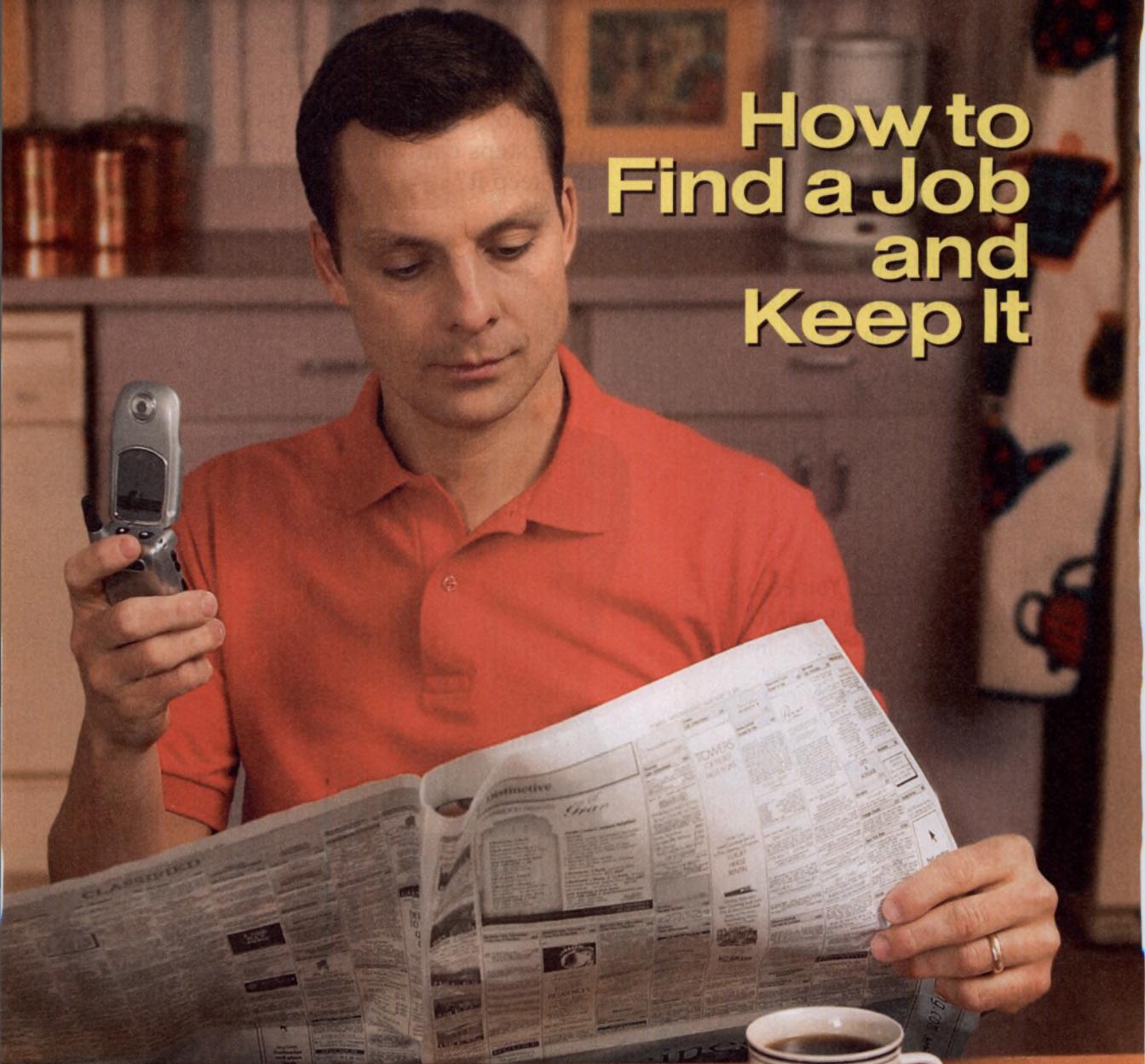


Awake!

JULY 8, 2005

**How to
Find a Job
and
Keep It**



Awake!

AVERAGE PRINTING 22,842,000
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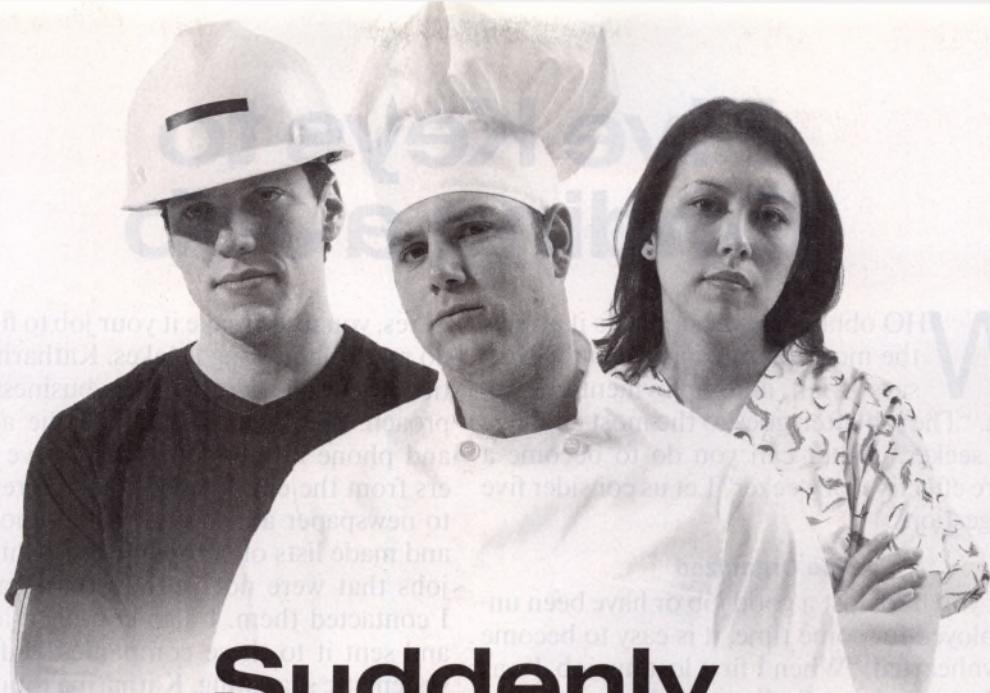
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How to Find a Job and Keep It 3-11

In today's highly competitive job market, unemployment is a major problem. What steps can you take to find a job and keep it?





Suddenly Unemployed!

"When I lost my job, I felt as if someone had thrown a bucket of cold water over me. My self-esteem suffered terribly."—Tony, Germany.

"I felt as though a heavy stone had been placed upon my head. As a single parent, I worried about how I would feed my two children and pay my bills."—Mary, India.

"I was very discouraged when I lost my job, and I was anxious about whether I would be able to find another one."—Jaime, Mexico.

WORLWDWIDE, millions are enduring the same plight as Tony, Mary, and Jaime. About the turn of this century, it was estimated that 10 percent of the workforce in Europe and Central Asia—some 23 million people—were looking for work. In some less-developed lands, more than a quarter of the labor force is without paid employment. In the United States, "nearly 2.6 million jobs have disappeared over all during the last 28 months," declared *The New York Times* in July 2003.

In many lands the search for employment

presents serious obstacles. For example, each year a tidal wave of high-school and college graduates floods the job market. In addition, having a degree or specialized training is no guarantee that one will find work in a chosen profession. Thus, it is now quite common for people to change jobs several times during their working life. Some even have to change careers entirely.

If you find yourself unemployed, what can you do to improve your chances of finding work? And once you find a job, what can you do to keep it?

Five Keys to Finding a Job

WHOMO obtains the best job? Is it always the most qualified applicant? "No," says Brian, an employment consultant. "The job often goes to the most effective job seeker." What can you do to become a more effective job seeker? Let us consider five suggestions.

Be Organized

If you have lost a good job or have been unemployed for some time, it is easy to become downhearted. "When I first lost my job, I was optimistic about finding another one," says Katharina, a dressmaker in Germany. "But as the months dragged on and I was unable to find work, I became depressed. Eventually, I even found it hard to talk about the subject with my friends."

How can you counteract feelings of hopelessness? "It is crucial that you establish your own 'workday' schedule so that you start your day knowing what is to be done," suggests the book *Get a Job in 30 Days or Less*. The authors recommend that you "set daily goals and record what you have done." In addition, they say that "each day must start with your getting dressed for work." Why? "Being dressed properly will give you added confidence even when talking on the telephone."

Yes, you must make it your job to find a job, no matter how long it takes. Katharina, mentioned earlier, adopted this businesslike approach. She says: "I obtained the addresses and phone numbers of prospective employers from the employment office. I responded to newspaper ads. I studied the phone book and made lists of companies that might have jobs that were not yet advertised, and then I contacted them. I also compiled a résumé and sent it to these companies." After such systematic searching, Katharina found a suitable job.

Access the Hidden Job Market

The fisherman with the largest net is the one most likely to catch fish. So, too, your knowing how to increase the size of your "net" will improve your chances of landing a job. If you are looking for work only by responding to newspaper or Internet advertisements, the majority of available jobs may be slipping past your net. A good number of jobs are never advertised. How can you gain access to this hidden job market?

In addition to responding to advertisements, like Katharina you must set aside time each week to call on businesses that you think may have jobs you can do. Do not wait

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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for them to advertise positions. If a manager says that he has no work, ask him if he knows where else you might look and specifically to whom you should speak. If he offers a suggestion, make an appointment with that company, stating the name of the person who referred you.

Tony, mentioned in the preceding article, found a job this way. "I took the initiative to contact companies even though they were not advertising," he explains. "One company said that there were no vacancies at present but that I should try again in three months. I did, and I obtained a job."

Primrose, a single mother in South Africa, did something similar. "While I was attending a first-aid course," she says, "I noticed a new building being constructed across the road and discovered that it was going to be a nursing home for the elderly. I repeatedly tried to make an appointment with the superintendent of the facility. He finally told me that there were currently no jobs available. However, I kept returning to see if I could work there, even as a volunteer. Eventually, I was employed on a temporary basis. I applied myself to whatever tasks I was given. As a result, I gained additional qualifications and obtained a permanent job at the facility."

You can also ask your friends, family, and other associates to help you access the hidden job market. This is how Jacobus, a safety officer in South Africa, found a job. He says: "When the company I worked for went out of business, I let friends and family know that

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I was looking for work. One day a friend of mine overheard a conversation while in line at a supermarket. One woman was asking another if she knew of anyone looking for work. My friend interrupted and told the woman about me. An appointment was arranged, and I got the job."

Be Adaptable

To increase your chances of finding work, you must be adaptable. Jaime, mentioned in the preceding article, observes: "It is unlikely that you will find a job that has everything you hope for. You need to learn to be content with employment that is less than ideal."

