

Awake!

APRIL 8, 1982

FEATURE ARTICLE

What kind of person would you say that Bill Gates
is? No one could say a more words than your computer
experts. Of all those who have been called great,
few have done what Gates has.

What Makes a Person Great

Who Were Jesus' Critics

Who Can Learn From

to You Now

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Teenagers' True Intentions

Young People Ask . . .

Time to Reinterpretation—How Do You

Acrostic Puzzles

Letters Available by Mail

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The Greatest Man Of All Time

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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 stays politically neutral and does not exalt one race above another.

Most importantly, this magazine builds confidence in the Creator's promise of a peaceful and secure new order before the generation that saw the events of 1914 C.E. passes away.

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FEATURE ARTICLES

What kind of person would you call truly great? No doubt such a one would have very unusual qualities. Of all those who have been called great, how does Jesus Christ compare?

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WHOM would you call really great? No doubt, a person who accomplished something truly noteworthy. But don't you agree that the personal qualities of the individual and his attitude toward others are also important factors?

Do you prefer the company of a person who expects to be served, or one who takes pleasure in serving others? Whom would you rather live with—one who demands love from others, or one who knows how to show love?

Surely you admire such qualities as courage and mental strength. But aren't they even more appealing when coupled with a willingness to accomplish something of lasting benefit for others?

Outstanding knowledge and wisdom elicit admiration for those who possess these. But isn't it true that the person most appreciated is the one who uses his knowledge to help others—if possible, to have a life filled with meaning and one that brings contentment?

Some rulers have been named among the "great ones" of history. But under what kind of ruler would you like to spend your life? One who is famed mainly for the wars he fights, or a ruler who exercises authority in such a way that people follow and obey him out of love?

There are many persons who have one

What Makes A Person Great?

or two traits that make them outstanding. But who has all the qualities that really count?

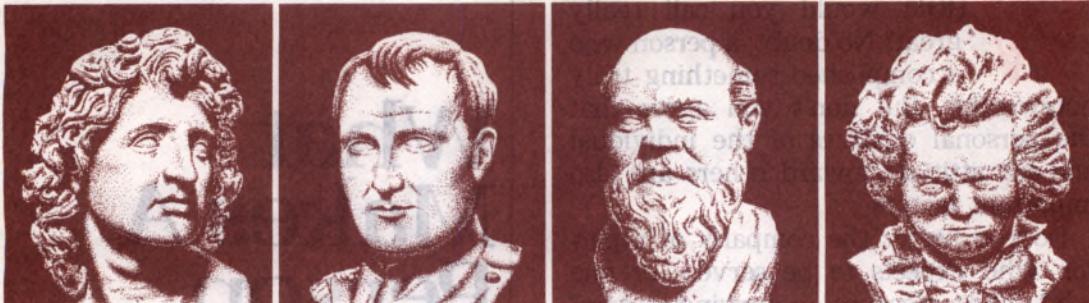
Who Measures Up?

Alexander, who was called "the Great," has been termed "one of the greatest generals the world has ever known." He was heroic and skilled in strategy, but was obsessed with megalomania and self-indulgence. He demanded to be declared a god and eventually was. In a drunken rage he killed a very close friend. Taken ill after a prolonged banquet and drinking bout, he died in his 33rd year.

Napoleon has been ranked as one of the most celebrated personages in the history of the West. He was a brilliant leader

Do You Prefer the Kind of Person Who . . .

- Expects to be served or *Gladly serves others?*
- Acquires much wealth or *Does things that benefit others?*
- Possesses great knowledge or *Uses knowledge to help others?*
- Is famed for wars he fought or *Is loved by his people for his fine qualities?*



Alexander

Napoleon

Socrates

Beethoven

and reformer. But he has also been called the "Corsican ogre" because he sacrificed millions of men for his ambitions.

Socrates is claimed to be one of the greatest philosophers and teachers in history. But what kind of teacher was he? One of his main theses was that man cannot do what is wrong if he knows what is right. Human history has proved this to be wrong. His teaching method was to question people with biting irony to convince them that their knowledge was but fictitious. He built much of his teaching on his own understanding and, as he claimed, on an inner voice called, in Greek, *daimonion*.

Many have been geniuses in one field but miserably incompetent in others. Ludwig van Beethoven was a musical genius and, as one encyclopedia states, he was "widely regarded as the greatest composer who ever lived." However, he was also known to be very impractical in everyday matters of life, an ineptitude that periodically ruined him economically.

Other geniuses and great artists have ruined their lives by immoral living, alcohol and drug abuse. Is there no one, then, who measures up in all the qualities that are truly important?

Yes, indeed, there is one man whom

millions of people down through the ages have recognized as having all the desirable qualities—Jesus Christ. He lived and worked in Palestine almost two thousand years ago. Interestingly, as shown in the quotations in the box on the opposite page, even "great" men confess to his greatness.

Evidence that Jesus Lived

Especially during the 19th and 20th centuries have critics denied that such a person as Jesus ever existed. They claim that he is nothing but a myth, a legend, made up by some Jewish swindlers back there in history.

But how could simple swindlers produce such a masterpiece? Or, as the American scholar Theodore Parker puts it: "Shall we be told such a man never lived, the whole story is a lie? Suppose that Plato and Newton never lived. But who did their works, and thought their thoughts? It takes a Newton to forge a Newton. What man could have fabricated a Jesus? None but Jesus."

Besides the foremost source, the Bible itself, there are many other reliable sources confirming Jesus as historical. For example, there is the famous first-century historian Flavius Josephus' testimony of the existence of Jesus as he

writes: "Now there was about this time Jesus, a wise man, if it be lawful to call him a man; for he was a doer of wonderful works, a teacher of such men as receive the truth with pleasure. He drew over to him both many of the Jews and many of the Gentiles."—*Antiquities of the Jews* (Book XVIII, chap. 3, par. 3).

There are also a number of prominent first-century pagan Roman writers who made mention of Christ and his followers. Among them are the historian Tacitus, the author and administrator Pliny the Younger, the biographer Suetonius, the poet Juvenal, and the stoic philosopher Lucius Seneca, who was a contemporary of Jesus and the leading intellectual figure in Rome in the middle of the first century.

Concerning such early non-Christian writers, the *Encyclopaedia Britannica* states: "These independent accounts prove that in ancient times even the opponents of Christianity never doubted the historicity of Jesus."—1980 edition, vol. 10, p. 145.

Some object that if Jesus was such a great personage there should be more mention of him in early historical records. On this, Blaise Pascal, quoted in the column to the right, refers to Jesus as living "in such obscurity (according to what the world calls obscurity) that historians writing only of important political events hardly noticed him."

Despite this, there is an abundance of historical evidence. Even the well-known skeptic, the mission doctor Albert Schweitzer, admitted: "We have to avow that there are not many of the personalities of antiquity of whom so many indubitable historical facts and of whom so many statements have been preserved as in the case of Jesus."

The evidence is clear, Jesus Christ is a

historical person. He also measured up in the qualities that make one really great. He is the greatest man in history.

The more you study Jesus in detail the more convinced you will become as to his greatness.

WHY THEY ADMIRE JESUS

- Napoleon is reported to have said: "Alexander, Caesar, Charlemagne, and myself founded empires, but upon what did we rest the creations of our genius? Upon force. Jesus Christ alone founded his kingdom upon love."
- Concerning Jesus' unique personality, the noted French philosopher Rousseau wrote: "What sublimity in his maxims. What profound wisdom in his discourses! What presence of mind, what subtlety, what fitness, in his replies! How great the command over his passions! Where is the man, where the philosopher, who could so live and so die, without weakness, and without ostentation?"
- The famous 17th-century French mathematician, physicist and philosopher Blaise Pascal, in his "Proofs of Jesus Christ," wrote about Jesus' ability as a teacher: "Jesus said great things so simply that he seems not to have thought about them, and yet so clearly that it is obvious that he thought about them. Such clarity together with such simplicity is wonderful."
- Mahatma Gandhi, the Hindu "father" of India, once stated to Lord Irwin, former viceroy of India: "When your country and mine shall get together on the teachings laid down by Christ in this Sermon on the Mount, we shall have solved the problems, not only of our countries, but those of the whole world."

Who Was Jesus Christ?

