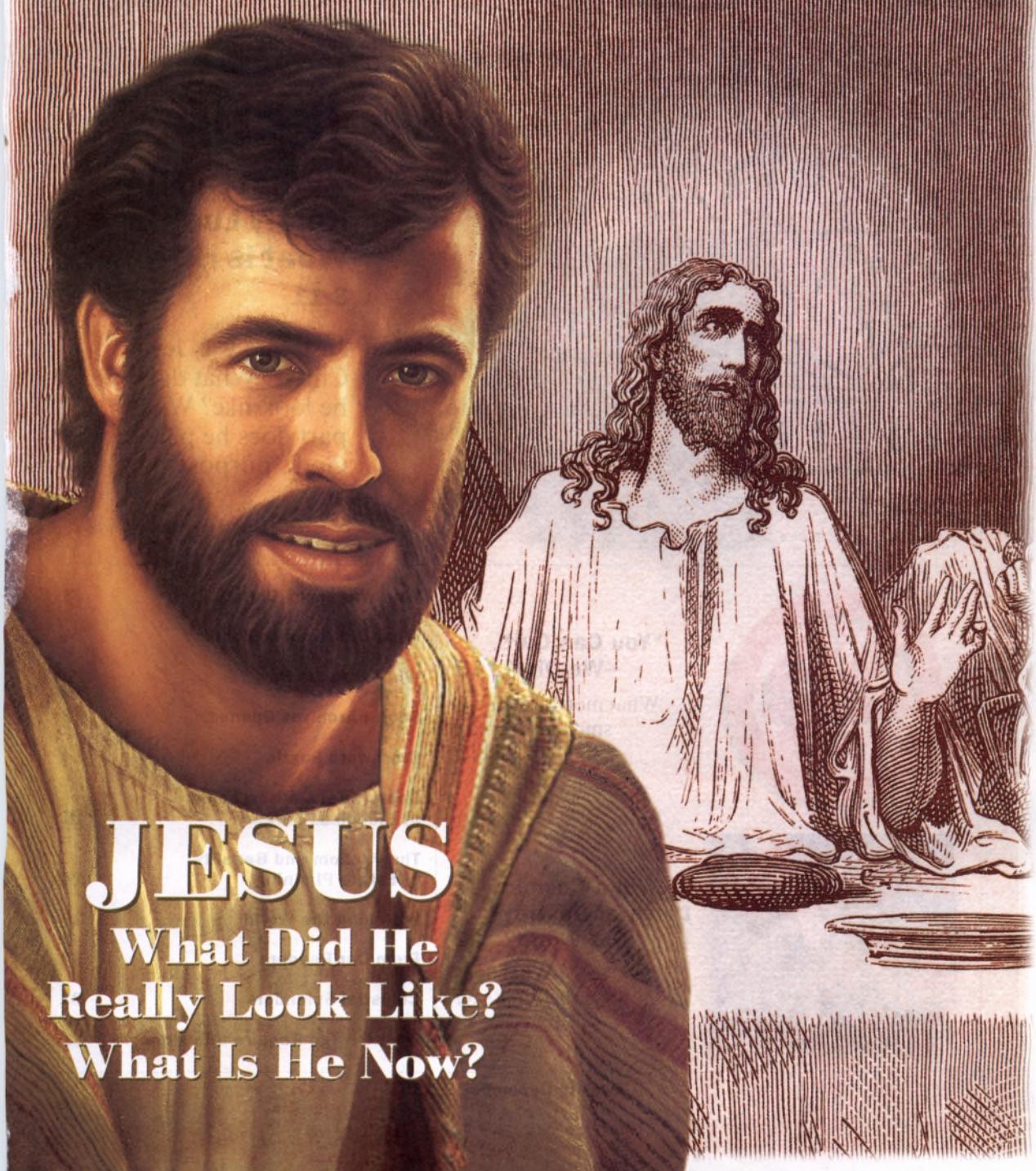


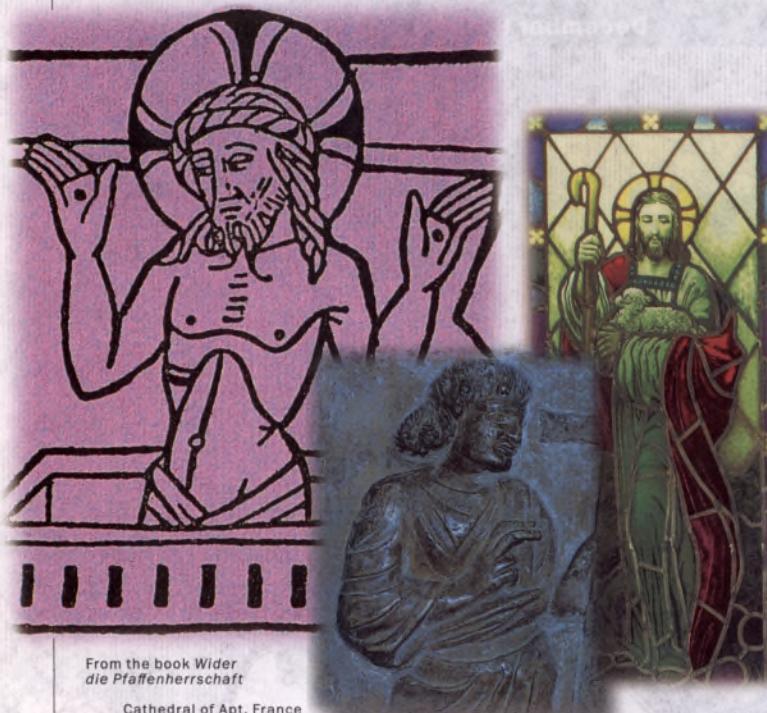
# Awake!