Being adaptable may mean overcoming prejudice against certain types of work. Consider Ericka, who lives in Mexico. Trained as an executive secretary, she was initially unable to find the kind of



EMPLOYMENT

Prepare well
for interviews

Produce an
effective résumé

Be adaptable

Access the hidden
job market

Be organized

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Would you welcome more information? Write Jehovah's Witnesses at the appropriate address: **America:** United States of Wallkill, NY 12589. **Australia:** Box 280, Ingleburn, NSW 1890. **Britain:** The Ridgeway, London NW7 1RN. **Canada:** Box 4100, Halton Hills (Georgetown), Ontario L7G 4Y4. **Ghana:** P. O. Box GP 760, Accra. **Jamaica:** P. O. Box 103, Old Harbour, St. Catherine. **New Zealand:** P. O. Box 75-142, Manurewa. **Nigeria:** P.M.B. 1090, Benin City 300001, Edo State. **South Africa:** Private Bag X2067, Krugersdorp, 1740. **Zambia:** Box 33459, Lusaka 10101. **Zimbabwe:** Private Bag WG-5001, Westgate.

work she preferred. "I learned to accept any suitable work," she says. "For a while I worked as a sales assistant. I also sold tacos on the street and cleaned houses. Eventually, I was able to find a job in my field of expertise."

When Mary, mentioned in the preceding article, lost her job as a clerk, she too saw the need to be adaptable. She explains: "I wasn't adamant about finding the same type of work I had been doing. I followed up each job opportunity that came along, even if it involved what some might consider menial work. As a result, I was able to find work to support my two children."

Produce an Effective Résumé

For those applying for executive positions, compiling and distributing a professional ré-

sumé is a must.* But no matter what job you seek, a well-prepared résumé can be a great asset. "A résumé tells potential employers not only who you are but also what you have accomplished and why they need you," says Nigel, an employment consultant in Australia.

How do you compile a résumé? Provide your full name, address, phone number, and e-mail address. State your objective. List the education you have received, highlighting any training and skills that relate to the job you are seeking. Provide details of previous work experience. Include not only what you did but also examples of the goals you reached and the benefits you brought to your previous employers. Also highlight aspects of

* In some places a similar document is called a CV, or curriculum vitae.

Sample Résumé for Those Without Work Experience

Your Name:

Your Address:

Your Telephone Number and E-Mail Address:

Objective: Seeking entry-level position in manufacturing.

Education: Graduated from Hometown High School, 2004.

Courses: Language skills, mathematics, computers, woodworking class.

Skills and Abilities: Work well with my hands. Regularly service the family car. Made wooden chairs and a table in my home workshop. Enjoy using my math skills while making furniture. Installed roofing material on a volunteer building project. Can use most types of computers and enjoy learning new programs.

Personal Information: Reliable—missed only two days of school in senior year. Honest—returned a lost wallet that contained money. Friendly—regularly engage in volunteer work in the community and enjoy assisting the elderly. Athletics—love playing basketball. Hobbies—enjoy repairing automobiles and woodworking.

References: Available on request.*

* Reference contacts could include a schoolteacher who knows you well or a family friend who runs a business. By making these names available on request, you can get an early indication that a prospective employer may be interested in hiring you. Be sure to obtain the permission of those you list as references.

**Finding a job requires persistence
and thorough research**

your previous employment that qualify you for the job you are currently seeking. Include personal information that describes your qualities, interests, and hobbies. Because companies' needs differ, you may have to adjust your résumé for each application.

Should you produce a résumé if you are applying for your first job? Yes! There may be many things you have done that qualify as work experience. For example, do you have hobbies, such as woodworking or perhaps fixing up old cars? These can be listed. Have you engaged in any volunteer work? List the type of volunteer work you have done and the goals you have achieved.—See the box "Sample Résumé for Those Without Work Experience."

When you cannot obtain an interview with a prospective employer, leave a small card—preferably four inches by six inches—containing your name, address, phone number, and e-mail address, as well as a brief summary of your skills and accomplishments. On the back of the card, if appropriate, you could even put a photo of yourself or of you with your family. Distribute this card to all those who might help you find work, asking them to hand it to anyone they know who is offering the type of work you are seeking. When a potential employer sees this card, he may grant you an interview—perhaps leading to a job!



Questions You May Be Asked During an Interview

- Why have you applied for this job?
- Why do you want to work for this particular company?
- What do you know about the job/company/industry?
- Have you ever done this type of work before?
- What kind of machines can you operate?
- What experience have you had in this area of work?
- What skills can you bring to this job?
- Tell me about yourself.
- What five words would you say best describe you?
- Can you work under pressure?
- Why did you leave your last job?
- Why have you been unemployed for so long?
- What was your last employer's opinion of you?
- How often were you absent from work on your last job?
- What are your plans for the future?
- When are you available to start work?
- What are your greatest assets?



Preparing a résumé will help you feel more in control as you search for work. Nigel, mentioned earlier, says: "Writing a résumé helps you organize your thoughts and goals. It also builds your confidence by helping you prepare for potential questions you may be asked during a job interview."—See the box on page 7.

Prepare Well for Your Interviews

What is involved in preparing for an interview? You may want to research the company you hope to work for. The more you know about the company, the better the impression you will make during the interview. Your research will also help you determine whether the company really has the kind of work you want or is one you want to work for.

Next, think about what you will wear to the interview. If the job you seek involves manual labor, wear appropriate neat, clean clothing.

Neat dress and grooming tell the prospective employer that you take pride in yourself and are thus more likely to take pride in your work. If you are hoping to work in an office, choose modest clothing that is considered suitable business attire where you live. Nigel says: "Choose your clothes long before you are due to attend your interview so that you don't feel rushed and unnecessarily increase your levels of stress prior to the interview."

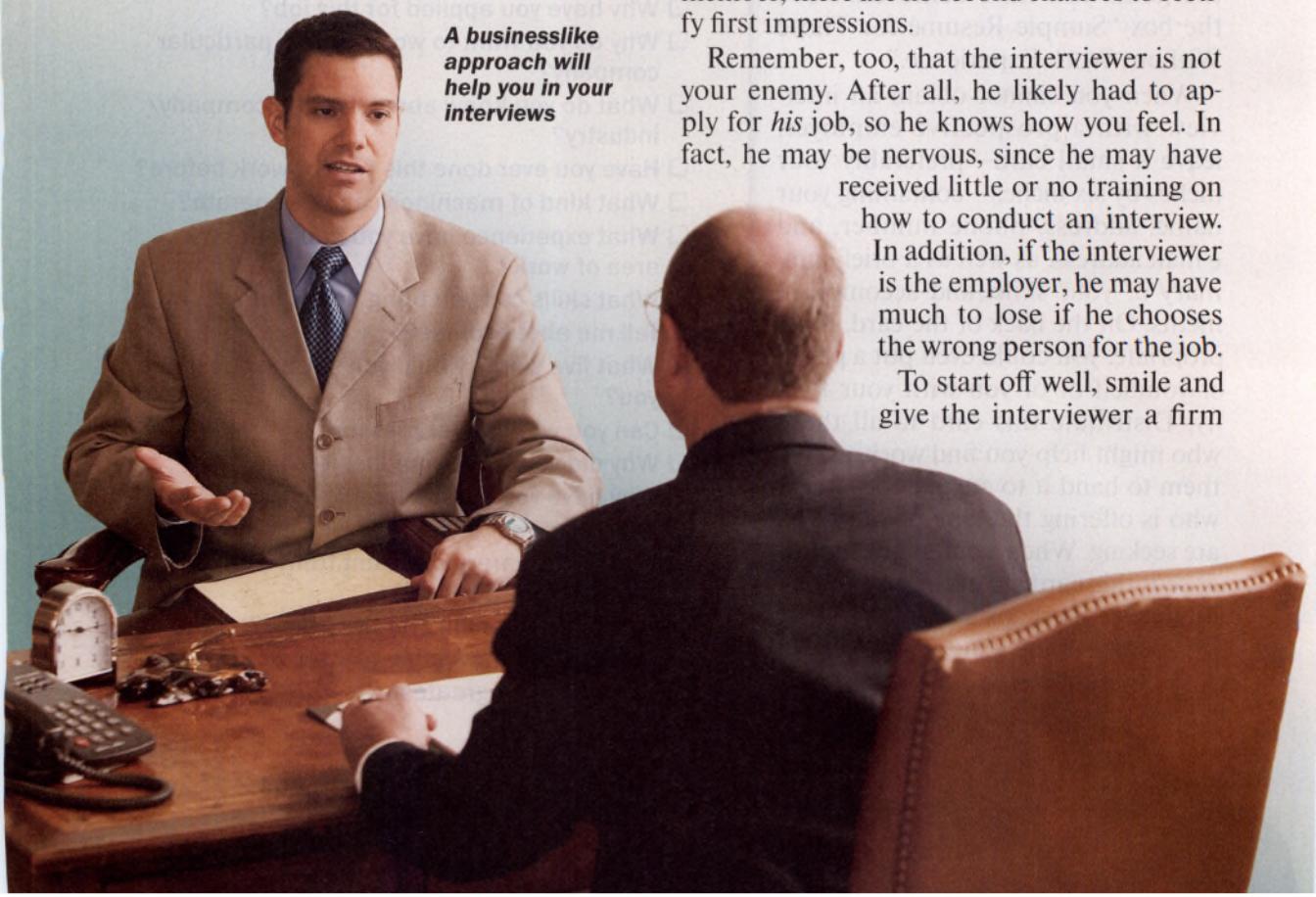
Nigel also recommends arriving for your interview about 15 minutes early. Of course, arriving *too* early is not wise. But arriving late could be disastrous. Experts say that the first three seconds of your interview are crucial. During that brief time, the interviewer makes assessments about your appearance and your bearing that deeply influence his or her opinion of you. If you are late, you will make an overwhelmingly negative impression. Remember, there are no second chances to rectify first impressions.

Remember, too, that the interviewer is not your enemy. After all, he likely had to apply for *his* job, so he knows how you feel. In fact, he may be nervous, since he may have received little or no training on

how to conduct an interview.

In addition, if the interviewer is the employer, he may have much to lose if he chooses the wrong person for the job.

To start off well, smile and give the interviewer a firm

A color photograph showing a man in a light-colored suit and tie sitting at a wooden desk, gesturing with his hands while speaking. Another man, seen from behind, is seated across the desk, listening. On the desk are a telephone, a small clock, and some papers.

A businesslike approach will help you in your interviews

What About Online Employment Agencies?

One of the largest online employment Web sites in the United States has 17 million résumés listed for potential employers to peruse and some 800,000 jobs listed for the unemployed to consider. Surveys indicate that up to 96 percent of people in some countries search for jobs using the Internet. However, research compiled among professionals from 40 countries shows that only 5 percent of the job seekers among them actually find work through this medium.