WHAT did Jesus really look like? Although artists have produced many thousands of paintings and sculptures of him, they have no photographs of him or descriptions by his contemporaries to guide them. The Bible tells us nothing as to the color of his hair or his eyes, nor does it give his height, weight or any other particulars as to his appearance. As is true of all other pictures of him, those in this magazine are simply an artist's conception.

Many persons have been admired because of their appearance, but Jesus Christ did not gain his fame because of his outward appearance.

No doubt he was manly and handsome. The Bible shows that he was born as a perfect human by the miraculous operation of God's spirit. "Jesus went on progressing in wisdom and in physical growth," one of his followers, the physician Luke, reports.—Matthew 1:20, 21; Luke 2:52.

But being a perfect man does not mean he was a superman in appearance. Nor did he have a halo around his head. The Bible indicates that he could pass for a rather ordinary person. He could, for example, go up to Jerusalem incognito,

without being identified by the crowd. Also, the soldiers who went out to arrest him needed his traitorous disciple Judas to identify him for them.—John 7:10-13; Matthew 26:47, 48.

It is evident that Jesus' outward appearance was viewed by the Bible writers as of minor importance. They dwelt on his mission and the personal qualities that he revealed as he fulfilled that mission on earth.

Mission Extraordinary

Consider the extraordinary mission Jesus performed here on earth and you will understand what an impact he made on human history. No other creature has ever accomplished what he did.

The Bible shows that he had a pre-human existence as a heavenly Son of God. He was God's most intimate and faithful collaborator in the creation of all things. (Colossians 1:13-17) When the situation arose that called for him to take up a divine mission on earth that would mean his being born, living and dying as a human creature, he willingly shouldered this responsibility.

What was the situation that called for this? By his own choice Adam had sinned in Eden. He violated God's clearly stated law, on which his life depended. This perfect forefather of all mankind thus lost



What Adam lost for mankind, Jesus regained

No other person has ever accomplished what Jesus Christ did when he was on earth

human perfection and hope for everlasting life on a paradise earth not only for himself but also for all his then unborn offspring. (Romans 5:12; Genesis 2:15-3:24) No imperfect son of Adam could reclaim for mankind what had been lost. According to God's perfect standard of justice, the life of a perfect human, like Adam, would have to be laid down in sacrifice to redeem humankind. But how could it be provided? Jehovah God himself made the provision, satisfying the requirements of justice and demonstrating the depth of his own love for humankind.—Psalm 49:6-9; 1 John 4:9.

From heaven, God sent his own Son, his most intimate associate. That one's birth as a child and his growing up to perfect manhood were only a means toward the fulfillment of his mission. By his life he demonstrated his complete loyalty to God; he made it clear that his devotion to Jehovah was not motivated by any selfish personal gain, and he proved that Adam, too, could have been faithful to his Creator if he had wanted to. By Jesus' death as a perfect man, the way was opened for redemption of humans who inherited sin, imperfection and death. Now people who were willing to accept this redemption could have the prospect of everlasting life in a righteous new order.

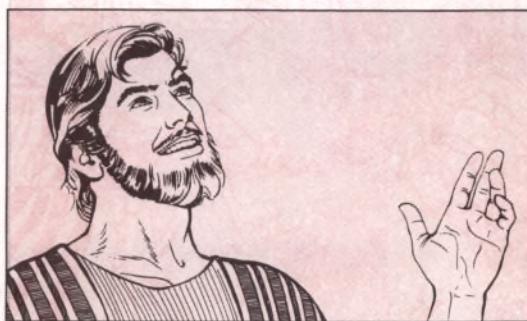
No other man in history has accomplished a greater work than that.

Not Seeking His Own Glory
Jesus did not do all of this to gain fame for himself. In prayer to his heavenly Father, he clearly stated: "I have glorified you on the earth."—John 17:4.

His view of his own role is excellently summed up in these words: "The Son of man came, not to be ministered to, but to minister and to give his soul a ransom in exchange for many." (Mark 10:45) And humbly directing attention to the One who made it all possible, he said: "God loved the world [of mankind] 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.

A Master Teacher

During the three and a half years of his public ministry, from 29 to 33 C.E., Jesus devoted himself constantly to teaching others. And what a teacher he was! "Never has another man spoken like this." That was the spontaneous remark from some officers who heard Jesus teach on one occasion. On another occasion all his listeners began to "marvel at the winsome words proceeding out of his mouth." Yes, people who personally heard Jesus found in him a real master teacher.—John 7:46; Luke 4:22.



Jesus glorified God, not himself

"Never has another man spoken like this," was the spontaneous remark of an official who heard Jesus teach

His most celebrated discourse was the so-called Sermon on the Mount. Not only did the depth of wisdom and the extraordinarily keen knowledge of human nature expressed in this open-air sermon by Jesus amaze his immediate listeners, but throughout the centuries it has astounded millions of people, learned and unlearned. The late psychiatrist Dr. James F. Fisher, at the close of his successful career, expressed his esteem for this sermon, saying: "If you were to take the sum total of all the most qualified of psychologists on the subject of mental hygiene—if you were to combine them and refine them and cleave out the excess verbiage—if you were to . . . have those unadulterated bits of pure scientific knowledge

concisely expressed by the most capable of living poets, you would have an awkward and incomplete summation of the Sermon on the Mount."—*John R. Gribble*

If you would like to familiarize yourself with this sermon of sermons, look it up in a Bible and read it for yourself in Matthew, chapters five through seven. It will take you about 15 minutes. You will find thoughts that truly fill the greatest needs of mankind, not the least in this crucial time. You will find principles on how to get along with other people and how to cope with your own feelings. You will be helped to find the real meaning in life, what things in life should be of primary concern to you, and how to establish a good relationship with God. In 15 minutes! When he had finished his sermon, the crowds hearing him were "astounded at his way of teaching; for he was teaching them as a person having authority, and not as their scribes."—Matthew 7:28, 29.

Jesus' teaching was effective because what he spoke he had actually heard from God, his Father. (John 14:10) He did not rely on human traditions, as the Jewish scribes did. Besides that, he had genuine love for his sincere listeners. Because he loved them from his heart, he won their ears and their deep respect. They noticed how much he differed from the scribes and other religious teachers who kept aloof from the people. These drew their robes about them, as it were, so that they would not be contaminated by touching the "crowd that does not know the Law." They looked down on the crowd as "accursed people," as they called them.—John 7:49.



Jesus gave the Sermon on the Mount

Jesus could not be accused of shedding any person's blood, but, instead, healed the wounds of others

But Jesus spoke from a deep fund of compassion. He said: "Jehovah's spirit is upon me, because he anointed me to declare good news to the poor." (Luke 4:18) He made his message simple, brief and clear. He illustrated his points with things his listeners knew well. He endeavored to reach deep down into their hearts. He motivated them to make their minds and hearts over, to repent of wrong thoughts and deeds, and to begin a fresh new way of life, leading to a favorable relationship with God and giving them a real hope for the future.

Compare this teaching with political speeches and religious sermons that you may hear. Some are clever, some sound fair. Some speakers rage and provoke strife. But how many are filled with love and empathy for the common man?

Jesus did not show his compassion for others only in words. He aided people with their pressing physical needs. He fed them, healed the afflicted, even raised their dear ones from the dead. He had power from God to do that, and he used that power to the full. At times he

did not even have sufficient time to eat and rest. He really had a great heart.—Matthew 14:14; Mark 6:38-44; 8:22-25; 10:13, 14; Luke 8:49-56; Acts 10:38.

One of the greatest features in Jesus' teaching was that he provided channels through which, after his departure, his influence would flow to future generations. When his brief teaching period ended he had taught, trained and equipped a group of disciples so that they could be sent out into the world to carry on the work he had started. He left his disciples behind him not only as teachers but as those who were able to instruct others to become teachers. What he began has mushroomed into a globe-encircling work of disciple-making that has reached into "all the nations," as he foretold.—Matthew 28:19, 20.

A Loving, Courageous Leader

Jesus took the lead among his disciples. They never objected because of his indisputable ability to lead. He set a perfect example for them. Whatever he asked of them he displayed in his own conduct. Not only by word but by example he taught them to love their neighbor, yes, even their enemies. Therefore, his earthly leadership was a completely bloodless one. He could never be accused of having shed a single drop of any other person's blood. He did not even leave behind the wound of the ear of an antagonist inflicted by one of his disciples; he immediately healed it.—Luke 6:32-36; 22:50, 51.