December 8, 1998



## JESUS

**What Did He  
Really Look Like?  
What Is He Now?**

From the book *Wider die Pfaffenerrschaft*

Cathedral of Apt, France

## JESUS —What Did He Really Look Like? What Is He Now?

**3-11**

Just who was Jesus Christ? What did he look like? What part does he play in God's purpose now?

Cover background: The Last Supper/The Doré Bible Illustrations/Dover Publications



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# WHO WAS JESUS CHRIST?

At this time of the year in many lands throughout the world, there are Christmas observances. Hundreds of millions of people believe that Jesus Christ was born on December 25 some 2,000 years ago. In paintings and sculptures, there are various portrayals of him as a baby in a manger. But, of course, he grew to manhood and lived on earth for 33 1/2 years.

HAVE you ever wondered about the physical appearance of Jesus when he was an adult? What kind of complexion did he have? Was he muscular and handsome, or was he frail and somewhat sickly looking, as he has been depicted by various artists down through the centuries? Was he clean shaven or bearded? Did he have long hair?

Also, did Jesus have an aura of holiness, such as a halolike light around his head as drawn by certain artists? Or was the reality different—that he had no such distinguishing features but could blend in with a crowd?

Conflicting thoughts have been put forth by secular historians and artists down

through the ages regarding the appearance of Jesus. Additionally, reliable clues have been provided in eyewitness accounts of him that were written down by Bible writers who lived in the first century and who were in his company.

However, the following are far more important questions than what he looked like: Who really was Jesus Christ? What part does he play in God's purpose? Has he fulfilled that part? What is he today, and where is he? Does he have a position so important that it will affect all humankind, even many who have died?

First, let us examine the evidence regarding the appearance of Jesus. What did he look like?

# WHAT DID JESUS LOOK LIKE?

THE testimony of secular history regarding what Jesus looked like is strongly influenced by several factors. These account for major differences in the way he has been depicted in art.

Two factors are the culture of the country and the time period in which the art was done. In addition, the religious beliefs of the artists and those who commissioned them affected how Jesus was portrayed.

Over the centuries, famous artists, such as Michelangelo, Rembrandt, and Rubens, lavished considerable attention on Christ's physical appearance. Often embellished with symbolism and mysticism, their works have greatly influenced the general percep-

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tion of what Jesus looked like. But on what were their interpretations based?

## What Secular History Says

Works of art predating Roman Emperor Constantine, who lived from about 280 to 337 C.E., often depicted Jesus as a youthful "Good Shepherd" with either short hair or long, curly hair. But of this the book *Art Through the Ages* says: "As a theme, the Good Shepherd can be traced back through [pagan] Greek Archaic to Egyptian art, but here it becomes the symbol for the loyal protector of the Christian flock."

In time, this pagan influence became still more pronounced. "Jesus," the book adds, "could be easily identified with the familiar deities of the Mediterranean world, especially Helios (Apollo), the sun god [whose halo was later given to Jesus and then to the "saints"], or his romanized eastern aspect, Sol Invictus (the Unconquered Sun)." In a mausoleum discovered beneath St. Peter's in Rome, Jesus is actually portrayed as Apollo "driving the horses of the sun-chariot through the heavens."

This more youthful form, however, did not last very long. Adolphe Didron, in his book *Christian Iconography*, states what happened: "The figure of Christ, which had at first been youthful, becomes older from

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century to century . . . as the age of Christianity itself progresses."

A 13th-century text pretending to be a letter by a certain Publius Lentulus to the Roman Senate gives a description of the physical appearance of Jesus, saying that he had "hair of the hue of an unripe hazel-nut [light brown] and smooth almost down to his ears, but from the ears in curling locks somewhat darker and more shining, waving over (from) his shoulders; having a parting at the middle of the head . . . , a full beard of the colour of his hair, not long, but a little forked at the chin; . . . the eyes grey . . . and clear." This unauthentic portrait subsequently influenced many artists. "Each period," says the *New Catholic Encyclopedia*, "created the type of Christ it desired."

What was true of each period was also true of races and religions. Religious art from the missionary fields of Africa, the Americas, and Asia portrays the long-haired Christ of the West; but at times "native features" have been added to his appearance, the encyclopedia notes.

The Protestants have also had their artists, and these interpreted Christ's appearance in their own way. F. M. Godfrey, in his book *Christ and the Apostles—The Changing Forms of Religious Imagery*, states: "Rembrandt's tragic Christ is an emanation of the Protestant spirit, sorrowful, ghostly, severe, . . . an image of the inward-looking, self-denying Protestant soul." This is reflected,

he says, in "the paucity of His body, the abnegation [self-denial] of the flesh, the 'lowliness, pathos and solemnity' with which [Rembrandt] conceived the Christian epic."

However, as we shall now see, the frail, halo-encircled, effeminate, melancholy, long-haired Christ, which often appears in Christendom's art, is not accurate. In reality, it is a far cry from the Jesus of the Bible.

### The Bible and Jesus' Appearance

As "the Lamb of God," Jesus was without defect, so no doubt he was a fine-looking man. (John 1:29; Hebrews 7:26) And he certainly would not have worn the permanent look of melancholy given to him in popular art. True, he experienced many distressing events in his life, but in his general disposition, he perfectly mirrored his Father, "the happy God."—1 Timothy 1:11; Luke 10:21; Hebrews 1:3.