Posting your résumé online increases the number of potential employers who know you are looking for a job, but caution is in order. It also increases your chances of becoming a victim of fraud. To protect yourself from this fate, industry experts provide the following advice:

1. Read the privacy policy of an online employment agency before you post your résumé with them. Some job sites sell your

personal details to mass-market companies or other interested parties.

2. Post your résumé with only a handful of reputable online job sites. It is vital to protect your personal information to prevent its being misused. Your résumé should never contain the information a thief would need to steal your identity and cause you endless financial trouble. Legitimate employers do not need to know your bank account number, credit card number, or exact date of birth.

3. Beware of vague job offers. Pam Dixon, a researcher with the World Privacy Forum, says that the more general the offer, the less valid it usually is. "Vague wording like 'We have thousands of jobs' or 'We work with major companies' is a red flag," she states, adding: "Requests to send in a new copy of your résumé can spell trouble, too."

Remember, even the most reputable online job sites cannot control what happens to your résumé once it has been downloaded by a potential employer or other interested party.

handshake if that is the customary greeting. During the interview, concentrate on what the employer needs from you and what you have to offer. Regarding things to avoid, Nigel says: "Don't fidget or slouch—good posture conveys confidence. Don't be too informal or overly talkative, and definitely do not use profanity. Also, avoid being negative about your former employers and workmates—if you are negative about them, the interviewer will likely feel you will be negative about this job too."

Regarding things to do and say during the

interview, experts recommend the following: Maintain eye contact with the interviewer, use natural gestures when you speak, and articulate clearly. Be concise and honest when answering questions, and ask relevant questions about the company and the prospective job. At the end of the interview, if you still want the job, ask for it. Doing so will show your enthusiasm.

By following the suggestions outlined above, you may soon have a job. If that is the case, what can you do to increase your chances of keeping it?

How to Keep Your Job

"Have you beheld a man skillful in his work? Before kings is where he will station himself."—Proverbs 22:29.

AS THE above Bible verse indicates, skillful workers are often highly valued. What are some skills and qualities that employers appreciate in their workers? George, the director of human resources for a company that employs 700 people, told *Awake!*: "What we value in an employee is his ability to communicate well and work harmoniously with others." The Bible contains practical advice that can help you to improve in these skills, thus increasing your prospects of keeping your job. Consider some examples.

Communicate Effectively

The Bible writer James shows that the work of an effective communicator begins before he opens his mouth. James wrote that one

Not paying attention at meetings could cost you your job

should be "swift about hearing, slow about speaking." (James 1:19) Why is this good advice? Solomon wrote: "When anyone is replying to a matter before he hears it, that is foolishness on his part and a humiliation." (Proverbs 18:13) Indeed, listening closely to your employer and to your fellow workers can prevent misunderstandings and keep you from making foolish mistakes.

When you speak, the way you do so is also important. If you speak clearly and with sufficient volume, it is more likely that you will be understood, and this will heighten a listener's respect for what you say. Brian, an employment consultant mentioned in the preceding article, comments: "You would be surprised how many people lose their jobs,



not because of lack of technical skill, but because they lack the ability to communicate effectively."

Work Well With Others

In view of the amount of time you spend with workmates, you will no doubt get to know them quite well. As a result, you might be tempted to gossip about them, highlighting their mistakes and shortcomings. The Bible's advice, however, is to "make it your aim to live quietly and to mind your own business." (1 Thessalonians 4:11) By doing this, you will avoid gaining a reputation as "a busybody in other people's matters." (1 Peter 4:15) Moreover, you will avoid wasting time and causing needless friction with your workmates.

When you are asked to perform a task, keep in mind Jesus' wise counsel: "If someone under authority impresses you into service for a mile, go with him two miles." (Matthew 5:41) Jesus was talking about governmental authority, but the principle certainly applies in the workplace. If you gain a reputation as a hard worker—one who will go the extra mile—you will be more likely to keep your job. Of course, there is a limit to what an employer can rightly ask of you. Jesus said that one should pay "Caesar's things to Caesar, but God's things to God." (Matthew 22:21) In principle, Jesus here indicated that those in positions of authority should not be allowed to interfere with more important matters, such as worship of God.

Be Honest

One survey of more than 1,400 firms revealed that the majority of employers "ranked honesty and integrity as qualities that impress them most in job candidates." Obviously, being honest involves not stealing money or materials from your employer. It also means not stealing time. A study conducted by one employment agency found that time theft amounted to an average of 4 hours and 15 minutes per employee each week. Among other things, these time thieves

were habitually late, left work early, and socialized with other employees while at work.

The Bible advises: "Let the stealer steal no more, but rather let him do hard work, doing with his hands what is good work." (Ephesians 4:28) In addition, God's Word encourages Christians to work hard, even when those in authority are not directly observing them. The apostle Paul wrote: "Be obedient in everything to those who are your masters in a fleshly sense, not with acts of eye-service, as men pleasers, but with sincerity of heart, with fear of Jehovah." (Colossians 3:22) If you have a reputation for working well—even when not supervised—you are an employee to be trusted.

Be Realistic

The Bible accurately predicted that our times would be critical and hard to deal with. (2 Timothy 3:1) The resulting political and social instability and upheaval would inevitably result in economic uncertainty. (Matthew 24:3-8) Hence, even if you apply the above suggestions, you may still lose your job.

However, applying Bible principles can help lessen the anxiety associated with unemployment. Jesus said: "If, now, God thus clothes the vegetation of the field, which is here today and tomorrow is thrown into the oven, will he not much rather clothe you, you with little faith? So never be anxious and say, 'What are we to eat?' or, 'What are we to drink?' or, 'What are we to put on?' . . . For your heavenly Father knows you need all these things."—Matthew 6:30-32.

Like millions of others around the world, Ericka, mentioned earlier, has experienced the truth of the above-quoted words. She sums up her feelings this way: "I enjoy my current job very much. But I know from experience that things change. Even so, by applying Bible principles and by coming to trust Jehovah, I have learned how to lessen my anxiety when unemployed and how to increase my contentment with the work I obtain."

SHOULD YOU FEAR ARMAGEDDON?

WHAT is "Armageddon"? Simply put, the term applies to the condition or situation in which the rulers of the world are gathered in opposition to God and his Kingdom in the hands of Jesus Christ. In the Bible book of Revelation, the apostle John saw a vision in which the rulers gather together and take a stand against God in a figurative place called Armageddon.

The word "Armageddon" occurs only once in the Scriptures, yet as a modern metaphor, its use is widespread. From nuclear genocide to a computer virus, the word has been applied to disasters great and small. Several best-selling books have been based on the so-called end times, or period just before

Armageddon. One series of novels on that theme has sold more than 60 million copies over the past ten years.

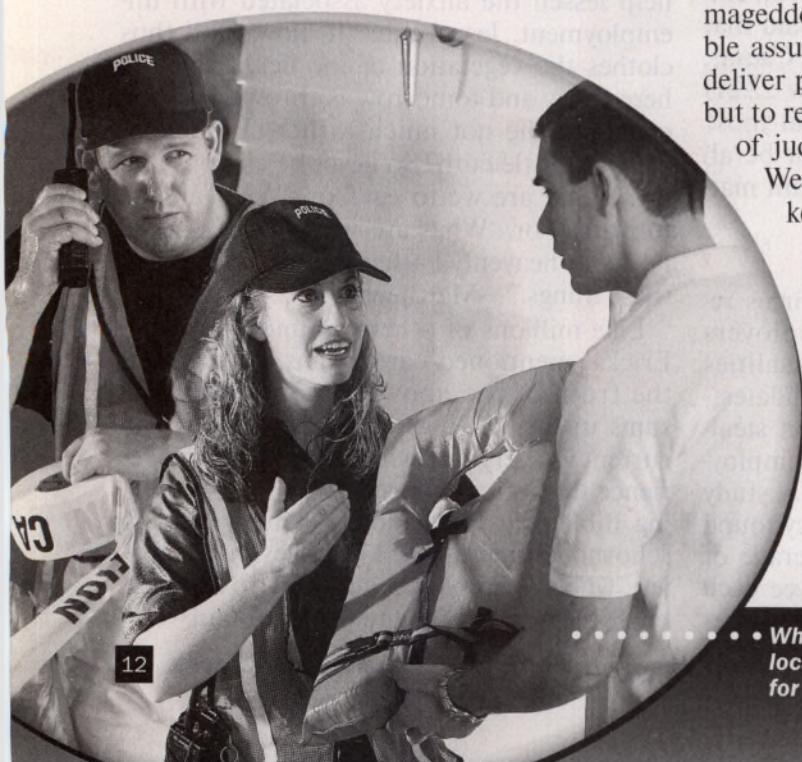
Some people fear Armageddon. They feel that terrorists, warmongering nations, or disasters beyond human control will lead to a global cataclysm, leaving the earth unable to support life. Others believe that at an appointed time, God himself will angrily destroy our planet and everything on it. These are indeed fearful prospects! But what is the correct understanding of "the war of the great day of God the Almighty" at Armageddon?—Revelation 16:14, 16.

Will the Earth Be Ruined?

Not all humans will be destroyed at Armageddon. How do we know that? The Bible assures us that "Jehovah knows how to deliver people of godly devotion out of trial, but to reserve unrighteous people for the day of judgment to be cut off." (2 Peter 2:9)

We can be confident, then, that God will keep his almighty power under perfect control. Only those who defy God's sovereignty will face his wrath at Armageddon. There will be no inadvertent casualties.—Psalm 2:2, 9; Genesis 18:23, 25.

The Bible tells us that God will "bring to ruin those ruining the earth." (Revelation 11:18) Clearly, then, Jehovah God's purpose is not to destroy our planet. Instead, he will remove the wicked human



• • • When a severe storm is approaching, local authorities provide warnings for the protection of life

society that opposes his rulership. This follows the pattern he set at the time of the Deluge of Noah's day.—Genesis 6:11-14; 7:1; Matthew 24:37-39.

A “Fear-Inspiring Day”

Granted, a number of Bible prophecies of the coming destruction are alarming. For example, the prophet Joel spoke of “the great and *fear-inspiring* day of Jehovah.” (Joel 2:31) God’s arsenal includes snow, hail, earthquake, infectious disease, flooding downpour, rain of fire and sulfur, deadly confusion, lightning, and a flesh-rotting scourge.* (Job 38:22, 23; Ezekiel 38:14-23; Habakkuk 3:10, 11; Zechariah 14:12, 13) And the Bible graphically describes a time in which the dead will cover the surface of the earth, left either as manure or as food for the birds and other animals. (Jeremiah 25:33, 34; Ezekiel 39:17-20) Fright will grip God’s enemies during this war.—Revelation 6:16, 17.

