:9, 10.

True, many boys are attracted to girls who have not yet formed strong convictions or who are naive. However, such boys are

primarily interested in the girl's body, not in who she is as a person. The fact is, a balanced young man will look for a girl who can bring her strengths to a partnership.—Matthew 19:6.

**What boys say:** "I find it attractive when a girl is able to form opinions for herself, when she seems to have the inner conviction that she's a person in her own right."—James.

"I'd be interested in a girl who can express herself in an honest, respectful way and who doesn't just agree with everything I say. Even if she's pretty, I don't feel comfortable with a girl who just says what I want to hear. That scares me!"—Darren.

"I admit that I'm often initially attracted to pretty girls. But that can quickly cool off if the girl doesn't have some definite, worthwhile goals. On the other hand, if she knows what she wants to do with her life—especially if she has already reached some of her goals—that can make her very attractive."—Damien.

● **Develop respect for others.** Just as you have a need to be loved, the boys you know have a deep desire to be respected. It's no coincidence that the Bible says to the husband that he should love his wife but that the wife should have "deep respect" for her husband. (Ephesians 5:33) In harmony with this insight, one survey of hundreds of young men found that more than 60 percent said they valued respect more than love. Over 70 percent of the older men surveyed made that same choice.

Respect doesn't mean surrender—that you must give up your right to hold a different opinion and to express it. (Genesis 21:10-12) But the way you express your opinion will likely determine if you repel or attract a young man. If you consistently contradict or correct what he says, he may feel that you have little respect for him. Yet, if you acknowledge his viewpoint and comment on what you find praiseworthy, he will be more likely to accept and value your opinion. Of course, a discern-

ing young man will also notice if you treat members of your family and others with respect.\*

**What boys say:** "Guys like to think that their opinion matters to someone, especially to a girl they like."—Anthony.

"I think respect is the most important thing at the start of a relationship. Love might develop later."—Adrian.

"If a girl can show respect for me, I feel that she can definitely love me."—Mark.

● **Dress modestly, and maintain good hygiene.** Your dress and grooming are like loudspeakers that broadcast your inner thoughts and attitudes. Long before you start to talk to a boy, your attire has expressed volumes about you. If your clothing is well arranged and modest, it will send a very positive message. (1 Timothy 2:9) If it is provocative or sloppy, the message will be loud and clear—and negative!

**What boys say:** "A girl's standard of dress says a lot about her attitude toward life. If she wears revealing or sloppy clothes, it tells me that she is desperate for attention."—Adrian.

"I am drawn to a girl who cares for her hair, smells pleasant, and has a soothing tone of

\* See chapter 3 of the book *Questions Young People Ask—Answers That Work*, Volume 2, published by Jehovah's Witnesses.



**Love and respect are like the two wheels  
of a bicycle—both are essential**

voice. On the other hand, although I was attracted to one beautiful girl, her bad hygiene put an end to that.”—Ryan.

“I’m really attracted to a girl who doesn’t feel the need to wear stacks of makeup and who doesn’t have to resort to tight or revealing clothing to get attention.”—Ethan.

“If a girl dresses provocatively, she’ll spark an initial attraction for sure. But that’s not the type of girl I want to start a relationship with.”—Nicholas.

### What Not to Do

● **Don’t flirt.** Women have the ability to exert tremendous influence on men. That power to attract can be used for good and for bad. (Genesis 29:17, 18; Proverbs 7:6-23) If you test out the power you have on every boy you meet, you’ll likely gain a reputation as a flirt.

**What boys say:** “Just sitting beside an attractive girl and touching shoulders can be thrilling for a guy and can excite his emotions. So I think that a girl who frequently touches you when talking to you is flirting.”—Nicholas.

“If a girl constantly finds ways to touch the arm of every boy she meets or if she coyly glances at every passing male, then I think she’s a flirt, and I find that unattractive.”—José.

“I would describe a girl as a flirt if she touched every guy she met and quickly switched her focus to whichever guy was giving her the most attention.”—Ethan.

● **Don’t be clingy.** When a couple marry, they become what the Bible calls “one flesh.” (Genesis 2:24) At that stage of the relationship, both husband and wife give up many of the freedoms they may have had when single; really, they become committed to each other. (1 Corinthians 7:32-34) However, if you’re just getting to know a young man, you don’t have the right to expect that level of accountability from him, nor he from you. If you’re

hasty in demanding his undivided attention, you may sabotage your friendship.\*

**What boys say:** “I think a girl is being too clingy if she needs to know my every move and seems incapable of having a social life or other interests aside from me.”—Darren.