At the same time great courage, manliness and strength are evident throughout his earthly life. For example, we read in



He showed loving interest in children

Mark 10:32: "Now they were advancing on the road up to Jerusalem, and Jesus was going in front of them, and they felt amazement; but those who followed began to fear." On this occasion Jesus was on his last tour with his disciples to Jerusalem. He knew he was going to be executed there. The religious leaders of his day wanted all the glory for themselves. And to keep it they were determined to kill him. Jesus knew this as he walked up to Jerusalem, and he told his disciples about it. (Verses 33, 34) He did not draw back but went ahead of them on the road, to the amazement of his fearful disciples. What a courageous leader they had!

A few days later when Jesus was stand-

What Can Jesus Mean To You Now?

BUT what can that Jesus who lived and died in Palestine away back there in the first century mean to me now?" you may ask.

Suppose he is not dead but is alive. Suppose that he now holds a more influential position than any man on earth. Suppose he is now the invisible, heavenly King of kings, who is waiting for God's signal to destroy all oppressors of mankind and those who insist on pursuing an immoral way of life, and to begin a 1,000-year reign of peace with everlasting blessings in store for all those who genuinely want

ing trial for his life and the Roman governor Pontius Pilate asked him whether he was a king, he answered: "You yourself are saying that I am a king." (John 18:37) He never lied to save his skin. He bravely bore witness to the kingdom he represented, God's kingdom.

That same day Jesus was sentenced to death, whipped, crowned with thorns, slapped in the face, spit upon, and finally was nailed to a torture stake to suffer the most agonizing death. Right up to the end he shouldered his responsibility as a loving, courageous leader. With his last breath he gave his final report to his heavenly Father: "It has been accomplished!"—John 19:30.

to be his subjects. Would that make him mean anything to you now?

To some, these statements may seem mere suppositions. But much is at stake if they are true.

While on earth Jesus repeatedly foretold that he would be killed but three days later would be raised again. (Mark 8:31; 9:31; 10:34) His prediction about his death was fulfilled, but what about the parallel statement on being raised again? His sincerity and truthfulness, as well as the evidence of God's backing in the miracles he performed, speak in favor of a fulfillment of that also. What happened?

On the third day after Jesus' brutal killing, the tomb where he had been placed was empty. During 40 days thereafter he was seen and heard alive among his followers. All four Gospel accounts tell of the fulfillment of Jesus' words that he would be raised on the third day. In fact, there were some 500 eyewitnesses to this. (1 Corinthians 15:4-8) If by the mouth of two or three reliable witnesses a matter



In our day, Jesus is having a global educational work carried out that affects your life prospects

is established as a fact, how well established is the fact that Jesus rose from the dead! Despite this you may wonder, How reliable were those witnesses?

It is a historical fact that there was a great upheaval in the Roman world as a result of the zealous proclamation of the resurrection of Jesus by these eyewitnesses. (Acts 5:28; 17:6) Their brave testimony exposed them to cruel persecution and death. If eyewitnesses to an event are willing to suffer like this for what they believe, what does it indicate as to the truthfulness of their testimony?

A world-recognized legal authority, the

dean of the faculty of law at the university of London, Dr. J. N. D. Anderson, once noted concerning Jesus' resurrection, as reported in the *London Observer*: "To consider the accounts of the six 'New Testament' writers as fabrication would really be an impossible position. Think of the number of witnesses, over 500. Think of the character of the witnesses, men and women who gave the world the highest ethical teaching it has ever known, and who even on the testimony of their enemies lived it out in their lives. Think of the psychological absurdity of picturing a little band of defeated cowards cower-

1914—THE TURNING POINT

Many historians and others agree that the year 1914, with the start of World War I, was the great turning point of modern times.

- "It is indeed the year 1914 rather than that of Hiroshima which marks the turning point in our time."—Rene Albrecht-Carrie, *The Scientific Monthly*, July 1951.
- "Ever since 1914, everybody conscious of trends in the world has been deeply troubled by what has seemed like a fated and pre-determined march towards ever greater disaster. Many serious people have come to feel that nothing can be done to avert the plunge towards ruin."—Bertrand Russell, *New York Times Magazine*, September 27, 1953.
- "In 1914 the world, as it was known and accepted then, came to an end."—James Cameron, *1914*, published in 1959.
- "In 1914 the world lost a coherence which it has not managed to recapture since. . . . This has been a time of extraordinary disorder and violence, both across national frontiers and within them."—*The Economist*, London, August 4, 1979.
- "Civilization entered on a cruel and perhaps terminal illness in 1914."—Frank Peters, *St. Louis Post-Dispatch*, January 27, 1980.
- "Everything would get better and better. This was the world I was born in. . . . Suddenly, unexpectedly, one morning in 1914 the whole thing came to an end."—British statesman Harold MacMillan, *New York Times*, November 23, 1980.

ing in an Upper Room one day and a few days later transformed into a company that no persecution could silence! . . . It seems to me almost meaningless to talk about legends when you are dealing with eyewitnesses themselves."

Additionally, what these sincere wit-

God's heavenly government under Christ will bring in a righteous era that will transform the earth into a paradise

nesses had seen was not only one proof or two; there were many. The book of Acts tells us that Jesus "was taken up, after he had given commandment through holy spirit to the apostles whom he chose. To these also by *many positive proofs* he showed himself alive after he had suffered, being seen by them throughout forty days." How much more convincing could the record be—"by many positive proofs he showed himself alive after he had suffered"? This statement was made by an educated medical doctor, Luke. —Acts 1:1-9.

The conclusion is inescapable. There is good reason to believe in the resurrection of Jesus. And what does that mean? What did it mean to his thousands of dedicated followers at that time? Marvelous things. The fact that Jesus lived again gave them courage, something to live for, to look forward to—the fulfillment of his glorious promise that he, at God's appointed time, would come back in royal power and glory and render judgment in order to cleanse the earth of all wickedness forever. Even if they were not to experience this in their lifetime, they knew he could make use of

the "keys of death and of Hades" by opening the tombs of the dead and resurrecting them to heavenly life with him and making them priests and kings who would reign with him for 1,000 years. That heavenly government would bring in a new, righteous era during which the earth would be transformed into a paradise with everlasting blessings and life for all its inhabitants. The resurrected Jesus meant all of this to them.—Revelation 19:11-16; 1:18; 20:6; 21:1-5.

Still Alive!

Jesus said: "I became dead, but, look! I am living forever and ever." (Revelation 1:18) He is still alive! Not only was he then, but he is now! World events, particularly since the crucial year 1914, indicate that his promises are being increasingly fulfilled. In fact, Bible prophecy shows that the beginning of his Kingdom rule over the earth would be marked by a great upheaval among the nations. It shows that 'when the kingdom of the world would become the kingdom of our Lord, Jehovah, and of his Christ,' then the nations would become "wrathful." (Revelation 11:15, 18) Also, it shows that his Kingdom rule would

The year 1914 was the time when Christ's invisible rule over the earth began

begin in the midst of his enemies. (Psalm 110:1, 2) These prophecies, together with Bible chronology, unanimously point toward the year 1914 as the time of the beginning of Jesus' invisible rule over the earth. Soon the time will come when he will completely 'subdue' his enemies and usher in his glorious reign of peace.

PROPHECIES FULFILLED IN OUR DAY

The fulfillment of prophecies that Jesus gave show that we have been in the "last days" since 1914, and are now very near the end of this system of things.

—2 Timothy 3:1-5.

- "*Nation will rise against nation and kingdom against kingdom.*" (Matthew 24:7) World War I involved 90 percent of earth's population; over 8,000,000 soldiers and 12,000,000 civilians died. World War II, also global, took up to 60,000,000 lives.—*Encyclopedia Americana*.

- "*In one place after another pestilences.*" (Luke 21:11) In 1918 the Spanish influenza killed 21,000,000. (Science Digest) Now, heart disease, cancer, venereal disease and others are epidemic, taking millions of lives each year.

- "*Food shortages.*" (Matthew 24:7) United Nations World Food Council declares that each year about 50,000,000 people die from the effects of malnutrition.

- "*Earthquakes in one place after another.*" (Matthew 24:7) Before 1914, an estimated 1,800 persons a year died in earthquakes. Since 1914 the yearly average is 25,300.—Geo Malagoli, in *Il Piccolo*.

- "*The increasing of lawlessness.*" (Matthew 24:12) Crime is skyrocketing throughout the world. In the United States, the Justice Department says that one out of every three families are now victimized by crime, adding: "All Americans are at risk to an extent previously unknown."