Does this mean that obedient worshippers of the true God should be afraid of the astonishing events that will take place at Armageddon? By no means, for God’s servants on earth will not take part in this conflict. Moreover, they will be protected by Jehovah. Still, true worshippers will be awestruck by the fear-inspiring display of God’s power.

—Psalm 37:34; Proverbs 3:25, 26.

Significantly, though, the apostle John was inspired to assure us: “Happy is anyone observing the words of the prophecy of this scroll,” including the warning about Armageddon. (Revelation 1:3; 22:7) Can one be happy meditating on Armageddon? How could this be?

* It should be noted that parts of the Bible were written in symbolic language, or “signs.” (Revelation 1:1) Hence, we cannot be dogmatic about the extent to which the elements mentioned in these prophecies will be used literally.

God’s Call to Action

When a severe typhoon, or hurricane, is approaching, local authorities provide warnings for the protection of life. To ensure that everyone hears the alert, police might even be dispatched with warning systems or be sent from door to door. The purpose of all of this is, not to terrify people, but to help them to take lifesaving action. Discerning individuals receive the warning gladly, and those who respond positively are happy for having done so.

It is similar with God’s warning message about the imminent “storm wind” of Armageddon. (Proverbs 10:25) Jehovah has provided details about his war in his written Word. His desire is, not to terrify, but to give fair warning and lead people to repent and make a determined effort to serve him. (Zephaniah 2:2, 3; 2 Peter 3:9) Those who take such action will be blessed with survival. Hence, we need not fear God’s approaching war. Rather, we can face the future with confidence that “everyone who calls on the name of Jehovah will get away safe.”—Joel 2:32.



God’s warning message about • • •
Armageddon is a call for
lifesaving action

COME WITH US TO THE ISLE OF MAN

BY AWAKE! WRITER IN BRITAIN

WHERE might you go to see basking sharks? One of the best places is off the Isle of Man, in the Irish Sea. Sightseers sail from Man—roughly equidistant from England, Ireland, Scotland, and Wales—to watch these gentle five-ton fish feed on plankton, their only food. This is “the perfect setting for ecotourism,” confided local naturalist Bill Dale.

What of Man itself? Its 220 square miles of green valleys, brown moors, lakes and streams, picturesque bays, cliffs, and rugged coastline is home to 70,000 people. Come with us and explore some of the treasures of this history-packed part of the British Isles.

Tourist Attractions

Visitors to the historic Isle of Man often look for a Manx cat. This unusual animal has a cat's face, but its hind legs are considerably longer than its front legs, giving it a harelike stance. Furthermore, the Manx cat has no tail. Although the Manx cat's origin is obscure, it has been suggested that centuries ago sailors brought in kittens from Asia, where tailless cats do exist, and thus established this island breed.

The Isle of Man Tourist Trophy motorcycle races, held each year, also attract visitors. The course consists of over 37 miles of main roads. At the first race, held in 1907, the top average speed was under 40 miles per hour. These days the winning average speed is over 120 miles per hour. It is, of course, a danger-



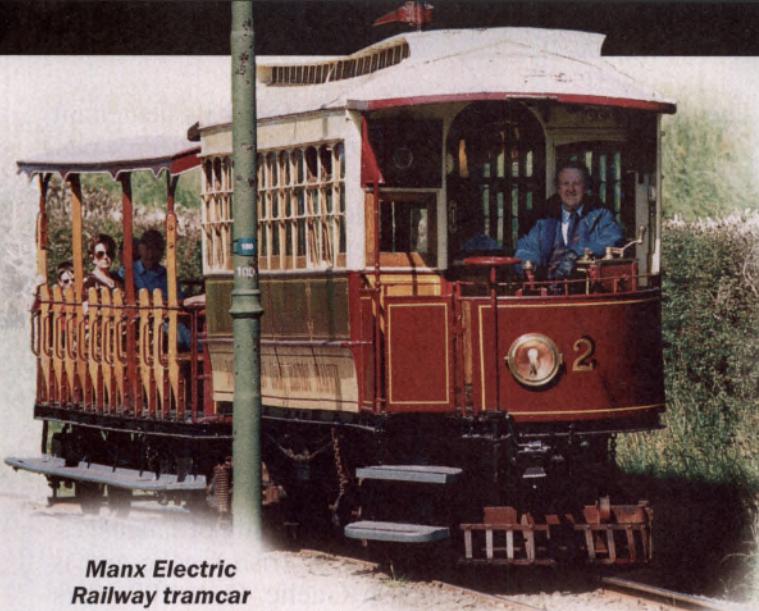
ous sport, and over the years a number of riders have been killed.*

The horse-drawn trams along the promenade in Douglas, the island's capital, are fond reminders of bygone days, as is the 15-mile Isle of Man Steam Railway, all that remains of the narrow-gauge railway that originally traversed the island. Just over 100 years ago, the Manx Electric Railway opened, and some of its tramcars continue to climb over 2,000 feet to the summit of Man's highest peak, Snaefell.

The Great Laxey Wheel

Lead, silver, and zinc played their part in the development of the island, especially at the Great Laxey Mine. The Great Laxey Wheel is a majestic monument to the skill of the Victorian engineers who erected it in 1854 and to its designer, Robert Casement, the son of a local wheelwright. It has a diameter of over 72 feet and was powered by gravity-fed water from a cistern high up the valley. As the wheel revolved two and a half times a minute, it raised 250 gallons of water from a depth of 1,200 feet, thus keeping the mine shafts clear. Its crank, which was attached to a system of rods some 600 feet long, activated the water

* For the story of former Tourist Trophy rider Fred Stevens, see the article “The Greater Challenge, the Greater Thrill!” in the September 22, 1988, issue of *Awake!*



**Manx Electric
Railway tramcar**

pumping system in the mine. The axle of this great wheel alone weighs ten tons.

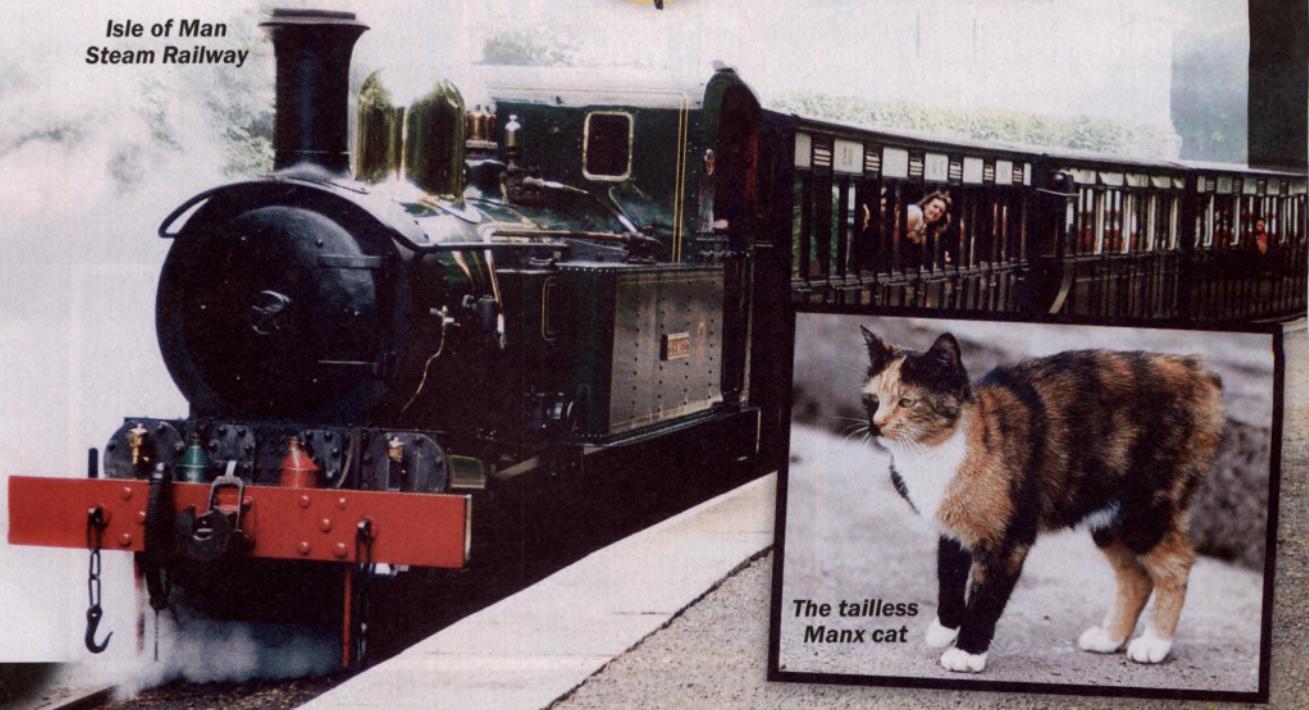
On the south end of the wheelhouse, an iron casting of the Three Legs of Man, which is six feet in diameter, is displayed. What are the origin and the significance of this emblem, now used to represent the Isle of Man?

After 1246 the Three Legs of Man appeared on charter seals as the of-

ficial symbol of the island. The design has been found on a Greek vase of the sixth century B.C.E. and is linked to the Greek cross, or gammadion. It is generally accepted that the emblem represents the rays of the sun and is connected with sun worship. How did it find its way to the Isle of Man? It may have arrived from the Mediterranean through trade with Sicily—an island that also used this symbol—or from



**The Great
Laxey Wheel**



**Isle of Man
Steam Railway**



**The tailless
Manx cat**

coins of the Norsemen, or Vikings. The three legs clad in armor as seen today were adopted by later kings of Man.