“If a girl I’ve recently met constantly texts me and wants to know who I’m with, especially the names of any girls in the group, then I think that’s a warning sign.”—Ryan.

“A girl who won’t allow you to spend time with your male friends and gets annoyed when you don’t always invite her to be with you is unattractively dependent.”—Adrian.

### Appreciate Your Own Value

You likely know girls who would do anything just to gain the attention and approval of a boy. Others may lower their standards just so they can have a boyfriend—or even a husband. However, the principle ‘you reap what you sow’ applies in this matter. (Galatians 6:7-9) If you don’t value yourself and the standards you try to live by, you’re likely to attract boys who don’t value you or your standards either.

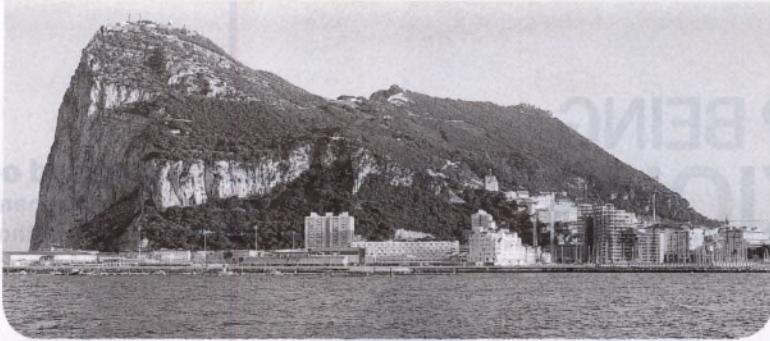
The fact is, not all boys will like you—and that can be a good thing! But if you are conscious of caring for both your external beauty and your inner beauty, you will have “great value in the eyes of God”—and you will attract the type of young man that you deserve. —1 Peter 3:4.

\* Of course, when a couple get engaged, they are rightly more accountable to each other.

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

#### TO THINK ABOUT

- How can you show that you respect a young man’s thoughts and feelings?
- How can you show that you value yourself?



## 'Arresting the drift toward selfishness'

● GIBRALTAR, which lies at the southern tip of the Iberian Peninsula, has witnessed many sieges and invasions during its turbulent history. But on one weekend in October 2008, the town saw a peaceful "invasion" of nearly a thousand Spaniards. They came to construct a Kingdom Hall that would serve as a meeting place for the two congregations of Jehovah's Witnesses that meet in Gibraltar.



the greatest number of people to work on one single project—and a voluntary one at that."

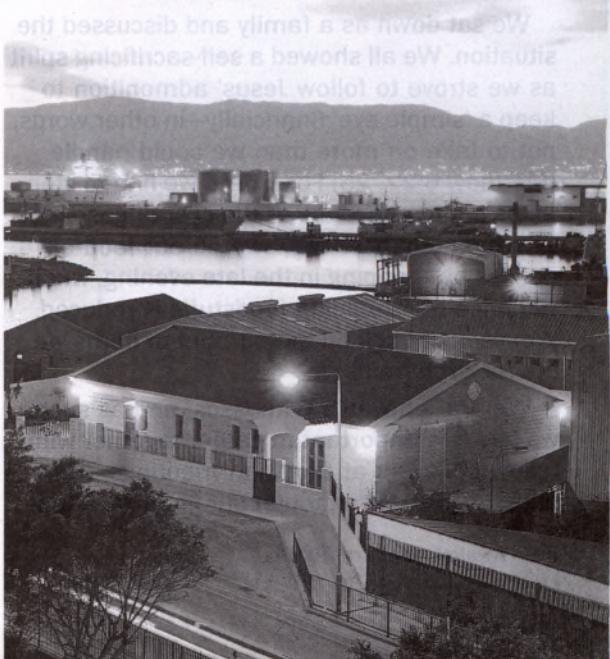
The local authorities supported the project from the outset, kindly providing the Witnesses with a suitable site for the construction of this place of worship. What motivated such civic generosity?

"I believe that godliness is a positive feature in any society," the chief minister explained. "All religions in Gibraltar have a constitutional right to freedom of worship, so the government has a moral obligation not to discriminate in religious matters. Furthermore, providing a suitable site for the Witnesses to construct a place of worship is an investment in the community."