Was the hair of Jesus long? Only Nazirites were not to cut their hair or drink wine, and Jesus was not a Nazirite. So he no doubt had his hair neatly clipped like any other Jewish male. (Numbers 6:2-7) He also enjoyed wine in moderation when in the company of others, and this reinforces the thought that he was not a cheerless person. (Luke 7:34) Indeed, he made wine by performing a miracle at a wedding feast in Cana of Galilee. (John 2:1-11) And he evidently wore a beard, which is attested to in a prophecy concerning his suffering.—Isaiah 50:6.

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What about Jesus' complexion and features? They were likely Semitic. He would have inherited these features from his mother, Mary, who was Jewish. Her ancestors were Jewish, in the line of the Hebrews. So Jesus would probably have had a complexion and features common to Jews.

Even among his apostles, Jesus apparently did not stand out as being very different physically, for Judas had to betray him to his enemies with an identifying kiss. Thus, Jesus could readily blend in with the crowd. And he did, for on at least one occasion, he traveled unrecognized from Galilee to Jerusalem.—Mark 14:44; John 7:10, 11.

Some conclude, though, that Jesus must have been frail. Why do they say this? For one thing, he needed help to carry his torture stake. Also, he was the first to die of the three men who were impaled.—Luke 23:26; John 19:17, 32, 33.

### **Jesus Not Frail**

Contrary to tradition, the Bible does not describe Jesus as being frail or effeminate. Rather, it says that even as a youth, he "went on progressing in wisdom *and in physical growth* and in favor with God and men." (Luke 2:52) For the better part of 30 years, he was a carpenter. That does not seem to be an occupation for one of slight or weak build, especially in that era, when there were no modern laborsaving machines. (Mark 6:3) Also, Jesus drove the cattle, the sheep, and the money changers out of the temple and overturned the tables of the money changers. (John 2:14, 15) This too suggests a manly, physically vigorous person.

During the last three and a half years of his life on earth, Jesus walked hundreds of miles on his preaching tours. Yet, the disciples never suggested that he "rest up a bit." Rather, Jesus said to them, some of whom were tough fishermen: "Come, you your-

selves, privately into a lonely place and rest up a bit."—Mark 6:31.

Indeed, "the whole evangelical narrative," says M'Clintock and Strong's *Cyclopædia*, "indicates [Jesus had] sound and vigorous bodily health." Then why did he need help to carry his torture stake, and why did he die before the others who were impaled with him?

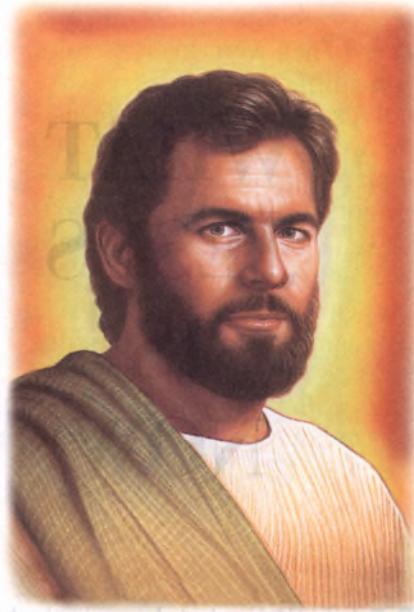
One key factor is extreme distress. As the time of Jesus' execution neared, he said: "Indeed, I have a baptism with which to be baptized, and how I am being distressed until it is finished!" (Luke 12:50) This distress grew to "agony" on his final night: "Getting into an agony he continued praying more earnestly; and his sweat became as drops of blood falling to the ground." (Luke 22:44) Jesus knew that mankind's prospects for eternal life depended upon his integrity to the death. What a weight to carry! (Matthew 20:18, 19, 28) He also knew that he would be executed as an "accursed" criminal by God's own people. Thus, he was concerned that this could bring reproach upon his Father.—Galatians 3:13; Psalm 40:6, 7; Acts 8:32.

Following his betrayal, he suffered cruelty upon cruelty. In a mock trial conducted well after midnight, the most senior officials in the land ridiculed him, spat on him, and hit him with their fists. To lend a facade of legitimacy to the night trial, another trial was held early the next morning. There Jesus was interrogated by Pilate; then by Herod, who, along with his troops, made fun of him; and then by Pilate again. Finally, Pilate had him scourged. And this was no ordinary whipping. Said *The Journal of the American Medical Association* about the Roman practice of scourging:

"The usual instrument was a short whip . . . with several single or braided leather thongs of variable lengths, in which small



**The frail,  
pallid Christ  
depicted  
by artists in  
Christendom  
in contrast with  
a portrayal of  
Jesus based  
on Bible accounts**



iron balls or sharp pieces of sheep bones were tied at intervals. . . . As the Roman soldiers repeatedly struck the victim's back with full force, the iron balls would cause deep contusions, and the leather thongs and sheep bones would cut into the skin and subcutaneous tissues. Then, as the flogging continued, the lacerations would tear into the underlying skeletal muscles and produce quivering ribbons of bleeding flesh."

Clearly, Jesus' vitality would have been ebbing well before he buckled under the weight of the stake he carried. In fact, *The Journal of the American Medical Association* stated: "The physical and mental abuse meted out by the Jews and the Romans, as well as the lack of food, water, and sleep, also contributed to his generally weakened state. Therefore, even before the actual crucifixion, Jesus' physical condition was at least serious and possibly critical."

### Is His Appearance Important?

From Lentulus' spurious written portrait to the works of famous master artists to

modern stained-glass windows, Christendom seems enamored with that which captures the eye. "The exceptional evocative power of the image of Jesus Christ should be preserved," said the archbishop of Turin, custodian of the controversial Shroud of Turin.