A Checkered History

The Romans conquered England in 43 C.E. and stayed for some 400 years, but they seemed to ignore the island of Man, which Julius Caesar called Mona. Norsemen invaded in the 9th century, remaining until the middle of the 13th century. These intrepid explorers from Scandinavia considered the island suitable as a base for trade and for raids on neighboring lands. During these years the Tynwald, the Manx parliament, was established. It is thought to be the oldest continuous national parliament in the world.*

Later, the Isle of Man was ruled at different times by Scotland, Wales, Ireland, England, and Norway. Then, in 1765, the British Parlia-

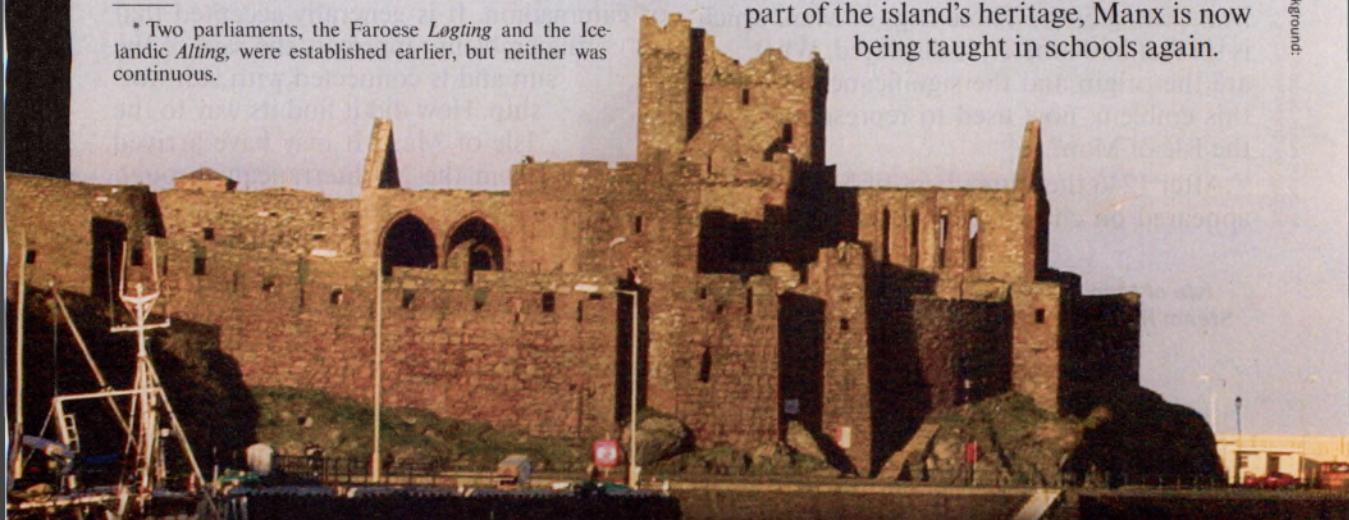
ment bought the island. Today its lieutenant governor serves as the British Queen's personal representative, the island being a self-governing Crown dependency while enjoying a degree of independence as an offshore financial center. The island also prints its own postage stamps and has its own coins and bank notes, which have exchange rates equivalent to British ones.

Manx—The Celtic Connection

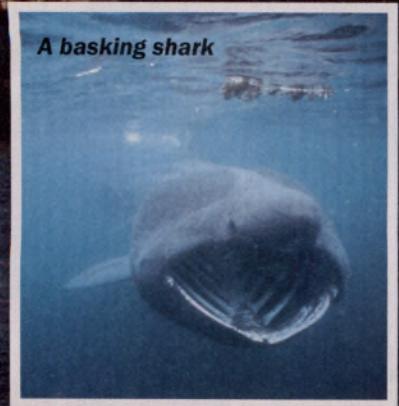
The ancient language of the Isle of Man is Manx, a member of the Celtic group of the vast Indo-European family of languages. Manx is an offshoot of Irish Gaelic and is related to Scottish Gaelic. Over 100 years ago, it was said of Manx: "It is a doomed language—an iceberg floating into southern latitudes." And so it was. The last native Manx speaker died in 1974, at the age of 97; but as

part of the island's heritage, Manx is now being taught in schools again.

* Two parliaments, the Faroese *Logting* and the Icelandic *Alting*, were established earlier, but neither was continuous.



A basking shark



Coastal view from Peel Hill



Unlike Irish Gaelic or Scottish Gaelic, Manx remained purely a spoken language until as late as 1610. In 1707, *The Principles and Duties of Christianity* became the first book to be printed in Manx. Others soon followed.

By 1763, urgent appeals were made for a Manx translation of the Bible because at that time two thirds of the inhabitants of the island spoke only Manx. With limited facilities and few scholars available to fill this need, translations of different books of the Bible had slowly been appearing since 1748. Forty copies of a complete Bible for the use of the clergy were printed in 1775, and in 1819 there was a general release of 5,000 copies. What was the reaction? When her son read to her from the Manx Scriptures for the first time, one woman poignantly said: "We have sit in darkness until now."

Twenty-five men translated this Bible from the English *King James Version* of 1611, and a few of them were also able to consult the Greek translation of the Hebrew Scriptures, the *Septuagint*. The divine name remains

the same as in English—Jehovah.* Truly, as W. T. Radcliffe wrote in 1895, this Bible is "a monument of learning which no educated Manxman will despise."

Christianity Today

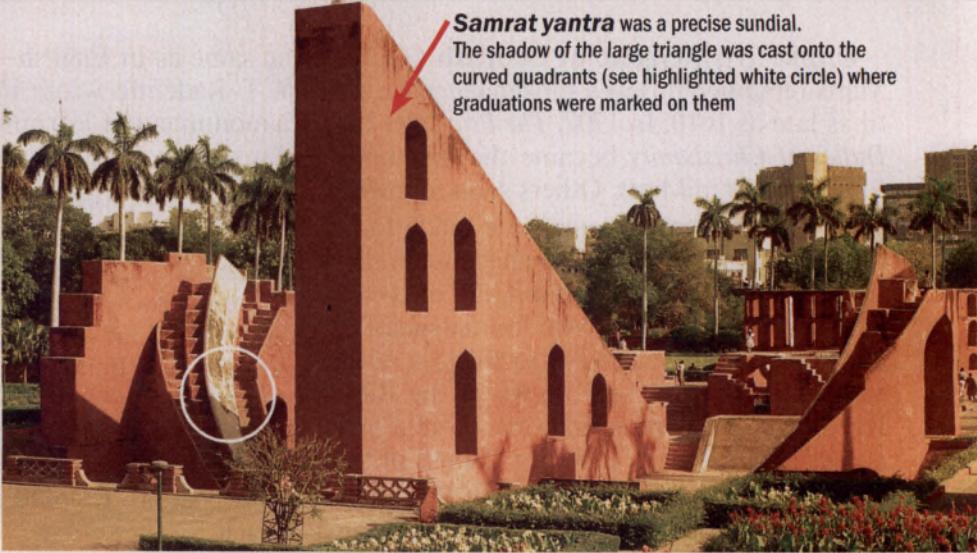
Respect for the Bible has not diminished among the islanders, and Jehovah's Witnesses are well-known locally for Bible study. Their latest Kingdom Hall, on a picturesque site at the foot of Belmont Hill, in Douglas, was built in May 1999. Reporting on its completion in just six days by volunteers, all of whom were Jehovah's Witnesses, the *Isle of Man Examiner* stated: "It could be hailed as a minor miracle."

If you are able to visit this delightful island, rest assured that the soft-spoken islanders will make your visit both memorable and enjoyable. But be alert when talking to a Manxman. To him "the mainland" is the Isle of Man; England is "the other island."

* The divine name in both Irish and Scottish Gaelic is *Yehobhah*, and in Welsh it is *Jehofah*.

**Peel Harbor, with
Peel castle in the
background**





Jantar Mantar

AN OBSERVATORY WITHOUT TELESCOPES

By Awake! writer in India

VISITORS to the Jantar Mantar in New Delhi, India, may gaze at the structures there with amazement, wondering, ‘Can this really be an observatory?’ For those accustomed to modern buildings that house an array of high-tech astronomical instruments, these strange-looking masonry structures situated in a large park would hardly suggest

an observatory. Yet, that is what the Jantar Mantar was when constructed in the early part of the 18th century. Remarkably, even without the benefit of telescopes and other instruments that were being developed in Europe, this observatory provided detailed and reasonably accurate information about the celestial bodies.

Jantar Mantar is the common name used for three of the five observatories built by the Rajput ruler Maharaja Sawai Jai Singh II. “Jantar” comes from the Sanskrit word “yantra,” meaning “instrument,” as

Portrait: Courtesy Roop Kishore Goyal



Jayaprakash yantra consists of hollowed-out hemispheres with markings on the concave surface. Crosswires were stretched between points on the rim

From the inside of the **Ram yantra**, an observer could align the position of a star with various markings or a window's edge



Mishra yantra indicated when it was noon in various cities

does “Mantar” from “mantra,” meaning “formula.” A colloquial practice of adding a rhyming word for emphasis has given birth to the name Jantar Mantar.

A plaque that was fixed on an instrument in the Jantar Mantar in New Delhi in 1910 gives 1710 as the year of the construction of that observatory. However, later research suggests 1724 as the date of completion. As we will see, the biographical information about Jai Singh lends support to this conclusion. But first, let us take a brief look at the instruments of this observatory, which is thought to be the oldest of its kind in the world.

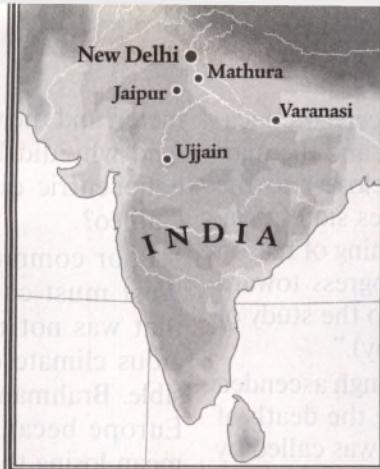
Masonry Structures as Instruments

The observatory has four different instruments of masonry and stone. The most outstanding of them is the **Samrat yantra**, or Supreme instrument—which is “basically an equal-hour sundial.” It was Jai Singh’s most important creation. It consists of a huge masonry triangle with a height of 70 feet, a base of 114 feet, and a width of 10 feet. The 128-foot-long hypotenuse of the triangle is parallel to the earth’s axis and points toward the North Pole. On either side of the triangle, or gnomon, is a quadrant with graduations to indicate hours, minutes, and seconds. Although simple sundials had existed for centuries, Jai Singh turned this basic instrument for measuring time into a precision tool for measuring declination and other related coordinates of the heavenly bodies.

Bottom: Reproduced from the book SAWAL JAI SINGH AND HIS ASTRONOMY, published by Motilal Banarsiidas Publishers (P) Ltd., Jawahar Nagar, Delhi, India.

Line-of-sight observation,
the earliest form of astronomy, was made
very precise by Jai Singh

To locate a star, you need to know its
altitude (how high it is in the sky) and its
azimuth (how far east it is from true north)



Jai Singh built five observatories in India, including one in New Delhi

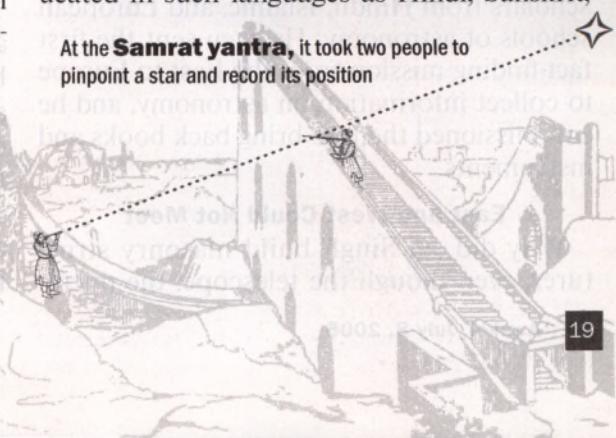
The other three structures at the observatory are the **Ram**, the **Jayaprakash**, and the **Mishra yantras**. They were intricately fashioned to measure the declination, altitude, and azimuth of the sun and stars. The Mishra instrument even indicated when it was noon in various cities all over the world.