"We need to arrest the general drift toward selfishness," he added. "Your enthusiastic group of volunteers has shown that this can be done."

Despite a storm that delayed the commencement of the work, the Kingdom Hall was completed on Monday, the third day of the project. "Many of the volunteers offered to stay in Gibraltar the extra day in order to complete the project," explained Secundino Nogal, who supervised the work. "We are used to overcoming problems. Our method of construction requires flexibility. But above all, it requires unselfishness, and that is why it brings us so much satisfaction."\*

\* The *Gibraltar Chronicle*, a local newspaper, reported: "In a weekend when the elements were busy with destruction [Gibraltar's Jehovah's] Witnesses . . . completed their temple [Kingdom Hall] with an army of volunteers in just three days."



# "STOP BEING ANXIOUS"

**"Our bank account was wiped out along with the savings we held in the names of our children. For many months we were without income."**



● I was running a school in a rural area in India, and it was doing very well. At one time approximately 500 students were enrolled there. Then, a prestigious school in the city began sending buses to our area, and they made admission into their school easy. Understandably, many of my students transferred to the city school. In fact, the number of students at my school dropped from about 500 to about 60. Making matters worse, near that time a school official backed out of a financial agreement we had, and he still owed me money. With a large number of school staff to pay, I faced a financial crisis.

We sat down as a family and discussed the situation. We all showed a self-sacrificing spirit as we strove to follow Jesus' admonition to keep a 'simple eye' financially—in other words, not to take on more than we could handle. (Matthew 6:22, 25) For a time we had to stop using our car because of the cost of gasoline and maintenance. We lowered our food expenses by shopping in the late evening, when the price of remaining foodstuffs is reduced. We also cut back on the number of items we ate for each meal.

We are Jehovah's Witnesses, and as such we feel it is important to gather together with fellow believers at Christian meetings. (Hebrews 10:25) So although our financial situa-

tion was difficult, we resolved not to miss meetings and assemblies—even if it meant traveling long distances. Our ministry—which involves teaching people about the Bible—includes going to distant territories. We used a motor scooter instead of a car for this work. Of course, no more than two could ride the motor scooter at a time.

But this didn't mean we spent less time in the ministry. On the contrary, both my wife and our daughter began spending more time talking to others about the Bible. They sometimes walked four to five miles each way to conduct home Bible studies with interested ones. My son and I also made efforts to spend more time teaching others about the Bible.

Things are now a bit better for us financially. From our ordeal, though, we have learned as a family not to place too much importance on material possessions. We also learned not to be overly anxious about things over which we have no control. We have found Psalm 55:22 to be particularly encouraging. It states: "Throw your burden upon Jehovah himself, and he himself will sustain you. Never will he allow the righteous one to totter." Those words proved to be 100 percent true during our period of financial stress!—Contributed.



## WHAT DO YOU KNOW ABOUT KING SAUL?

- 4. What outstanding physical features did Saul have?**

CLUE: Read 1 Samuel 9:1, 2.

- 5. Why did Jehovah reject Saul?**

CLUE: Read 1 Samuel 13:13, 14.

### FOR DISCUSSION:

What is more important to God than a person's physical appearance? CLUE: Read 1 Samuel 16:6, 7. How can knowing that fact help you to keep a balanced view of your physical attributes? CLUE: Read 1 Timothy 4:8.

● Answers on page 14

## Was It a Good Decision?

Read Genesis 39:1-23. Now look at the picture, and write your answers on the lines below.

- 1. Who is the woman in this scene?**

- 2. Who is the man?**

- 3. What decision did the man make?**

### FOR DISCUSSION:

Why did the man make that decision? Did he suffer for it? Do you think he made the right decision, and if so, why? When might you suffer for making a decision to do the right thing?