Jesus showed how to identify his true followers from the false: "By their fruits you will recognize [them]"

Thus, not only does Jesus Christ live now—he is king! Yes, the King of kings. What does that mean for us living now? It means that we are living in the very days of grace, in a respite period that he has granted before the final subduing of his enemies on earth comes. In this period Jesus is having a global educational work carried out. It gives people everywhere the opportunity to learn about him and God's established kingdom and to demonstrate whether they want to be its earthly subjects.—Matthew 25:31-46.

The very fact that you are holding this magazine in your hand and reading this article is in itself a tangible proof of the carrying out of this educational work. For many years, in over 100 languages and now with a combined yearly printing of over 400,000,000 copies, the *Watchtower* magazine and its companion *Awake!* have proclaimed the established kingdom of God with its King Jesus Christ on the heavenly throne. Millions of Bibles and Bible educational books and brochures have also been spread throughout the world by Jehovah's Witnesses. "Jehovah's Witnesses have literally covered the earth with their witnessing," writes a history professor. Never before in history has so much been printed and said about God's established kingdom as has been done since 1914, due to their zeal for the fulfillment of Jesus' prophetic announcement in Matthew 24:14: "This good news of the kingdom will be preached in all the

inhabited earth for a witness to all the nations; and then the end will come."

Of course, there are many leaders and members of religious organizations in the world today who claim to believe in Jesus, even hailing him as the greatest man in history. But Jesus himself made it clear in that famous Sermon on the Mount that he was not going to accept any people as his followers other than those who obediently and sincerely *did* what he said. Not all professed disciples of his do that in our time. Often their lives belie their claim. Therefore, Jesus gave the clue as to how to identify those who were not his true disciples, saying: "By their fruits you will recognize [them]."—Matthew 7:15-23.

There are millions of persons around the earth who, as true disciples, are learning to imitate the qualities of Jesus. If you want to identify them you must first acquaint yourself with their great example, Jesus Christ, his qualities, his way of life, his teachings. You can do this through a regular Bible study. Any of Jehovah's Witnesses will show you how to study your Bible most effectively. Then you will be equipped to identify the true disciples of Jesus. When you are convinced as to who they are, you will be spurred to associate with them and adjust your life to follow the same great example that they follow. Then you will find that following Jesus Christ is the very best way of life. A life in harmony with the example set by the greatest man in history *must* be the best life to live. Can *you* meet the challenge of conforming your life to that example? And, remember, such a life now opens up a marvelous future of life in happiness under his Kingdom rule forever.



Learning “From Infancy”

THE idea of teaching babes anything complicated is far removed from the minds of many people. Yet researchers and educators are finding out that the learning process can actually start from infancy. The child who gets this early training will usually do better in school later on. Things as complex as languages and mathematics can be taught children long before they start school.

Masaru Ibuka, founder of Sony Corporation in Japan, saw such convincing evidence of this potential that he became enthusiastically involved in early education methods. He had seen "the remarkable results of Dr. [Shinichi] Suzuki's 'talent education' method of teaching the violin to very young children," says a United Press International report.

The first three years is, according to Ibuka, the period when "your child's potential for learning is greatest," "greater than we ever imagined." The UPI report further said: "It is during the early years, when the brain cells are growing, that the 'hardware' or main circuitry of the brain is being formed. When a child learns a skill simultaneously with this brain cell development, the pattern of the skill is automatically imprinted on his mind." Ibuka feels that there is even hope for some development of retarded children "if properly educated from birth."

Canadian researcher Dr. William Fowler says that "certainly the time to begin working

is during the first three years; even infants at six months of age are ready to begin learning."

How can you start educating mere babies? By reading to them, say those experienced in the field. "That makes the parent the most significant teacher society has," says an educator in Toronto. Children who get this early start with books are encouraged to become readers themselves. Some have been able to learn to read before starting school, and some as early as two years of age!

Of course, parents should not "push" an infant or a small child just to have the 'smartest kid in town.' It is simply a matter of stimulating the potential that is there, at the child's own pace.

The idea of learning "from infancy" comes as no surprise to Bible readers. A missionary companion of the apostle Paul, Timothy, had it written about him that "from infancy you have known the holy writings." (2 Timothy 3:15) Similarly, there are many Christian parents today who know that children can learn from infancy to listen to Bible story readings and respond well when asked what they read. Children's capacity for detail and accuracy is amazing, even before they can read for themselves.

Thus, once again the Bible has shown itself accurate in a case where it might have been doubted. The idea of teaching babes is seen to be the practical and wise thing to do.

Young People Ask...

Love Or Infatuation —How Do I Know?

TRUE OR FALSE?

- When love hits, you know it instantly.
- When you are in love, you usually are in a daze.
- It is easy to distinguish real love from infatuation.

THE correct answer to all three questions is false. However, there are many persons who would strongly disagree. Though recognizing infatuation as a strong and unreasonable attachment toward someone, they feel that they can tell when it's the 'real thing,' love.

Such ones often view love as a mysterious visitation out of nowhere that takes hold of you. For them, there is no feeling in the world like the sheer ecstasy of 'falling in love.' The couple want to be together every minute of the day, hardly taking their eyes off each other. Nothing else in life seems important. Each believes that the other is "the one and only."

Yet, is this feeling really a once-in-a-lifetime experience? Will such emotion forge two lives together for a lifetime of happiness?

"The Most Deceitful Thing There Is"

One research survey asked 1,079 young people (ages 18 to 24) for the number of "romantic experiences" in their life up to the present. The average was seven! Did they consider these "romantic experiences" infatuation or real love? Researcher Dr. William Kephart stated that

"respondents invariably described their *current* experience as love rather than infatuation, the latter term usually being used in the past tense."—Italics ours.

Yes, during a romance, it was viewed as "love," but *past* experiences were recognized as infatuation—a passing, fading emotion. However, during those past experiences, what do you think these young persons would have called it? Only by *looking back* did they realize it was infatuation. This illustrates how unreliable our hearts can be! In fact, the Bible says: "The heart is the most deceitful thing there is."—Jeremiah 17:9, *The Living Bible*.

The trickery of the heart can be clearly seen by examining today's spiraling divorce rate. Nearly half of 69,000 couples surveyed who were divorcing from a first marriage had separated before their fourth wedding anniversary. Almost 8,000—12 percent—*separated during the first year!* How tragic for two people to think that they can build a life-long relationship—only to discover within a few months that they should not have married!

Infatuation is considered by some as a chief cause for a high divorce rate. "It

lures unsuspecting men and women into poor marriages like lambs to the slaughter," says Ray Short in his book *Sex, Love, or Infatuation*. Persons need help to determine the difference between love and infatuation. "He that is trusting in his own heart is stupid," states the Bible candidly.—Proverbs 28:26.

"But if you can't trust your own heart, whom can you trust?" ask many young persons. The Bible proverb (28:26) continues: "But he that is walking in wisdom is the one that will escape." So seek the wise advice of others who have your best interests at heart, such as your parents. Additionally, follow the wisdom in the only infallible source of advice—the Bible. Thereby you can "escape" the dangers and frustrations that so many have brought on themselves. But how does the Bible describe real love—a love that "never fails"?—1 Corinthians 13:8.

Love Versus Infatuation

The Bible's description of love is:

"Love is long-suffering and kind. Love is not jealous, it does not brag, does not get puffed up, does not behave indecently, does not look for its own interests, does not become provoked. It does not keep account of the injury."—1 Corinthians 13:4, 5.

A relationship built on genuine love, as described in the Bible, will stand the test of time. Genuine love is "long-suffering" and "does not look for its own interests." It is not self-centered. Though strong tender feelings are certain to be involved, these are balanced by reason and deep respect for the other person. When you are really in love you care just as much for the other person's welfare and happiness as you do your own. Such an unselfish feeling is not a hot overpowering emotion that destroys good judgment but is a warm, evenly balanced way of life.

"Infatuation is blind and it likes to stay that way. It doesn't like to look



When you are really in love you care as much for the other person's happiness as you do for your own

at reality," admits 24-year-old Calvin. A 16-year-old girl, Kenya, added, "When you're infatuated with a person, you think that everything they do is just perfect." But according to one young man, "love makes you think."