Yet, God's Word deliberately omits such "evocative" details of Jesus' appearance. Why? They would likely distract from that which means everlasting life—Bible knowledge. (John 17:3) Jesus himself—our very model—"does not look upon," or regard as important, "men's outward appearance." (Matthew 22:16; compare Galatians 2:6.) To stress Jesus' physical appearance in the absence of any mention of such in the inspired Gospels is to oppose their very spirit. In fact, Jesus, as we shall see in the next article, no longer even resembles the human form.\*

\* In Bible study, there is, of course, no harm in using pictures that include Jesus. These often appear in the Watch Tower Society's publications. No attempt, however, is made to invoke the mystical, awe the viewer, or promote unscriptural concepts, symbols, or veneration.

# WHAT JESUS IS NOW

**W**HILE what Jesus looked like is of interest, it is much more vital to determine what he is now and where he is. What part does he serve in God's purpose toward the human family?

Secular history cannot give us the answers. They can be found only in the document that God authored for the benefit of truth seekers. And that is the Holy Bible, or the Sacred Scriptures, the most widely distributed volume in the history of the world.

The Bible is not just another book authored by humans. While humans were used as his penmen, God was the real author: "All Scripture is inspired of God and beneficial for teaching, for reproofing, for setting things straight, for disciplining in righteousness, that the man of God may be fully competent, completely equipped for every good work."—2 Timothy 3:16, 17.

The apostle Paul recognized what the Scriptures were, for he wrote: "When you received God's word, which you heard from us, you accepted it, not as the word of men, but, just as it truthfully is, as the word of God."—1 Thessalonians 2:13.

God is the all-powerful Creator of the universe, with its billions of galaxies and billions of stars in each galaxy. What awesome power he has to be able to create all of that! Surely the Almighty One, who made the amazing universe, could author a book that would be a reliable guide for anyone searching for truth.

## What the Bible Says

God's Word cuts through the endless theories and speculations about Jesus. Note some of the details it gives us about him:

- Jesus was the first and only direct creation of God in heaven countless ages ago, before the angels and the physical universe. That is why he is called God's "only-begotten Son." All other creations were made through this Son, God's "master worker," in his prehuman existence.—John 3:16; 6:38; 8:58; Proverbs 8:30; Colossians 1:16.

- About 2,000 years ago, God transferred the life of Jesus to the womb of a Jewish virgin, to be born as a human. Even now, by the process of artificial insemination, humans can do something that is in some ways comparable.—Matthew 1:18; John 1:14.

- Jesus was much more than just a good man. As an adult he reflected perfectly the loving, compassionate, righteous personality of his heavenly Father, Jehovah God.—John 14:9, 10; Hebrews 1:3; 1 John 4:7-11, 20, 21.

- As God's representative on earth, Jesus cared for the needs of the poor and the oppressed, yet he did not discriminate against the wealthy. With the backing of God's powerful holy spirit, Jesus miraculously healed the sick and even raised the dead. By doing such marvelous works, he demonstrated on a small scale what he would do earth wide after he was raised from the dead to heavenly life and became King of God's heavenly Kingdom.—Matthew 11:4-6; Luke 7:11-17; John 11:5-45.

• That heavenly Kingdom of God is what Jesus taught his followers to pray for and to put first in their lives. "It will crush and put an end to all these kingdoms [that exist today], and it itself will stand to times indefinite." Then, the Kingdom will be earth's only government. It is the only hope for distressed mankind.—Daniel 2:44; Matthew 6:9, 10.

• God was Jesus' Father, and Jesus was faithful to God. Thus, when Jesus was killed, he was a perfect man. He willingly offered up his perfect life to God as a ransom sacrifice to recover what Adam lost when he rebelled against God. By doing so, Jesus opened the way to eternal life for all who exercise faith in him.—John 3:16; Romans 3:23, 24; 1 John 2:2.

• As God's appointed heavenly King, Jesus will carry out God's purpose to remove wickedness from the face of the earth and to uplift obedient mankind to perfection of mind and body. Mankind will then live in peace and happiness on a paradise earth, with good housing and abundant food for all. Gone forever will be sickness, sorrow, and death. Even the dead will be resurrected and have the opportunity to live forever on earth.—Genesis 1:26-28; 2:8; Psalm 37:10, 11, 29; Proverbs 2:21, 22; Isaiah 25:6; 65:21-23; Luke 23:43; Acts 24:15; Revelation 21:3, 4.

Thus, the Bible clearly tells us that Jesus is the central figure in God's purpose to establish a new world of righteousness here on earth. Because of the vital role that he plays, Jesus could rightly say: "I am the way and the truth and the life. No one comes to the Father except through me."—John 14:6; 2 Peter 3:13.

#### A Compassionate Ruler

Humble people want Jesus to be their ruler in the new world, and what a different, delightful kind of ruler he will be! One way

he demonstrated this was by the amazing works of healing that he did while on earth. (Matthew 15:30, 31) But note, too, the type of ruler he will be.

Consider first the record of this world's rulers. History shows that down through the ages, they have often been cruel and heartless, leading their people into countless wars, atrocities, inquisitions, and massacres. In this 20th century alone, well over 100 million people have been slaughtered in wars.

Contrast the attitude and record of this world's rulers with the attitude and record of Jesus in his dealings with the poor, the downtrodden, the powerless: "On seeing the crowds he felt pity for them, because they were skinned and thrown about like sheep without a shepherd." So he said to them: "Come to me, all you who are toiling and loaded down, and I will refresh you. Take my yoke upon you and learn from me, for I am mild-tempered and lowly in heart, and you will find refreshment for your souls. For my yoke is kindly and my load is light."—Matthew 9:36; 11:28-30.