All of the aforementioned instruments except the Mishra yantra were invented by Jai Singh. They were much more complex and functional than any others existing at that time in India and led to the development of accurate almanacs and astronomical tables. In design they were graceful and pleasing to the eye and gave valuable information until the telescope and other inventions made them obsolete. Why, though, did this brilliant and scholarly man not incorporate into his astronomical research some of the devices available in Europe, including an optical telescope? The answer is to be found in the background of the maharaja and in the history of the times.

“Devoted to the Study of Mathematical Science”

Jai Singh was born in 1688 in the Indian state of Rajasthan. His father, a maharaja in Amber, the capital of the Kachavaha clan of Rajputs, was under the authority of the Mogul powers in Delhi. The young prince was educated in such languages as Hindi, Sanskrit,

At the **Samrat yantra**, it took two people to
pinpoint a star and record its position



Persian, and Arabic. He also received education in mathematics, astronomy, and the martial arts. But one subject was closest to the prince's heart. A text of his times states: "Sawai Jai Singh from the first dawning of reason in his mind, and during its progress toward maturity, was entirely devoted to the study of mathematical science (astronomy)."

In 1700, at the age of 11, Jai Singh ascended the throne of Amber, following the death of his father. Soon the young king was called by the Mogul emperor to his court in south India, where Jai Singh met Jagannātha, a man well versed in mathematics and astronomy. This man later became the king's principal assistant. The young maharaja's political fortunes fluctuated until 1719, when the reign of Muḥammad Shāh began. Jai Singh was then called to the capital, Delhi, for a meeting with the new Mogul ruler. At this meeting, held in November 1720, Jai Singh apparently proposed the building of an observatory, which probably became a reality in 1724.

What motivated the maharaja to build an observatory? Jai Singh realized that the almanacs and astronomical charts in India were sadly inaccurate and that little progress was being made in the field of astronomy. So he decided to make new charts that would correspond to the actual visible heavenly bodies. He also had a desire to make instruments for astronomical observations available to every person devoted to the study of astronomy. Jai Singh thus acquired a vast library of books from France, England, Portugal, and Germany. In his court, he welcomed scholars from Hindu, Islamic, and European schools of astronomy. He even sent the first fact-finding mission from the East to Europe to collect information on astronomy, and he commissioned them to bring back books and instruments.

East and West Could Not Meet

Why did Jai Singh build masonry structures, even though the telescope, the micro-

meter, and the vernier were in use in Europe? And why did he seem unfamiliar with the heliocentric discoveries of Copernicus and Galileo?

Poor communication between East and West must carry some of the blame. But that was not the only drawback. The religious climate of the time was also responsible. Brahman scholars refused to travel to Europe because crossing the ocean could mean losing their caste. The European assistants who helped Jai Singh gather information were mainly Jesuit scholars. According to V. N. Sharma, who wrote a biography of Jai Singh, the Jesuits along with Catholic laymen were prohibited under threat of the Inquisition to accept the view held by Galileo and other scientists that the earth revolved around the sun. To the church this was heresy and atheism. It is not surprising then that the emissaries sent to Europe by Jai Singh did not include in their shopping lists works of Copernicus and Galileo or the new instruments that were being used to support the heliocentric theories.

An Ongoing Quest

Jai Singh lived in an age marred by religious intolerance and bigotry. Despite his brilliant and masterful work in updating knowledge of the heavens, little further progress was made in this field in India for decades. Yet, the Jantar Mantar observatory is a testimony to the efforts of a man who had a thirst for knowledge.

For centuries before Jai Singh developed an interest in the movement of the celestial bodies, other thinking humans were looking at the sky, trying to understand the wonders of the universe. No doubt mankind will continue to 'raise their eyes high up' to the heavens in a quest to increase their knowledge of the works of God's hands.—Isaiah 40:26; Psalm 19:1.

By Awake! writer
in Korea

Kimchi

A Zesty Korean Staple

Koreans love zesty delicacies, and kimchi is perhaps their favorite. To many of them, a meal without kimchi would be incomplete, even unthinkable. But what exactly is kimchi?

Kimchi is part of the international family of pickled vegetables. It is similar to the sauerkraut of Germany, the *paocai* of China, the *tsukemono* of Japan, the achar of India, and the pickles of other regions. In all its variations, kimchi provides Koreans with essential vitamins as well as a distinctive flavor, which invariably draws a strong reaction from the first-time taster. Detractors protest that their nostrils and taste buds are overwhelmed by the garlic and hot red pepper. Yet, aficionados find the assault on their senses sheer delight, and they keep coming back for more.

As people seek to lend spice to their meals, kimchi is becoming known worldwide. Servicemen from the West, immigrant workers, and thousands who came for the Seoul Olympics in 1988 got to taste it. As a result, in some countries kimchi now stands on the threshold of acceptance in the realm of fast food beside such multinational fare as hamburgers, tacos, chow mein, sushi, and hot dogs. Some non-Korean airlines serve it with their meals. In supermarkets in Japan, as many as ten million Korean-made kimchi minicups were sold over a three-year period. But how is kimchi prepared?

A Fermented Delicacy

As vegetables are preserved in salt, they become crisper. Salt suppresses the growth of most of the harmful microorganisms and facilitates the production of useful ones. Such fermentation produces amino acids and lactic acid, so kimchi comes to have a unique taste very different from the original taste of the vegetables.

Then the ingredients are mixed with seasonings. It is no longer just garlic and red pepper that find their way into kimchi pots. A host of other ingredients, ranging from the mundane to the exotic, are also used—green onions, carrots, leeks, ginger, sesame seeds, pears, oysters, salted baby shrimps, chestnuts, abalone, pine nuts, seaweed.

Note that kimchi is a side dish. No matter how much one likes it, kimchi is seldom eaten alone. It is meant to be eaten as a complement to other foods, particularly rice. To Koreans, kimchi and rice go together much as bread and butter or bacon and eggs do in other cultures. The neutral flavor of rice and the zesty and salty flavors of kimchi complement each other.

Rich in Vitamins and Minerals

The fame of kimchi has grown with the spreading demand for more healthful foods. Until recently, the nutritional value of kimchi was overlooked because of its taste. However, as a result of the current emphasis on



increased vegetable intake, kimchi is now praised for its nutritive qualities. For example, Chinese cabbage, radish, and red pepper are rich in vitamin A. Powdered red pepper has an abundance of vitamin C. The green part of leeks contains vitamins A and C. Besides, the fiber in cabbage aids digestion.

The various fermented seafood pastes added to kimchi are a good source of proteins and amino acids, which the vegetables normally lack. The oyster—the seafood item most frequently used in kimchi—contains a substantial amount of calcium, iron, glycogen, vitamins, and essential amino acids.

It is believed that there are over 100 kinds of kimchi. The differences may include the main or secondary materials, the region where the particular kimchi is prepared, the period of fermentation, and the temperature and humidity at which the kimchi is made. The secrets of making delicious kimchi have been handed down from mother to daughter and are the pride of many a family. In fact, kimchimaking skill is often used as the benchmark for a good cook.

Kimchi for a New Lifestyle

Nowadays, it is not necessary to prepare kimchi at home. Hothouses provide vegeta-

Preparing Winter Kimchi

In the past when refrigerators were unknown, long Korean winters—with temperatures near the freezing point—necessitated the preparation of food that could last a long time. Kimchi was the answer. The making of large quantities of kimchi is called *kimjang*. The season for this was from about the end of November to the middle of December.

When extended families lived together, *kimjang* could involve some 100 heads of cabbage! The amounts of other ingredients could also be enormous, considering the variety of kimchi types. Sometimes family, friends, and neighbors would gather to help with *kimjang* at a particular household and then all would move to the next family's place and help there.

Many companies still give

*Removing kimchi
from a crock*

their employees 'kimchi bonuses' at that time of year to cover the large outlay of money required to buy all the ingredients for winter kimchi.

How were large quantities of kimchi stored? In jars or crocks. One month before *kimjang*, crocks were buried in the ground. After the prepared kimchi cabbage heads were neatly placed in the crocks, the cabbage was pressed down with a flat stone and covered with a lid. Because earthware crocks are porous, the kimchi would keep for a long time.



bles year-round. Factory-made kimchi can be purchased at almost any local grocery store. In modern urban apartments, large-scale kimchi production is not feasible or practical; however, smaller quantities can easily be preserved in the refrigerator instead of in kimchi crocks.

Kimchi is a survivor. It not only survives long winters but will probably survive changing lifestyles, as it has for centuries. Would you like to taste it? Do not be dissuaded by its tangy aroma. Most likely you will find one of the over 100 varieties of kimchi agreeable to your palate. When this happens, "*Mat-itkae duseyo!*" —that's Korean for "Enjoy your food!"

Spicy Korean Kimchi

BASIC INGREDIENTS

- 1 pound Chinese cabbage
- 2 tablespoons salt
- 4 cups cold water
- 2 cups very hot water

SEASONINGS

- 1 tablespoon finely chopped garlic
- 1 tablespoon finely chopped fresh ginger
- 1 tablespoon finely chopped scallions
- 2 teaspoons finely chopped dried red pepper
- 2 teaspoons sugar
- 1 tablespoon salt

PREPARATION: Separate the cabbage leaves, and sprinkle them with salt. Pour in cold water, and allow the mixture to stand in a cool place for eight hours or overnight. Rinse the cabbage well and squeeze out excess liquid. Pour very hot water over the seasonings and mix well. Combine with cabbage leaves.

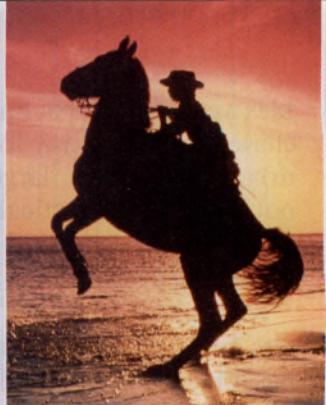
Put the combination into a large glass bowl. You may have to cut the leaves in half to make them fit. Cover with plastic wrap, and leave in a cool place for about two days. Drain the leaves, and cut them into bite-size pieces. Pack into a glass jar until ready to serve. Makes one pound.

Sliced radish, whole radish, cucumber, and Chinese cabbage are commonly used as the main ingredients of kimchi



Meet the Brazilian Gaucho!

By Awake!
writer
in Brazil



THE Brazilian gaucho?" you might ask. "I always thought that gauchos were from Argentina." That is true. But there are also gauchos, South American cowboys, in Uruguay, the country that lies to the north and east of Argentina. And if you visit Rio Grande do Sul, the southernmost state of Brazil, you may well meet the gauchos who

are there too. Whether they wear bombachas, gaucho trousers, and work with horses, cattle, and sheep on a ranch or not, today's Brazilian gauchos may be different from what you expect. What do we know about their origins?