The greatest contrast between love and infatuation is that love is unselfish. It considers the needs and feelings of the other. Infatuation is self-centered. Infatuated persons have a tendency to say, 'I really feel important when I'm with him. I can't sleep. I can't believe how fantastic this is,' or, 'She really makes me feel good.' Notice how many times either 'I' or 'me' is used? Never forget, "love . . . does not look for its own interests."—1 Corinthians 13:5.

Love does not look for its own interests, whereas infatuation is self-centered

"Infatuation is blind and it likes to stay that way. It doesn't look at reality."—A 24-year-old man

For instance, is your companion eager for the success of your own plans? Does he or she show respect for your viewpoints, feelings, family and friends? Or is there a tendency for that one to want to do things that are really 'indecent' with you? When in a group, does that one 'put you down,' perhaps demeaning you before others or consistently putting you in an unfavorable light? This may give you some indication whether that one has real love for you.

An Example of Love

The Bible story of Jacob and Rachel vividly describes real love. While resting at a well, Jacob met Rachel. He was looking for a wife. Knowing that Rachel worshiped the true God Jehovah as he did caused Jacob to give her immediate attention. After helping her water her father's sheep, for she was a shepherdess, he introduced himself. However, Jacob was overcome with emotion and "burst into tears" after greeting this woman who was both "beautiful in form



Jacob had real love. He was willing to wait seven years before marrying Rachel. Infatuation does not stand the test of time. Real love does and beautiful of countenance." But was this merely romantic infatuation?—Genesis 29:1-12, 17.

Jacob spent a full month living in the home of Rachel's family before making it known that he was "in love with Rachel" and wanted to marry her. During that month he saw Rachel in her natural setting, how she treated her parents and others. He could see her fine qualities as an industrious shepherdess, which was a dangerous and rigorous work. He undoubtedly saw her at her "best" and her "worst." He observed her doing mundane, everyday things of life. So when he said that he was in love with her, it was not unbridled emotion but reason at work. Rachel's spiritual qualities enhanced her physical beauty. In fact, Jacob was willing to work *seven years* for her father, to be able to have her as a wife.

Jacob had to wait more than seven years before he could enjoy the intimacies of marriage with his beloved Rachel. Certainly no infatuation would have last-

In Future Issues

● The 20th-Century Woman

● Sports—Why the Increasing Violence?

● "Surviving" the First Year of Marriage

ed that long! Only genuine love, an unselfish interest in the other, would have made those years seem like a "few days." Only genuine love would have enabled them to maintain their chastity during that period.—Genesis 29:20.

Does this mean that you would have to wait seven years to find out if your interest is love or infatuation? Not at all. But the point is that love is not hurt by time. The best way to distinguish infatuation from love is to give yourself time to test your emotions. How long should this take? It differs from person to person, but usually the younger you are the longer you should wait. But how can a

person find out if it is real love without becoming emotionally involved?

Try to find out *from a distance* as much as you can. What kind of reputation does that person have? Does he or she get along well with others? What are that person's life goals as evidenced from his or her life-style? Answers to such questions can help you to determine whether you wish to become more deeply involved emotionally.

Remember, infatuation reaches a fever pitch in a short time, but then fades. Genuine love grows stronger with time and becomes the "perfect bond of union." —Colossians 3:14.

Is It Love or Infatuation?

LOVE

1. An unselfish caring about the interests of the other.
2. Romance often starts slowly, perhaps taking months or years.
3. Attracted by that one's total personality and spiritual qualities.
4. The effect on you is that it makes you a better person.
5. You view the other realistically, seeing his or her faults, yet loving that one anyway.
6. You have arguments, but you find that you can talk them out and settle them.
7. You want to give and share with that other one.

INFATUATION

Selfish, restrictive. One thinks, 'What does this do for me?'

Romance starts fast, perhaps taking hours or days.

Deeply impressed or interested in that one's physical appearance. "He has such dreamy eyes," "She's got a great figure."

A destructive, disorganizing effect. You act strangely, not "yourself."

Is unrealistic. The other person seems perfect. You ignore any nagging doubts about serious personality flaws.

Arguments become more frequent. Nothing really gets settled. Many are "settled" with a kiss.

An attitude of taking or getting, especially in satisfying sexual urges.

The Art Of Listening

AS THE youngster dashed out the back door of his grandmother's house, he was suddenly stopped in his tracks by her loud call:

"JUST A MINUTE!"

"Yes, grandma?"

"Now, what is it that you're going to get for me?"

"A loaf of bread, . . . and, uh . . . a pound of coffee?"

"Yes! . . . And . . . ?"

"Uh . . . I forgot!"

The boy had forgotten one item because, though he had *heard* what it was, he had at one point stopped *listening*, stopped paying attention.

Grandma's gentle reminders helped her grandson finally to recall that third item—butter. In her own humble way this grandmother was wisely teaching an age-old lesson: The need really to listen if one is to remember important matters. She knew that paying attention has much to do with getting things done well.

Hearing, under normal circumstances, comes without effort. *Listening*, on the other hand, must be seen as a skill that has to be cultivated and practiced. Thus, listening means "to hear with thoughtful attention." From this point of view, listening is an art!

**By "Awake!" correspondent in Canada
Value to Business**

Modern industry now knows what grandmother knew. "Poor listening is one of the most significant problems facing business today," according to the chief executive officer of the Sperry Corporation in the United States. "Business relies on its communication system," he explained, "and when it breaks down, mistakes can be costly."

It is said that the "listening efficiency" of people in the workplace is under 50 percent. Translated into what happens on a job, that means that each day less than half of what is orally transmitted is ever acted upon correctly.

But listening is not a one-way street in the workplace these days. More and more, management is learning to listen to the workers. Employees are more content, are better producers and are less likely to strike when they feel that the boss listens to legitimate complaints.

In some instances, workers are showing themselves to be every bit as capable of solving problems and improving productivity as their employers. At one room-air-conditioning plant, employees came up with a solution for a weld-leak problem that management had not been able to work out, "saving the company

thousands of dollars annually," says a report.

Further, about 100 North American companies are now using the principles of "quality circles," as they are called. Originally developed in Japan, some 2,000 to 3,000 of them are now in operation in the United States. These "circles" bring management and workers together in problem-solving sessions. Some companies claim to have saved millions of dollars by utilizing suggestions of employees.

Value to You

If relationships are improved for so many by not neglecting the art of listening in the workplace, would it not also improve the situation in the average family, in the community and among nations? Yes, there is no doubt that it would. Is not the so-called generation gap actually a *communication* gap? Do not parents often accuse their children of not paying attention when parents speak? And do not youths today complain that their parents do not listen when they try to communicate regarding personal problems? Marriage problems are often blamed on a "lack of communication." "You don't *listen* to me!" are familiar words in many family disputes.

Do you carefully listen when your wife talks to you? Your husband? Your parents? Your children? Really? Or are you busy getting your response prepared? Does the spirit of rebuttal dominate your listening instead of a spirit of fairness to the speaker? Since you have heard his arguments before, did you tune them out this time as well? If you did, you could have overlooked new information that might be valid and that would now justify a change of mind on your part. Many human problems could be solved

just by good communication. Listening is an essential part of it.

Ways to Develop the Art of Listening

First of all, active listening is paying attention, concentrating on *what* is being said. But what if the one talking is a dull speaker? (Were you listening?) The answer is in what was just mentioned: 'Concentrate on *what* is being said.' Though the speaker may lack some polish and even some education, listen for facts that are useful, practical and worth while. For the moment, forget the speaker's manner or his appearance. Is *what* he tells you truthful and beneficial? Do not display the arrogance of one woman who told two visitors: "I don't discuss such matters with anyone who doesn't have at least an M.A. degree!"

Next, since you can listen four times faster than a person can talk, utilize that



Do you listen carefully when your wife talks to you?

time to sort out and classify the information. Associate it with what you already know. Think out the results of application of the information. Don't jump to conclusions, however. Hear the speaker out. Control prejudices so that you do not respond emotionally. "Consider the source" is not always good counsel to follow. The wise man recognizes truth no matter who speaks it. Hear enough so as to be able to draw valid conclu-



It can be humiliating to try to reply to a matter before hearing it out

sions later. You will have the time to do that with most speakers. Hence, it is appropriate to follow the counsel of one sage executive who said to a group at a meeting: "Now listen slowly."

Avoid the tendency to respond with 'instant rebuttals.' It can be humiliating to try to reply to a matter before hearing it out, the Bible cautions. (Proverbs 18:13) After all, who knows everything? Remember that the views you now have were shaped by information you took in some time ago. You did not always have those views. Keep an open mind now. It is the sensible person who knows that there is more to learn.