#### *Christ in Kingdom power will wipe out wickedness*





***Under the loving rule of Christ, this earth will become a paradise***

How compassionate Jesus was toward people! In this he imitated his heavenly Father. Jesus was the personification of love, and he taught his disciples to have true, principled love for one another. They would thus not let race, nationality, economic standing, former religion, or anything else interfere with their international unity. (John 13:34, 35; Acts 10:34, 35) Indeed, Jesus loved people so much that he gave up his life for them. (Ephesians 5:25) He is the kind of ruler this world needs and will get.

#### **Jesus Now a “Handsome” King**

God’s prophetic Word helps us to understand that Jesus is now a powerful heavenly

King. Of him the psalmist prophesied: “You are indeed more handsome than the sons of men. . . . In your splendor go on to success; ride in the cause of truth and humility and righteousness . . . You have loved righteousness and you hate wickedness. That is why God, your God, has anointed you with the oil of exultation.”—Psalm 45:2, 4, 7.

As a heavenly King anointed by God, Jesus is commissioned to go into action to express his love of righteousness and his hatred of wickedness. Thus, he is described in the Bible as an immortal conqueror, the “King of kings,” who will soon execute all of God’s enemies. Moreover, he will restore the earth to a paradise condition and uplift

redeemable mankind to perfection.—Revelation 19:11-16.

The new role of Jesus will not be that of a ‘suffering Messiah’ who is taunted, beaten, and killed by opposers. Instead, his new role is that of a “Mighty God,” the ruler of the earth. (Isaiah 9:6) This is not welcome news to most human rulers, for their kingdoms will shortly be crushed out of existence, as Daniel 2:44 foretells. Using Christ as his executioner, God “will certainly break kings to pieces on the day of his anger. He will execute judgment among the nations.”—Psalm 110:5, 6.

Isaiah foretold that in doing this, Christ will “startle many nations. At him kings will shut their mouth.” Why? “Because what had not been recounted to them [by their religious confidants] they will actually see, and to what they had not heard they must turn their consideration.”—Isaiah 52:15.

#### **‘Reaping the Whirlwind’**

Isaiah was foretelling a dereliction of duty on the part of religious leaders. For instance, they do not teach Bible truth but teach their flocks unscriptural doctrines regarding eternal torment in a fiery hell, a trinity of three gods in one, and immortality of the soul—all of pagan origin. And the clergy have supported all the wars of their nations, even when it meant killing people of their own religion. This is in direct violation of God’s commandments.—1 John 2:3, 4; 3:10-12; 4:8, 20, 21.

Also, the clergy offer their flocks eye-pleasing but, in God’s eyes, meaningless religious images, clerical garb, expensive cathedrals, and paintings embellished with pagan concepts, including the halo of the sun-god. This in spite of God’s command to his servants: “Turn away, turn away, get out of there, touch nothing unclean . . . , you who

are carrying the utensils of Jehovah.”—Isaiah 52:11; 2 Corinthians 6:14-18.

Those who claim to represent God but who violate his commandments and teach others to do the same will reap what they have sown. They will be judged adversely and will pay the price when this system of things is destroyed. As the prophet Hosea said, “they have sown the wind, and they shall reap the whirlwind.”—Hosea 8:7, *King James Version*; see also Revelation 17:1-3, 15, 16.

#### **Honesthearted Learn the Truth**

Clerical misrepresentation of God and of Jesus will not prevent honesthearted people from learning the truth about Jesus. In the first century, it did not, for as Paul Barnett writes in *The Two Faces of Jesus*, “Christ is no parachutist who just dropped from the sky into history, unheralded.” Yes, back then Bible prophecy accurately ‘heralded’ the Messiah, giving his loyal disciples confirmation of his coming. Today there is much more evidence heralding the fact that Jesus has been empowered by God to reign as the glorious heavenly “King of kings.”—Matthew 24:3-13; 2 Timothy 3:1-5, 13.

Indeed, “this good news of the kingdom [of God with Christ as ruler] will be preached in all the inhabited earth for a witness to all the nations; and then the end will come.” (Matthew 24:14) That is being done by Jehovah’s Witnesses, who number well over five million throughout the world. So those who want to know the real Jesus can surely do so. (John 10:14; 1 John 5:20) And both knowing and obeying him are vital for survival through “the great tribulation” soon to sweep the earth.—Revelation 7:9-14; John 17:3; 2 Thessalonians 1:6-10.

Jehovah’s Witnesses would be delighted, therefore, to help you to examine the Bible’s appealing portrait of the Son of God.



Palace of the Holy Office, Rome, Italy

# SECRET ARCHIVES OPENED

BY AWAKE! CORRESPONDENT IN ITALY

**“Inquisition archives opened.” This is how the media reported that the Vatican has granted scholars access to the archives of the Congregation for the Doctrine of the Faith, known until 1965 as the Holy Office.**

IT WAS stated that the move should be read “within the context of a long and articulated process of historical revision that John Paul II wants to complete before the year 2000.”\* Why so much interest in these archives? What secrets are they thought to contain?

The Holy Office was established by Pope Paul III in 1542. This papal agency for the repression of “heresy” was also called the Roman Inquisition,

to distinguish it from the Spanish Inquisition introduced in 1478.\* The congregation of cardinals that came into being in 1542 was to “concern itself with the question of heresy in the whole of Christendom,” explains Adriano Prosperi, an authority on the subject. Of the Inquisitions operating during the 16th century, only the Roman Inquisition is

\* Although their methods and results differed little, these two institutions were new with respect to the medieval Inquisition that had begun in 1231 in Italy and France.

\* See *The Watchtower*, March 1, 1998, pages 3-7.

Drawings: From the book *Bildersaal deutscher Geschichte* ▲

still active, albeit with a different name and different duties.