Colonization contributed to the gaucho identity. In the 19th and 20th centuries, waves of immigrants from Europe, eager to find a

Inset photos: M.A. Decusati

Rio Grande do Sul



place to live and work, settled in southern Brazil. They brought with them know-how in crafts and horticulture. Many immigrants became gauchos and developed a culture of their own. Their descendants still maintain many of the gauchos' characteristics, such as their food, clothing, entertainment, and attitude toward work. Let's first examine something that interests all of us—food.

Not Only Churrasco and Maté

Do not expect to meet many gauchos here who are vegetarians! The gaucho's main dish is undoubtedly the barbecue, or churrasco, of mutton or beef. This started as the main food source on the pampas, where the animals were herded. Unless your diet is vegetarian or your cholesterol level is too high, you may want to try a traditional *rodizio*, a variety of meats offered in rotation, at a gaucho-type

restaurant or steak house. You may also want to try *café colonial*, a table filled with special treats and drinks, such as wine, tea, and coffee, from which you may choose. Definitely, the preferred drink is *chimarrão*, or maté, a tea brewed from the powdered leaves of the holly tree. Although it is bitter, you might see a gaucho sipping it at any time of the day, although this is especially likely after meals.

You may not like the tart taste of *chimarrão*. Without a doubt, however, you will enjoy the relaxed and friendly atmosphere that comes when savoring both *chimarrão* and churrasco with pleasant companions.



How to prepare two typical gaucho dishes

BARBECUED BEEF

4 pounds beef, 2 1/4 cups pickling salt

Skewer the meat, and sprinkle it with salt. Place the meat on the fire. Keep the fatty side down until it browns; then turn it over. Make sure the beef has some fat, for as it melts, it penetrates the meat, making it tastier and more tender. Proceed the same way with pork, poultry, or lamb.—Serves four.



CARRETEIRO RICE WITH SALTY SUN-DRIED BEEF

18 ounces of sun-dried beef, 1 3/4 cups chopped onions, 1/4 cup oil, 2 1/2 cups water, 2 1/2 cups uncooked rice, 2 garlic cloves chopped

Wash the sun-dried beef, and soak it in water for eight hours or so. Change the water several times during this period. Chop the beef into small pieces, braise it in a pan with oil, garlic, and onion. Add uncooked rice to the braised meat, and stir well. Add water, and bring the mixture to a boil. Then reduce the heat, and let the mixture simmer, stirring once in a while so that it will cook evenly. When the rice is done, fluff it with a fork and serve it with beans.—Serves four.



Dancing to traditional
gaucho music



The Gaucho's Clothes and Music

The traditional bombachas, poncho, boots, wide belt, hat, and scarf go back to the days when the gaucho spent much of his time outdoors on the pampas, or grasslands. Explains *Insight Guides—Brazil*: “The unique *gaucho* culture is the trademark of Rio Grande do Sul where swarthy cowboys roam the southern pampas with their distinctive flat hats and chin straps, their baggy pantaloon trousers, red neckerchiefs and leather boots.” On festive occasions, the attire of women in this region is usually colorful and modest. Visitors and gauchos alike appreciate the dances in traditional costumes. Yet, whether it is food, clothing, or entertainment, gaucho tradition is a mixture of cultures brought by immigrants not only from lands such as Germany, Italy, Portugal, and Spain but also from Greece, Japan, Lebanon, Poland, Russia, Syria, and Ukraine as well as African countries.

In an interview with *Awake!* José Cláudio Paixão Côrtes, who has studied gaucho costumes and dances for about 50 years, explained that the solitary gaucho developed a love of music. It is little wonder that the gaucho, often having only a horse as his companion, made singing and music a part of his life. Stringed instruments such as the banjo and the guitar were later complemented with the accordion. Unlike young men in other parts of the world, many young gauchos still prefer regional country music to modern types.

Gauchos also enjoy dancing. Even if a gaucho moves away from his home state, he remembers fondly his heritage of traditional dances. In addition to square dances, gauchos participate in such dances as the sword dance and a dance performed with three hurling balls, or bolas. These are made of clay, stone, or iron, tied together by loose leather cords. When working with livestock, a gaucho may throw these balls at an animal's legs

so that the cords entwine them and bring the animal to a sudden halt.

They Love Their Land

Gaucho culture and tradition are still preserved in the frontier region of Brazil bordering Argentina and Uruguay. According to one travel guidebook: “Across these wind-swept prairies, the *pampas* of legend, the *gaucho* cowboy still rides herd over the cattle and sheep that first brought wealth to Rio Grande do Sul.”

There is, however, more to these gauchos than the *chimarrão* and the *churrasco*. Being proud of the natural beauty and the variety of their land, some gauchos joke that when God created the earth in six days, he spent five days on Rio Grande do Sul!

Even if the gaucho lives and works in the city, he values his roots. His background, either as an immigrant or a descendant of immigrants, has contributed to developing such qualities as self-reliance, outspokenness, courage, helpfulness, and hospitality.

The gaucho often dreams of a former simple, pastoral life. Whether raised with cattle, horses, lassos, and bolas or with crops, such as corn, grapes, potatoes, rice, soy beans, and wheat, the gaucho is very attached to his land. Of course, grim realities such as poverty and prejudice affect his life. However, many gauchos who have studied the Bible with Jehovah's Witnesses firmly believe that the entire earth will soon become a peaceful paradise. You too can share that hope.—Luke 23:43; 2 Peter 3:13; Revelation 21:1-4.

In Our Next Issue

■ Natural Disasters

—Are They Getting Worse?

■ The Man Who “Moved the Earth”

■ Why Am I Drawn to the Wrong People?

Watching the World

Trust on the Decline

"The majority of Spaniards have little or no trust in most of the institutions that govern their lives," reports *El País* newspaper of Spain. According to the Center for Sociological Research, just over half the 2,500 people who were interviewed said they mistrust the government, 56.2 percent mistrust banks, and 57.7 percent lack trust in trade unions. In a land where nearly 75 percent of the population describe themselves as Catholic, over 61 percent said that they have "little or no trust in the Catholic Church." Commenting on this, an editorial in the newspaper *Diario 16* said: "Most Spaniards clearly consider themselves Catholic, but the great majority do not practice this religion or share its beliefs."

Reading Boosts Memory

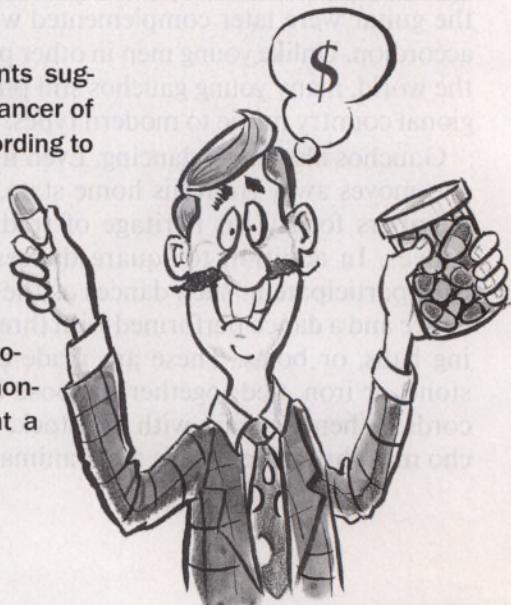
How can you improve your memory? "Don't hope for a miracle," says Brazil's *Folha Online*. "The secret is to put your head to work." One of the best ways to stimulate your brain is by reading. How so? Neurologist Ivan Izquierdo says: "The moment a person finishes reading the word 'tree,' all the trees that he has ever known during his lifetime pass through his mind in hundredths of a second." According to Izquierdo, "all of this happens unconsciously." He believes that this type of mental activity makes our brain less susceptible to diseases such as Alzheimer's. Neurologist Wagner Gattaz, of the Research Center for Memory Disorders, in São Paulo, Brazil, says: "The more we use our memory, the more we preserve it."

Text Messages on the Rise

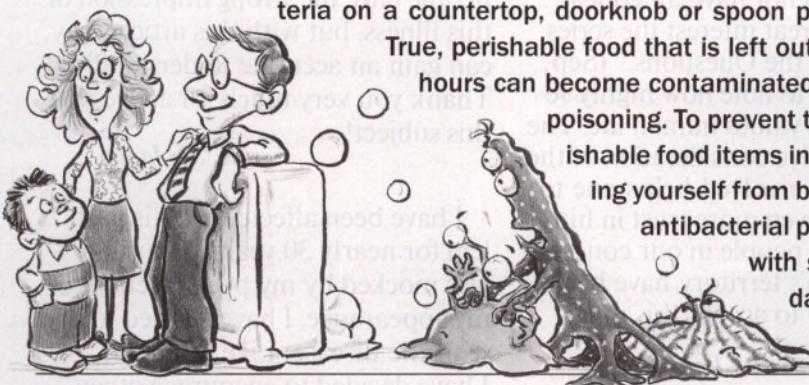
"Worldwide, more than 360 billion text messages are sent annually," reports the *International Herald Tribune*. "That's roughly one billion short messages each day." Short message service, or SMS, is finding ever more uses. More and more companies are sending text messages to potential clients' mobile phones to sell their wares. Subscribers, for instance, can now receive the pope's prayers on their cell phones. Police in the Netherlands send SMSs to stolen mobile telephones to alert possible buyers to the fact that the phone has been stolen. And some countries where religious law allows a man to divorce his wife after declaring three times "I divorce you" have authorized divorce by SMS.

Vitamin Supplements and Cancer

A review of 14 studies involving 170,000 participants suggests that vitamin supplements do not protect against cancer of the throat, stomach, liver, intestines, and pancreas. According to the medical magazine *Deutsches Ärzteblatt*, the antioxidant supplements beta carotene and vitamins A, C, and E not only have no beneficial effect but could even slightly increase the cancer risk. Dr. Richard Sullivan of Cancer Research UK explains: "There are no shortcuts to prevent bowel cancer. If you're taking vitamins to protect yourself against the disease, you're wasting your money." He adds: "The best way to lower the risk is to eat a healthy diet and not smoke."



Worried About Germs?



"The fantasy of a germ-free home is not only absurd, but it is also largely pointless," says an article in *The New York Times*. "Unless you share your home with someone very old, very young (under 6 months) or very ill, the few hundred bacteria on a countertop, doorknob or spoon pose no threat" to your health.

True, perishable food that is left out on a counter for a number of hours can become contaminated with bacteria and cause food poisoning. To prevent that from happening, store perishable food items in the refrigerator. As for protecting yourself from bacteria, there is no need to use antibacterial products. "Just wash your hands with soap and water a few times a day, and leave it at that," says the paper.