Finally, prepare to act upon what you

hear. Without putting into action any direction or advice given, there is little accomplished. As employees of Sperry are shown in one training program: "Effective listening . . . occurs in four stages—sensing (hearing the message), understanding (interpreting it), evaluating (appraising it), and responding (doing something about it)."

When Do You Start?

With yourself, why not start right away? Improving the art of listening is nothing more than another way of loving your neighbor as yourself. The rewards are many: A better memory for names, an improved record of remembering important appointments and commitments, an upgraded reputation for observing detail and carrying out work assignments thoroughly—to mention a few benefits.

With your children, start early to train in the art of listening. How early? "From the cradle," say some researchers. When you realize that, as one educator said, the "years from birth to 3 are a prime time for learning," you can see the need to start early. Reading to infants and small children trains them to listen, gets them used to words, to books, to putting thoughts together. Many parents have marveled at the ability of fresh, young minds to recall numerous and varied details with amazing accuracy and ease.

As with any art, even when one has talent, developing the skill of listening calls for training, exercise and patience. It can mean hard work. It will call for determination on your part. However, as in other fields, a well-honed art of listening can bring satisfaction to you and others and can do much to improve productive human relationships in many areas of life.

acrostic puzzle

Directions: Guess the words defined and write them over their numbered dashes.

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.

(As an additional clue, each cited scripture contains the word to be guessed or one similar to it.) Then transfer each letter to the correspondingly numbered square in the pattern. The filled pattern will contain a quotation reading from left to right. The first letters of the guessed words will form the popular name for this quotation.

1. Hurl (Matt. 25:30)
2. Catch fish with these (Ezek. 29:4)
3. Exodus campground (Ex. 13:20)
4. Philistine giant (1 Sam. 17:4)
5. Where good-for-nothing slave is thrown (Matt. 25:30)
6. Elevated in position (Isa. 57:15)
7. Assigned service (2 Chron. 8:14)
8. Female sheep (Isa. 53:7)
9. Observe with care (Luke 21:29)
10. Regular course of procedure (Phil. 3:16)
11. Very best (2 Tim. 2:15)
12. Something lent (Jer. 15:10)
13. Sorcerer of Cyprus (Acts 13:8)

1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	
16	17	18		19	20	21	22		23	24	25		26	27	28	29
	30	31	32		33	34		35	36		37	38		39	40	41
	42	43	44		45	46	47	48		49	50	51	52		53	54
55	56	57	58	59	60		61	62		63	64		65	66	67	68

Do You Want To Enjoy A Sound Sleep?

YOU go to bed and turn off the light. You look forward to enjoying a sound, refreshing sleep. Instead, you remain wide awake! You toss and turn. You hear sounds from the neighborhood. You think of the things you must do in the morning.

Finally, you fall into a fitful sleep, only to be rudely awakened by the alarm clock. It is time to get up! And you get up and go to work, irritable and depressed, perhaps taking extra cups of coffee to get through the day.

Have you experienced this at times? It is claimed that 40 to 50 percent of the people in the industrial world do not sleep well. Those so afflicted will likely agree with the ancient Egyptian inscription that states that one of the three

forms of torment on earth is to lie in bed and not be able to sleep.

The Sleep Function

In a 24-hour day, six to eight hours are used for sleep by most persons, more by the very young and somewhat less by those up in years.

Normally we go through a cycle of four stages of sleep. First, we fall into a lighter form and gradually reach stage four, the deepest stage. Soon we shift to the first stage again and repeat this cycle a couple of times. The rest of the night we go through stages one to three and back to one until a total of about five cycles have been made, each taking from 90 to 110 minutes.

These stages basically involve two states of sleep known as quiet sleep and active, or dream, sleep. During quiet, or NREM (No Rapid Eye Movement) sleep, the pulse, respiration and blood pressure are relatively low and steady. This quiet sleep provides for physical recuperation. Skeletal muscles are restored and waste products are removed from them. The central nervous system restores control of muscles, glands and other body systems. Also, certain proteins are synthesized to be used in brain restoration during the following period of active sleep.

Active sleep, or REM (Rapid Eye Movement) sleep, takes up about 25 percent



Among causes of sleeplessness: worry; too much work or recreation in a day; eating heavy meal or drinking caffeine-containing beverages late in evening; stimulating TV programs or reading matter before bedtime

of our total sleeping time. It is the state wherein the pulse, respiration, blood pressure and other body functions are more active and irregular. This is when most of our dreaming takes place, most of which we never remember. These dreams are accompanied by rapid movements of the eyes from side to side. During REM sleep, the chemical substances synthesized during the previous quiet sleep are now used to restore physical sensitivity to certain brain functions. There is much mental activity. The mind is processing, sorting and filing away the information and impressions received during the previous day, and is readying itself to receive new impressions the following day. If the mind is deprived of this reorganizing process for a long period of time, it becomes cluttered, fuzzy and disorganized.

Why Those Sleepless Nights?

Some forms of physical illness can interfere with proper sleep, though this is not often the case. Hypoglycemia, or low blood sugar, may be a direct cause of some sleeplessness. A calcium deficiency might be the cause. Also, eating too much salt can stimulate the nervous system and increase both the blood pressure and the gathering of fluids in the body, inhibiting sleep.

Drinking caffeine-containing beverages, such as coffee, tea or colas, can overstimulate a person and prevent sleep, even for some who limit their intake of these to the early part of the day. Any other type of stimulation just before sleeping time—excessive physical exertion, watching exciting entertainment, such as on TV, or reading exciting books—can interfere with proper sleep. Eating a heavy meal too late in the evening may disturb sleep. Crowding too much work and recreational activities into each

day is often a cause of sleep problems. Taking a daytime nap can also disrupt the regular night sleeping cycle.

Anxiety and worry are common causes of sleeplessness. Since prolonged sleeplessness increases anxiety and worry, this quickly becomes a vicious cycle.

Aids to Falling Asleep

What can be done to induce sleep? An important thing is to begin a regular and conscious "winding down" as you near your time for sleep. Avoid viewing exciting movies or TV programs, reading exciting books or having stimulating discussions. Do not eat a heavy meal. Avoid excessive physical exertion.

The winding-down routine can include a short brisk walk, a warm bath or merely reading some lighter material that is not stimulating. Sleep-inducing remedies include drinking warm milk, buttermilk, a little wine, or herb teas of hops, mint or chamomile. One method is to eat a large apple, chewing it slowly before going to bed. Perhaps most of these things are beneficial primarily because they have become related to the presleep winding down, though milk, buttermilk



Some aids to sounder sleep: developing right attitude toward life; some exercise each day; avoiding overindulgence in food and drink; warm bath, some herb teas, warm milk; light reading before bed

or other dairy products contain calcium, which seems to help. They also contain a substance called tryptophan that produces serotonin in the brain. Serotonin is known as the sleep serum.

Some have found it good to practice relaxing various muscle groups, such as in the face, hands, arms, stomach, legs or toes after going to bed. Tense the muscles for a few seconds and then relax them completely for some seconds, one set of muscles at a time. Some persons have been helped by getting a massage of the back, legs and feet at bedtime.

To supplement this presleep ritual there is a need for some physical exertion every day. If you do not have work that is physically exerting, then do some form of recreational exercise, though not late in the evening.

If this is not possible, at least take a brisk walk of 15 to 30 minutes twice a day. If you have shopping or other errands, walk if it is possible. Take the stairs (both up and down) instead of the elevator. Physical tiredness can contribute to a better quality of sleep.

If you take one or more naps during the day, try eliminating these for a while. This may help you to develop a more regular sleep pattern at night.

The matter of avoiding worry and anxiety is not easy to remedy, but it is worth the effort to try. It is suggested that you practice what has been called the 'habit of thinking about right things at the right time.' Do the best you can during the day to work out problems and then try not to worry any longer. As you lie down to sleep, let your mind dwell on good, upbuilding and thankful thoughts.

Many doctors agree that a mere pre-sleep winding down is not enough in itself. They encourage a sound, balanced

life that will contribute to mental and physical well-being. This includes a life with a proper balance of work, sleep and relaxation (including physical exercise), a proper balance in eating habits, avoiding overindulgence; a life free from the anxieties and frustrations caused by greed, jealousy and ambition; and we might add, a life free from the unhappiness resulting from immorality.