Records of the Inquisition were gathered. In time, they formed the secret archives of the Holy Office. In 1559 the archives were ransacked by part of the population of Rome, who revolted to "celebrate" the death of Pope Paul IV, considered the principal advocate of the Roman Inquisition. In 1810, following his conquest of Rome, Napoléon I transferred the archives to Paris. Both then and during their subsequent restitution to the pope, much material was lost or destroyed.

### What Do They Contain?

The more than 4,300 documents that constitute the archives occupy two rooms close to St. Peter's Basilica. According to cardinal Joseph Ratzinger—head of this Vatican agency—the matters contained in the archives pertain indirectly to historical issues but "are mainly of a theological nature."

There is a consensus among historians that the archives cannot be expected to reveal much. Professor Prosperi explains that the minutes of the meetings of the Roman Inquisition are there but that "the submittals, records, and almost all the trial proceedings are missing. Most were destroyed between 1815 and 1817 in Paris on the orders of Monsignor Marino Marini, who was sent from Rome to recover the papers removed by Napoléon."

The Vatican has given scholars access to documents gathered prior to the death in July 1903 of Leo XIII. To gain access, researchers have to submit letters of introduction from religious or academic authorities.

### Criticism

Though news of the archives' opening was greeted with general acclaim, critical voices were heard. Pondering over the reasons why only documents from before 1903 were made available, Catholic theologian Hans Küng asks: "Could it be that 1903 is exactly when it gets more interesting, since in that year Pope Pius X, who had just acceded to the papal throne, began an anti-Modernist campaign, which was to claim as its victims a whole series of theologians and create difficulties for the bishops of Italy, France, and Germany, alienating countless people from the church?"

For law historian Italo Mereu, despite their changing the name and opening the archives, "the work [the Congregation for the Doctrine of the Faith] does is that of the old Inquisition, with its old methods," such as not allowing those under investigation to see documents that refer to them.

### 'Nothing Secret That Will Not Become Known'

Generally, historians do not believe that they will make any sensational discoveries in the "Inquisition archives." Yet, it is nonetheless significant that the Catholic Church feels bound to submit to the judgment of public opinion.

However, a far more important opinion is that of God. In due time he will render his judgment regarding a religion that claimed to be Christian but for centuries broke God's commandments and violated the spirit of Jesus' teaching by conducting vicious Inquisitions. In these, countless innocent people were horribly tortured and murdered, simply because they would not accept the doctrines or practices of the church.—Matthew 26:52; John 14:15; Romans 14:12.

No matter how deep the analysis of the archives by scholars goes, it will always remain incomplete. On the other hand, "there is not a creation that is not manifest to [God's] sight, but all things are naked and openly exposed to the eyes of him with whom we have an accounting." (Hebrews 4:13) That is why Jesus, when referring to the religious leaders who opposed him, could say to his disciples: "Do not fear them; for there is nothing covered over that will not become uncovered, and secret that will not become known."—Matthew 10:26.

### IN OUR NEXT ISSUE

#### Chemicals and Your Health

#### From War Hero to Soldier of Christ

#### Repetitive Strain Injuries —What You Should Know

## CROSSWORD PUZZLE

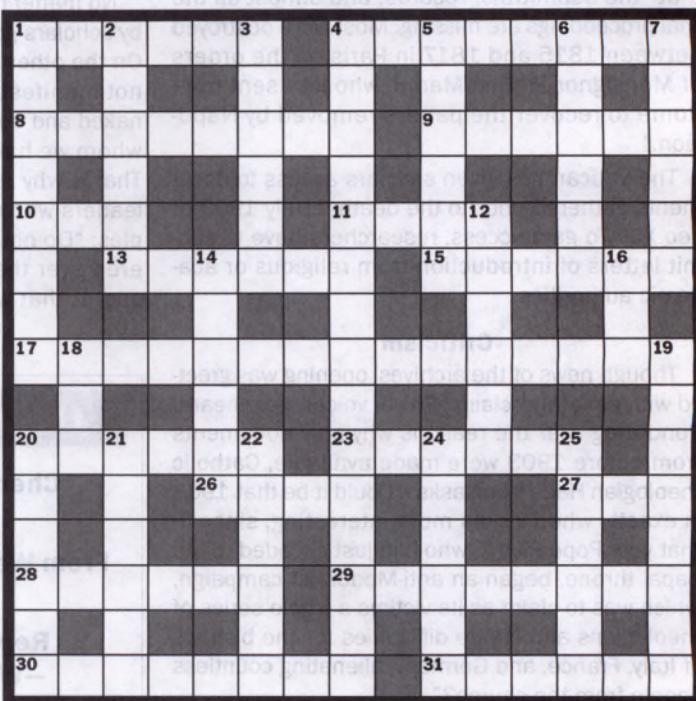
### Clues Across

1. Simon, "a native" of this city, was pressed into assisting in the carrying of Jesus' torture stake (Matthew 27:32)
4. The expression that God used over 90 times in addressing the prophet Ezekiel to emphasize that he was simply an earthling [3 words] (Ezekiel 2:1)
8. What Jehovah promised to do if Edom rebuilt its devastated places [2 words] (Malachi 1:4)
9. Head of the fourth of the 24 priestly service divisions selected by lot during David's reign (1 Chronicles 24:8)
10. As indicated in the Law, Jehovah foresaw the possibility that this farming implement might be used as a weapon (Exodus 21:18)
11. Paul said that if he gave all his belongings to do this for others but lacked love, he would not profit at all (1 Corinthians 13:3)
13. An Israelite wilderness campsite between Libnah and Kehelathah (Numbers 33:21)
15. As Jesus foretold, Peter did this three times before a cock crowed (Luke 22:34)
17. Their land inheritance was both to the east and to the west of the Jordan [3 words] (Joshua 13:29; 17:5)
20. Jesus said that to be truly great, a person must conduct himself as one who is this (Luke 9:48)
23. Comes into (Proverbs 2:10)
26. What Jesus did in the synagogue of Nazareth (Luke 4:16)
27. This son of Zophah from the tribe of Asher was a head over other army chieftains (1 Chronicles 7:37)
28. The Philistine city from which Samson chose a wife (Judges 14:2)
29. A child of Caleb by his concubine Maacah (1 Chronicles 2:48)
30. One of Haman's ten sons (Esther 9:8)
31. Title of one appointed by the kings of the Babylonian and Persian empires to be the chief ruler of a jurisdictional district (Daniel 6:1)