Internet Use in the Netherlands

"One out of every 5 children between 11 and 12 years of age has been harassed with sexual insinuations by a stranger while chatting on the Internet," claims a study reported in the Dutch newspaper *Algemeen Dagblad*. According to questionnaires handed out to 660 parents and 220 children between the ages of 8 and 12, more than half the children who use the Internet have had an occasional "unpleasant experience" by being confronted with "irritating mail (spam)" or with pornographic images or other inappropriate information. Most of the children reported the encounter to their parents. The study further notes that 8 out of 10 parents are worried about the dangers that their child may face by using the Internet, that nearly half the parents said they would

like to give close supervision to their children as they use the Internet, that 60 percent of parents keep the computer in the living room to monitor their children, and that children average nearly an hour a day on the Internet playing games, sending electronic mail, and chatting.

The Advice They Prefer

"A survey has found that nearly two thirds of directors of leading companies prefer the advice of their spouse to that of another board member or colleague when facing a difficult challenge at work," reveals *The Times* of London. Bob Arnold, whose consulting firm commissioned the research, says that what business leaders look for in their advisers is, not expertise, but trust. He explains: "Naturally, independence, objectivity and experience are sought-after attributes among the people advising board mem-

bers," but because trust is the most important, wives are the first choice.

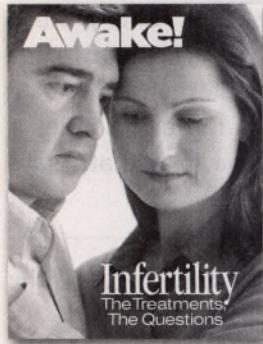
Demise of Checks Foreseen

"Within a generation, checks are likely to be a rarity," says *U.S. News & World Report*. Paying by check has declined sharply since the arrival of "cheaper and faster payment alternatives such as credit cards, debit cards, and online banking." Other contributing factors are direct deposit and automatic bill payment, by which customers give creditors permission to remove funds from their bank account to pay recurring bills. The banking industry claims that eliminating paper checks will protect against identity theft. However, some consumer and fraud experts have expressed concern that the use of electronic checks will lead to increased invasion of privacy and fraudulent schemes.

From Our Readers

Infertility Even though I do not have an education in medicine, I read with great interest the series "Infertility—The Treatments, the Questions." (September 22, 2004) It is pleasing to note how highly Jehovah values human life. The objective consideration of the issues involved helps one to have even more trust in him. Many people in our congregation's territory have been happy to accept this magazine.

V. P., Russia



Now, years later, we are faced with the issues described in this series. It is truly uplifting to know that Jehovah provides food at the proper time. It was—and is—very hard to be told that you cannot have a child. But through research and through this article, I have been helped to draw comfort from the fact that we are not alone. We count it a true blessing that we can devote our time to serving Jehovah fully.

T. O., United States

Vitiligo Thank you very much for the article "What Is Vitiligo?" (September 22, 2004) I have had this disease for five years. But I have been better able to cope with it since you published this article. I am glad to belong to a Christian community that deeply cares for each one of us!

C. H., Germany

Living with vitiligo is mentally and emotionally challenging, to say the least. Jehovah is teaching us to be more sensitive to one another. I look forward to the time when I will have my natural color back.

B. W., United States

I have been suffering from vitiligo for the past 25 years. Just knowing that others experience the same emotional distress that I do is a great comfort. Many

people have the wrong impression of this illness, but with this article they can gain an accurate understanding. Thank you very much for addressing this subject!

K. S., Japan

I have been affected by this problem for nearly 30 years. As a child, I was mocked by my peers because of my appearance. I have learned to live with the disease. Like Sibongile, I have decided to encourage others with the Bible's promise that Jehovah will soon remove all health problems and the accompanying emotional anxiety that causes so much pain.

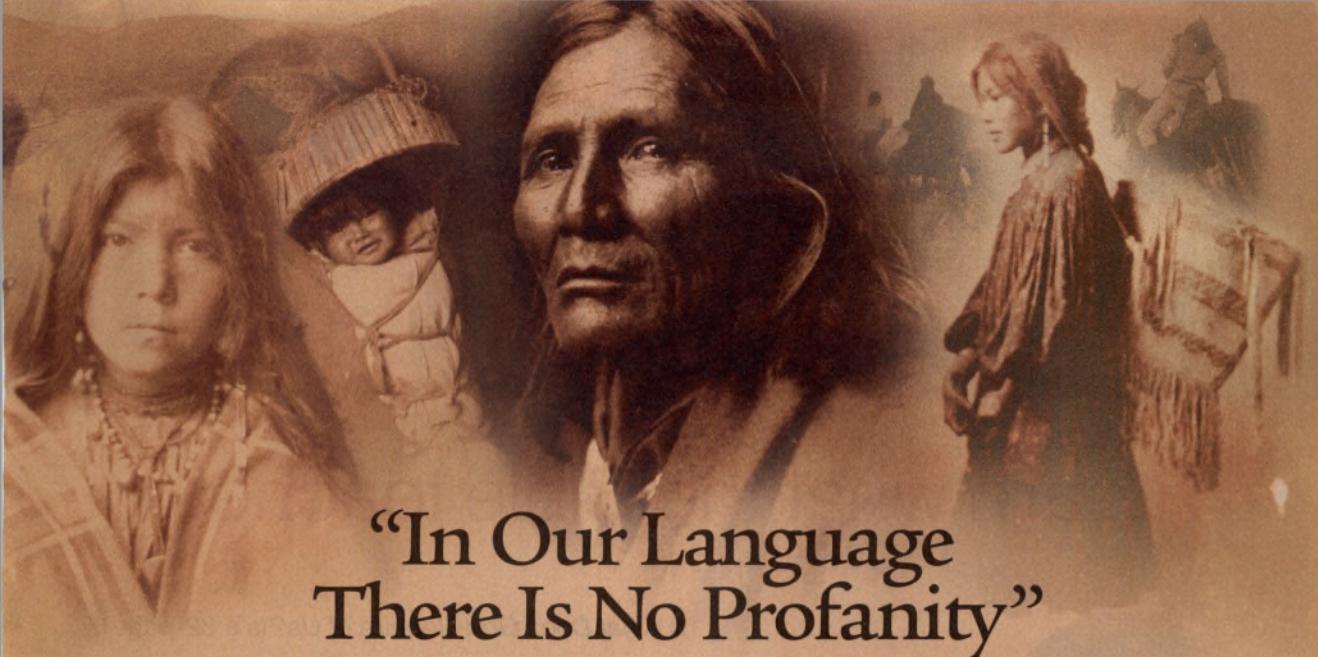
J. M., Czech Republic

My 19-year-old daughter has this illness. No one knows how many tears she has shed or how many times she has prayed to Jehovah about it. She loves Jehovah and recently became a full-time evangelizer. We are thankful that you publish articles like this because it helps us to feel Jehovah's care for us.

S. S., Japan

I am a full-time evangelizer. I cannot explain how it feels to get stares and hesitation from others who do not want to shake my hand or embrace me because of my discoloration. Just having such a loving and accurate article brought me much comfort. Thank you for helping others to see that our condition is not contagious and for showing us that Jehovah cares for us.

C. S., United States



"In Our Language There Is No Profanity"

WHAT is profanity? It is "abusive, vulgar, or irreverent language." (*The American Heritage Dictionary*) Another dictionary defines the verb "profane" in this way: "To treat (something sacred) with abuse, irreverence, or contempt." Unfortunately, in many countries profanity is the language of the street. Whereas in the past men were usually guilty of such obscene talk, today it is more and more common to hear bad language pouring out of the mouths of women. However, in some cultures profanity has not always been a part of everyday speech. Take, for example, the testimony of Apache Indian James Kay-waykla.

James was born about 1873 in New Mexico, in the United States. In his later years, when he was nearly 90 years old, he related the following:

"One morning I was awakened by the sound of Grandfather's voice. He sat in the opening of our brush arbor, facing the rising sun, and singing The Morning Song. This is a hymn to Ussen . . . thanking Him for one of the greatest of his gifts—the love between a man and woman, which is to Apaches a sacred thing.* Never do they make obscene jokes about sex, and the fact that White Eyes [white men] consider conception and birth

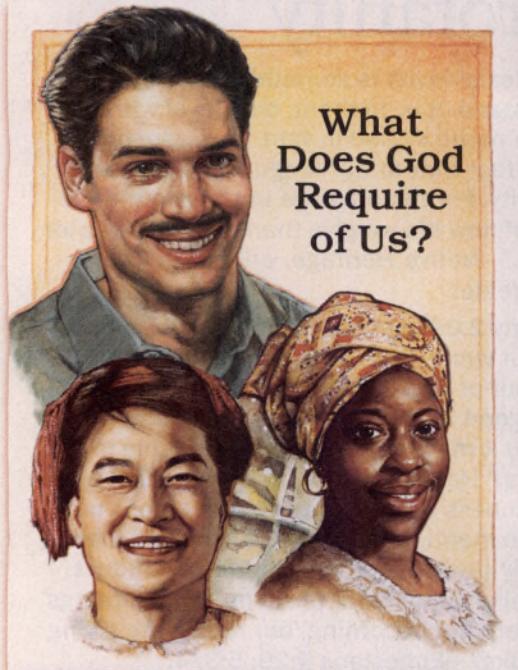
a matter of levity is something they cannot understand. It is, to them, on a level with taking the name of God in vain. I am very proud of the fact that in our language there is no profanity. For the privilege in sharing the creation of new life we give thanks to the Creator of Life."—*Native Heritage*, edited by Arlene Hirschfelder.

Nearly 2,000 years ago, the Christian apostle Paul wrote: "Let a rotten saying not proceed out of your mouth, but whatever saying is good for building up as the need may be, that it may impart what is favorable to the hearers." He also wrote: "Let fornication and uncleanness of every sort or greediness not even be mentioned among you, just as it befits holy people; neither shameful conduct nor foolish talking nor obscene jesting, things which are not becoming, but rather the giving of thanks."—Ephesians 4:29; 5:3, 4.

How can profanity and obscene jesting be eliminated from the heart, the mind, and the mouth? Paul's counsel to the Philippians might help us all: "Brothers, whatever things are true, whatever things are of serious concern, whatever things are righteous, whatever things are chaste, whatever things are lovable, whatever things are well spoken of, whatever virtue there is and whatever praiseworthy thing there is, continue considering these things."—Philippians 4:8.



Learn what the Bible teaches



■ *What Does God Require of Us?* is a 32-page publication the same size as this magazine. It is designed to help people understand the basic teachings of the Bible. This brochure shows clearly what God's purpose is for mankind and provides information from the Bible that highlights what we need to do to receive his approval. Its appealing lessons include "Who Is God?," "Who Is Jesus Christ?," "What Is God's Purpose for the Earth?," and "What Is the Kingdom of God?"