Sleep-inducing Medicines

What about the use of sleep-inducing medicines? While these may be necessary at times, practically all specialists on sleeplessness warn strongly against their habitual use. To continue effective, the dosage often has to be increased, with the danger of addiction. For some, the effects continue the next day, so the sufferer then needs some stimulant in order to get through the day. This results in sleeplessness the following night. Besides, tests show that habitual users of such medicines suffer as many sleepless nights as nonusing insomniacs.

In addition, sleep-inducing medicines may inhibit the sleep function, especially disturbing the important active or dream sleep that helps the brain and the mind to recuperate. The same can be said of the use of strong alcoholic drinks. While a little wine might help some persons to relax, alcohol in larger quantities could inhibit the brain-restoring active sleep.

ACROSTIC SOLUTIONS

CLUE WORDS: (1) throw; (2) hooks; (3) Etham; (4) Goliath; (5) outside; (6) lofty; (7) duty; (8) ewe; (9) note; (10) routine; (11) utmost; (12) loan; (13) Elymas.

When filled in, the grid contains a quotation from the Bible, Matthew 7:12, "New World Translation," popularly known as The Golden Rule.

Value of Bible Counsel

Many readers will observe that the principles outlined for sound sleeping correspond with those recommended in the Bible for sound living. They may think of Jesus' counsel in the Sermon on the Mount: "Never be anxious about the next day, for the next day will have its own anxieties." (Matthew 6:31-34) Or Bible readers may recall the counsel of the apostle Paul at Ephesians 4:26: "Be wrathful, and yet do not sin; let the sun not set with you in a provoked state." Or, with regard to economic worries, note the counsel at Hebrews 13:5: "Let your manner of life be free of the love of money, while you are content with the present things. For he has said: 'I will by no means leave you nor by any means forsake you.'"

Many have found that the real basis for avoiding anxiety is to have confidence that there is a God who has created all things and who has everything under control. He will see to it that all injustices are corrected in due time. This confidence is expressed in Psalm 37:1-5, where we read: "Do not show yourself heated up because of the evildoers. . . . Trust in Jehovah . . . Roll upon Jehovah your way, and rely upon him, and he himself will act." That this confidence can actually contribute to sound sleep is expressed by one who experienced it, the psalmist David, who said: "In peace I will both lie down and sleep, for you yourself alone, O Jehovah, make me dwell in security."—Psalm 4:8.

When Sleep Fails to Come

But what if, in spite of applying good counsel, you either cannot fall asleep or wake up and begin to toss and turn,

unable to fall asleep again? Don't get agitated; don't fight it. This will only make matters worse. Try to relax and think of upbuilding things.

Of course, if there is something on your conscience that needs to be brought to the surface and corrected, you can just as well use the time to think matters through and determine what you will do about it the following day. But don't start looking for worries. Be happy that you are at least resting. Remember, occasional loss of sleep does no harm. The most noticeable effect of prolonged loss of sleep is that you will soon have difficulty in staying awake.

Following a night with very poor sleep, the temptation will be to sleep over the next morning or to take a long nap later in the day. But that can disrupt your sleep pattern. You will simply push the sleep-wake cycle farther and farther around the clock, not being able to sleep when you should and not being able to stay awake when you should. In most cases it is better to get up at your normal time, do a little exercise, get dressed and get on with the day's activities. Normally you will be tired enough that evening to fall asleep when your sleep time comes, and if not, then you will the following night.

You begin to train yourself for a regular wake-sleep pattern by first always getting up at your usual time, regardless of how poorly you have slept. Then develop a regular winding-down process each day as you near your bedtime to aid you in falling asleep. And remember, if you have difficulty falling asleep, don't worry. As one authority stated: "Nobody dies of insomnia, and no one can stay awake forever."

From Our Readers

No Natural Affection

Thank you for your articles on "Do You Recognize the Meaning of What You See?" I especially enjoyed the article on "No Natural Affection." Even as a Christian mother I find myself falling victim to this worldly attitude. It sure reminded me of the need for family closeness in these last days. Thank you again.

D. L., Washington

New Drug Addicts

Thank you very much for the interesting articles appearing in "Awake!" They are excellent in imparting general knowledge. I just finished reading the series on "The New Drug Addicts." It mentions Valium as being addictive and it is said that withdrawal symptoms can be more intense than those from heroin. From personal experience I can confirm that this is true.

R. R., Germany

Cardiac Pacemaker

Recently I had a cardiac pacemaker inserted. I remembered an article you published some years ago on this subject. I found my copy and took it with me when I went to the hospital. I read and reread it and it gave me a very great deal of encouragement and help. Thank you for your constant efforts to supply such useful and encouraging information so regularly.

G. K., England

Useful Advice

Thank you for the magazine. I look forward to each issue. Your research is the best, and I find the advice useful to cope with life. For example, your story

on poverty helps one to see where material things are really lacking and makes me more satisfied with my lot in life.

K. R., Canada

Friend of the Unborn

I want to thank you out of the innermost part of my heart for the very informative article "Are You a Friend of the Unborn?" I was very surprised to learn that even things like coffee, tea or chocolate—I am fond of all three—could result in so much damage. About two months ago I suffered a miscarriage after eight months of pregnancy. Maybe it's a matter of coincidence, but during that period I drank many liters of coffee and ate a great deal of chocolate. I avoided everything I knew to be damaging; maybe if I had known all of this at the time things may have gone well. We still want a baby very much and this time I am going to avoid all the things mentioned. I am going to give my family doctor as well as the gynecologist a copy of that "Awake!" Again, my thanks. I am going to take real good care of my future "guest."

T. S. d. G., Netherlands

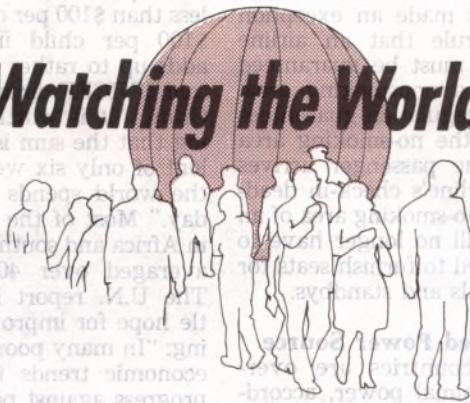
Violent Temper

Thank you for printing the article "Bringing My Violent Temper Under Control." I, too, like many, have a problem in this regard, although certainly not to the extent of the person mentioned. I feel deeply encouraged by his experience and wholeheartedly agree with his comments about Jehovah's power—a violent temper just can't be overcome in our own strength.

S. H., England

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Watching the World



Turkish Court Grants Freedom

● On December 2, 1981, a military court in Istanbul acquitted five witnesses of Jehovah from the charge of conducting a secret meeting on May 31, 1981. (See news report in our issue of September 8, 1981.) In its decision the military court ruled 'that Jehovah's Witnesses are an accepted religion in Turkey and that they have the same right to freedom of worship as any other religion in the country.' As a result of that decision, Jehovah's Witnesses were able, on January 3, 1982, to assemble together again for worship in their Kingdom Halls in Istanbul.

Feats Too Dangerous to Record

● The editors of the *Guinness Book of World Records* is "closing the book" on some of its records. The editors feel that to record certain dangerous feats would be unwise as it might encourage others to try to eclipse them. For example, the book will no longer list records for eating dangerous items such as live ants, goldfish and chewing gum. "There is sufficient planned lunacy on television,"

said the book's cofounder in London, "without our having to add to it." He further explained: "People can do what they like, but we're not going to chronicle it. Maybe the obituary columns will, but we won't."

Czech Antichurch Campaign

● According to *Newsweek* magazine, Czechoslovakia is "conducting its harshest campaign in decades" against the Roman Catholic Church. The report states: "The government is jailing popular priests and pensioning off older clergymen without permitting their replacement. Clerics are not the only targets of the anti-church campaign: authorities also see to it that children from religious families are denied enrollment at good academic high schools."

Natural Leather Preservative

● In his column "Of All Things," Warren F. Gardner of the Meriden, Connecticut, *Record-Journal* recently related: "We have noticed for many months that some of the old leatherbound books in our library are deteriorating. . . . Our bookbinder was aghast. 'Why

did you let it happen? Don't you know that leather bindings dry out if they are left sitting on the shelves year after year? Books have to be cared for, you know.'