### Clues Down

1. Jesus said that "no flesh would be saved" unless this is done to the days of the "great tribulation" [2 words] (Matthew 24:21, 22)
2. Harvester (John 4:36)
3. Nearing death, Joseph mentioned this respecting the sons of Israel (Hebrews 11:22)
4. Haman's immediate lineage [3 words] (Esther 3:1)
5. Lodged (Jeremiah 22:23)
6. Founder of one of the three main Levite families (Numbers 26:57)
7. Founder and king of the first empire after the Flood (Genesis 10:8-12)
12. To harm the reputation of (See 1 Corinthians 4:13.)
14. King Omri bought the mountain of Samaria from him for two talents of silver (1 Kings 16:24)
16. Female sheep (Isaiah 53:7)
18. A plant mentioned by Jesus in reference to the scrupulous tithing of the Pharisees (Luke 11:42)
19. Position over someone (2 Kings 2:3)
20. The city where Paul and Barnabas were mistaken for the gods Hermes and Zeus (Acts 14:8-12)
21. As David and his men fled from Jerusalem after Absalom's rebellion, this Benjaminite walked along the mountainside throwing stones and dust on them (2 Samuel 16:13)
22. What metal must be before it can be forged into tools and weapons [2 words]
24. On the bank of this river, Daniel received the vision of the struggle between the kings of the north and the south (See Daniel 10:4.)
25. Location where the tower of Babel was constructed (Genesis 11:2)

**Crossword Solutions Page 19**





# "You Can Quit—We Did!"

BY AWAKE! CORRESPONDENT IN JAPAN

As the story goes, European ships that docked in Japan during the late 1500's bore tobacco-smoking visitors, who appeared to be "making fire in their stomachs." Astonishment gave way to curiosity, so that by the 1880's, the tobacco habit had made itself at home in Japan. Who would have thought that the descendants of those astonished Japanese would today be numbered among the heaviest tobacco users in the world?

**“W**E WANTED to feel grown-up, to get acquainted with adult emotions."—Akio, Osamu, and Yoko.

"I wanted to lose weight."—Tsuya.

"It was out of curiosity."—Toshihiro.

"We did not think that tobacco would affect us adversely."—Ryohei, Junichi, and Yasuhiko.

"I wanted to offset morning sickness during my second pregnancy."—Chieko.

"I took it up to fill awkward moments during business meetings."—Tatsuhiko.

Those were the reasons given when a group of people here were asked why they began smoking cigarettes. Such explanations are quite understandable, in view of the fact that some call Japan a smokers' paradise. Remarkably, though, the folks named above have all quit the tobacco habit. This is quite a feat when you consider the obstacles presented by their environment. Are you wondering how they did it? Let us first consider how widespread tobacco use is in Japan today.

## The Tobacco Scene

About 56 percent of adult Japanese men smoke, as compared with only 28 percent of American men 15 years of age or older. Japan's 34,000,000 smokers include about 22 percent of its women, many of whom are young. Adult example and clever advertising have contributed greatly to the rapid increase in youthful smokers. Cigarette advertising on TV and radio, which was banned in the United States more than two decades ago, is now banned in Japan.

Furthermore, cigarettes are easily available from many street-corner vending machines in Japan. Once the pack is in the hand, few heed the rather weak and casual messages printed on it. The label may simply read: "Let's not smoke too much; it may be harmful." And in addition to the fact that ignorance of the grave dangers of tobacco often prevails, the bad example of a number of prominent people also encourages the Japanese to smoke, lulling them into a false sense of security.

No wonder that antismoking advocates

deplore Japan's delinquency in not getting more of its citizens to stop using tobacco. But educators are starting to see the importance of warning people that smoking threatens their health and life. Yes, Japanese smokers experience the same symptoms as smokers elsewhere—nausea, shortness of breath, nagging cough, stomachache, loss of appetite, susceptibility to colds, and perhaps, in time, a premature death due to lung cancer, heart disease, or other problems.

As of April 1, 1985, the Japanese tobacco industry was privatized, ending decades of government monopoly. Nevertheless, it still enjoys close government ties that hinder any real strides in discouraging smoking. This explains why antitobacco groups regard Japan today as a smokers' haven. And it explains why *The Daily Yomiuri* reported that doctors here are bemoaning the fact that Japan is "a society which encourages smoking."

Mieko



Osamu



Yasuhiko



## "How We Quit"

**Mieko:** "When I started to study the Bible with Jehovah's Witnesses, I was sure that I couldn't quit smoking. My motive in studying was to have my children, at least, learn the way to life. But I soon realized that a parent must set the example, so I began to pray fervently to Jehovah God for help. It took effort to work at what I prayed for, and I felt miserable for a while. But I will never forget the fine feeling of a clean conscience that came over me when I finally freed myself of this filthy vice."