## CHILDREN'S PICTURE SEARCH

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

## FROM THIS ISSUE

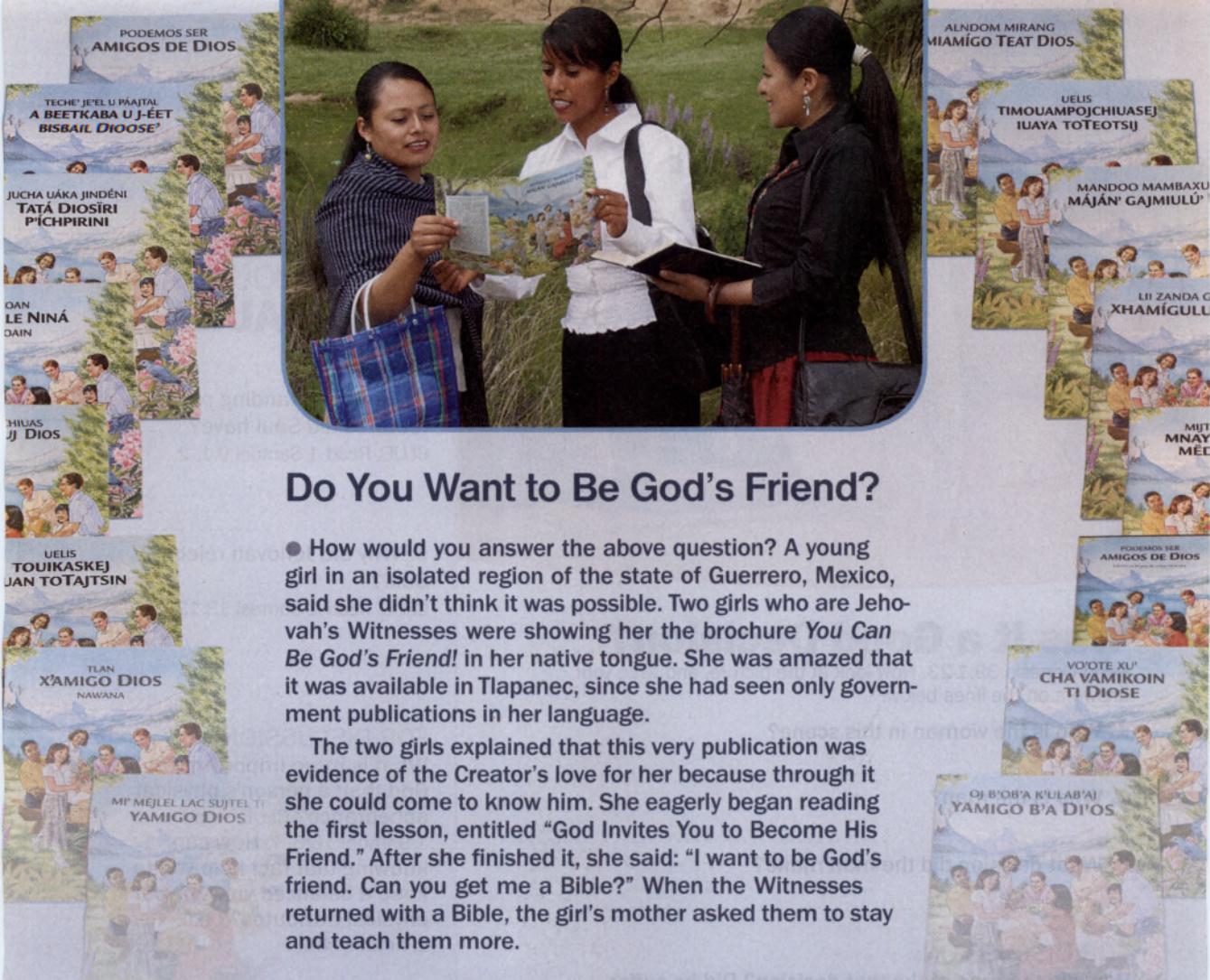
Answer these questions, and provide the missing Bible verse(s).

**PAGE 4** Regarding work, what does the Bible encourage? Ecclesiastes 3:\_\_\_\_\_

**PAGE 7** What should we work for? John 6:\_\_\_\_\_

**PAGE 10** God has set a day to do what? Acts 17:\_\_\_\_\_

**PAGE 28** When a couple marry, what do they become? Genesis 2:\_\_\_\_\_



## Do You Want to Be God's Friend?

● How would you answer the above question? A young girl in an isolated region of the state of Guerrero, Mexico, said she didn't think it was possible. Two girls who are Jehovah's Witnesses were showing her the brochure *You Can Be God's Friend!* in her native tongue. She was amazed that it was available in Tlapanec, since she had seen only government publications in her language.

The two girls explained that this very publication was evidence of the Creator's love for her because through it she could come to know him. She eagerly began reading the first lesson, entitled "God Invites You to Become His Friend." After she finished it, she said: "I want to be God's friend. Can you get me a Bible?" When the Witnesses returned with a Bible, the girl's mother asked them to stay and teach them more.