"'What shape is your Bible in?' he asked, his expression still pained and his eye accusing. 'I rebind family Bibles for lots of people who seldom read them. But every now and then a Jehovah's Witness brings in a Bible. The pages may be loose and the volume may need resewing, but the leather binding is invariably in fine shape. Why? Because it has been handled so much. These Jehovah's Witness people have a Bible in their hands practically all the time, and the natural oil from their hands keeps the binding soft and flexible.'

Coping with Commercials

● A report in the *TV Guide* shows that an average American child sees about 250,000 TV commercials by the age of 10. The article points out that parents should teach their children to be discriminating when it comes to commercials, as young children are excited and influenced by techniques such as animation, special effects, music and lighting. With regard to commercials around Christmastime, the article says: "Children are bombarded with large numbers of alluring commercials for playthings, games and other products. To a vulnerable child, life without some toy that is advertised heavily can seem almost intolerable. Parents are then confronted by pressures to purchase products that are often beyond their means. Sometimes if the toy or other product is purchased, the child may suffer disappointment and frustration upon discovering that the toy is smaller or more fragile than it appeared on TV, or that it

doesn't move easily by itself as it appeared to on TV."

Food Losing Ground to Tobacco

● Some African lands are now growing more tobacco, as well as coffee and tea, to earn money from abroad. This is usually at the expense of food growing. According to All Africa Press Service in Nairobi, farmers in Kenya's Kunati Valley have virtually stopped growing maize, even though it is the country's most important staple food, because tobacco is more profitable. This is a problem because only 17 percent of Kenya's land can support crops. Moreover, the trees on the sides of the Kunati Valley have been cut down to provide fuel for tobacco curing. "What is happening in the Kunati Valley is being repeated in a thousand other places in all of Africa," the All Africa Press Service reports. "Exports are being promoted at the expense of local consumption. In the long run the ecological basis of all production is being permanently destroyed."

High Crash Toll

● According to the U.S. National Transportation Safety Board, 377 fatal accidents in general aviation during the first six months of 1981 resulted in 708 deaths. Most of those killed were in small private planes or in corporate jets. General aviation, which excludes airliners, claims an average of 27 lives a week. Commenting on this, *The Wall Street Journal* said: "Safety experts and government regulators aren't surprised at the death toll. They have long known that, although flying in an airliner is statistically the safest way to get somewhere, traveling by light plane is the most perilous."

Seats for Nonsmokers

● The U.S. Civil Aeronautics Board has made an exception to their rule that an airline passenger must be guaranteed a seat in a nonsmoking area. The new regulation guarantees a seat in the no-smoking area only if the passenger arrives by the airline's check-in deadline. The no-smoking area of an airliner will no longer have to be enlarged to furnish seats for late arrivals and standbys.

Overlooked Power Source

● Many countries are overlooking animal power, according to Noel Vietmeyer, a professional associate of the National Research Council of the U.S. National Academy of Sciences. Vietmeyer points out that animals could make more of a contribution toward solving the global energy crisis. "Few people know," he says, "that some 400 million horses, oxen, cows, water buffaloes, donkeys, camels, mules, yaks, llamas, and elephants work for man. Even now, after we've harnessed steam, oil, and electricity, animals contribute about half the energy used for agriculture in the third world. Four-legged traction provides some developing countries with as much as 90 percent of their agricultural power. . . . In much of the world, rural farmers recognize the practical value of animal power better than politicians do. That's understandable, for who these days could willingly give up an energy source that reproduces itself, consumes no diesel fuel and produces free fertilizer?"

\$100 per Life

● According to a report by the United Nations Children's Fund (UNICEF), during 1981, 17 million children died from disease and hunger throughout the world. The report asserts

that these deaths could have been prevented at a cost of less than \$100 per child. "While \$100 per child in aggregate adds up to rather large sums," said UNICEF director James P. Grant, "it is worth remembering that the sum is the equivalent of only six weeks of what the world spends on arms today." Most of the deaths were in Africa and southern Asia and averaged over 40,000 a day. The U.N. report held out little hope for improvement, saying: "In many poor nations, the economic trends indicate that progress against poverty is not only slowing down, but is being thrown into reverse."

International Inflation

● The chairman of the Union Bank of Switzerland, Robert Holzach, recently gave a speech about the outlook for inflation internationally. He said that a glance at the past "is not very encouraging," noting that "during the fifties, the average erosion of purchasing power in the 24 leading industrial countries . . . was less than 2 percent. In the sixties, it climbed to 4.5 percent. Between 1970 and 1979, it rose to an average of 8.2 percent. At present, inflation in the industrial nations averages more than 10 percent." This erosion of monetary purchasing power, he explained, "is a *disease* that harms all of us," and "hits those hardest who are economically weakest."

Counterfeit Inflation

● "According to the *Los Angeles Times*, the Treasury Department's Bureau of Engraving and Printing says there's no longer any point trying to stop counterfeiters from faking dollar bills," reports *The Wall Street Journal*. "Now the dollar's worth so little, it seems counterfeiters don't even both-

er to counterfeit anything less than \$20 bills."

Feelings of Coercion

● New York city is no longer permitting the largest charity in the U.S., the United Way, to solicit funds from employees of the city through automatic payroll deductions. Said the *New York Times*: "According to Mayor Koch's administrative assistant, Diane M. Coffey, the Mayor believed that United Way's solicitation methods made employees feel coerced into contributing and that these methods wasted the time of city workers. Mrs. Coffey said United Way's campaign was one in which city department heads were involved and team captains were appointed to solicit contributions. 'It was an accel-

erated and intense solicitation effort undertaken by the city,' Mrs. Coffey said, 'and the Mayor felt it was not appropriate to have city employees spend this time or perform this function.' . . . Another factor in the decision, Mrs. Coffey said, was the increasing number of requests for deduction privileges from other charity groups."

Robot "Stabs" Worker

● A Japanese government report states that a robot recently "stabbed" to death a 37-year-old factory maintenance worker. This was apparently the first time that one of the many thousands of robots in Japan killed a person. Investigators said that the victim went beyond a safety barrier and accidentally triggered the robot into action, the

arm of which "stabbed" the worker in the back.

Supertanker Extinction?

● Supertankers used to make big money for their owners. But times have changed. Now most owners of supertankers are getting rid of them at bargain prices or scrapping them. Explained the magazine *World Press Review*: "The oil crisis sharply reduced the industrial use of oil; and the widening of the Suez Canal opened it to 150,000-ton ships, making passage more economical than sailing around Africa. Today only ships up to 160,000 tons are regarded as economical. In the past two years twenty-seven supertankers have been sent to the scrapyard. No more 500,000-ton giants will be built."

turn of Wilson "stepped" up
work in the field.

Subscription Returns

• Subscriptions need to help
the Society for their own
particular needs for the
first time ever during two
more years of subsistence
than before. This is per-
sonal losses to subscribe from
the beginning of the magazine.
Years earlier, "the old days
of the Society required the individual
to give up his/her money to
the Society (which became a \$100-
00-a-year subs., which passed
out of circulation after several
years among AWIers today) only subs
up to 100,000 come the begin-
ning of the Society. In the last
two years we have never had
members pay more than \$10-
\$20 a year. No more \$100,000 per
year will be paid."

• Subscriptions by the old
method are now being used
to help it was for subsistence
of just a few old subscribers
this time or before this time
now. . . . Authors factor in the
decision. Mrs. Coffey said, "we
are increasing numbers of re-
aders for subscription purposes
from other countries."

Report "Steps" Writer

• A subscriber to our journal re-
ported recently that a local teacher
had written him a letter suggesting
"steps" to get a \$2-A-year
subscription from her students
by collecting money from the first
or the last month of each
month. She has done so for many years
and has been able to collect
a better income than she did
by paying the regular price of \$10.
The writer suggested this might
be a good idea for others to do the same.

• To conclude surveying less
than 250 publications
in the U.S., the writer partly
concluded that the Pioneers
in this country have given employees
to the AWI through Sunmer-
or seasonal subscriptions. Said this
New York Times, "According
to Michael Nichols, Disney's spokesman,
the magazine publisher first put
the magazine on the market in 1978
when employees had higher rates
into constituting the first issue of the
magazine. We're the first to do this
kind of thing," said Nichols.
Moreover, Mrs. Coffey said, "In
a way, our company was one in
the pioneer days of advertising with
new inventions and new tech-
niques," she added.