**Masayuki:** "After being a three-pack-a-day smoker and after much trial and error, I finally put out my last cigarette and said good-bye to tobacco. My family, my fellow Witnesses, and Jehovah God helped me to quit. No one at the bank where I work believed I had quit. I suggested that as a courtesy to our customers, office workers in the general banking area not smoke during working hours. My suggestion was acted upon, even though 80 percent of the workers were smokers. This practice has now spread to 260 branches of our bank."

**Osamu:** "As I learned the truth from God's Word, the Bible, I knew I had to stop smoking. It took me almost a year. Even after I quit, for another six months, I had to fight the desire to smoke. I knew in my heart that I had to want to stop."

**Toshihiro:** "Jesus' ransom sacrifice impressed me so deeply that I felt I could at least make the sacrifice of giving up my smoking."

**Yasuhiko:** "My decision to obey Jehovah God and quit smoking saved my life. One day, the room where I was working became filled with propane gas from a leak. Normally, I would have lit up a cigarette, which would have caused an explosion. But since I had stopped smoking a few days before, I am here today to talk about it."

To see how some have succeeded in quitting, see the box "How We Quit."

### How Can You Quit?

The advice from former tobacco lovers, such as those in the box, boils down to this: Have a clear-cut motive for quitting. Love for God and a desire to please him is the best one. And loving your neighbor is another good one. Set a goal, and stick to it. Make it public that you are quitting—tell your friends, and enlist the help of your fam-

ily members. Stop abruptly, if possible. And do all you can to avoid a smoking environment.

If you are studying the Bible, increase your association with Jehovah's Witnesses. Being among them, you will soon lose your desire to smoke. On the other hand, if you are one of Jehovah's Witnesses studying the Bible with a smoker, do not give up on him. Help him to love Jehovah more than his bad habit.

**Akio:** "When I started feeling nausea from time to time, I suspected that smoking was hurting me. But I didn't quit. The first factual information I got about the dangers of smoking came from my wife, who had become one of Jehovah's Witnesses. Soon I began studying the Bible, and I learned from the Watch Tower publications that a smoker harms not only himself but also his family members. I stopped immediately!"

**Ryohei:** "My wife used to buy my cigarettes for me—20 packs at a time. But after studying the Bible with the Witnesses, she refused to buy something that she knew would harm me. So I opened up my own tobacco shop. I was smoking three and a half packs a day. Then I began to study the Bible with the Witnesses. Soon I wanted to become an effective speaker on Bible topics. So I quit smoking in order to qualify for this training in the Theocratic Ministry School."

**Junichi:** "My small daughter, who is a Witness, was concerned for my life. She made me promise to quit smoking, and I did."

**Tsuya:** "When I visited a Kingdom Hall for the first time, I asked for an ashtray and a match as I entered. To my surprise, I was told that no one smoked there. I knew I had to quit smoking. Eight miserable days in the hospital convinced me that I never wanted to go through the agony of withdrawal again."

**Yoko:** "I studied the subject in the magazines and other publications of Jehovah's Witnesses, reviewing how Jesus refused the drugs that were offered to him when he was about to be nailed to the torture stake. I prayed to Jehovah God, telling him that I wanted to be a clean praiser of his name. After that, I never smoked again. When people around me did, I came close to wanting to inhale their smoke, but I quickly got away from it, as I did not want my smoking urge to resurface."

These former smokers are all determined never to smoke again. Are you a smoker who wants to break free from this habit?

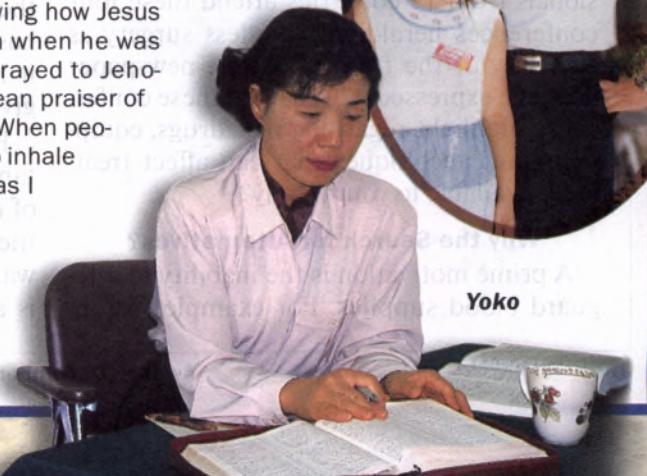
*Akio and wife, Sachiko*



*Junichi and daughter Meri*



*Yoko*



# Doctors Take a New Look at Bloodless Surgery

JANET, a Canadian woman, explained to her son why she had AIDS. She had contracted the disease from her husband before he died. In turn, her husband, a hemophiliac, had likely got AIDS through a blood fraction. Nightmares like this are just one of the factors that have prompted the medical community to reconsider giving blood transfusions as standard practice. Indeed, a headline in *The New York Times* this year declared: "Bloodless' Surgery Gains New Acceptance."

Several medical conferences have highlighted the increased interest in bloodless surgery. Among those held last year were two in the United States (Boston and Atlanta), one in Canada (Winnipeg), and one in Latvia (Riga), which was an international conference for Eastern Europe.

After over 50 years of reliance on blood transfusions, why did more than 1,400 professionals from 12 countries attend these four conferences heralding bloodless surgery as "the way of the future," as one newspaper headline expressed it? What did these conferences highlight regarding new drugs, equipment, and techniques that can affect treatment available to your family?

## Why the Search for Alternatives?

A prime motivation is the inability to safeguard blood supplies. For example, Toron-



to's *Globe and Mail*, of January 31, 1998, comments on Canada's "tainted-blood tragedy" of the 1980's: "Hepatitis C is a potentially debilitating liver disease for which there is no cure. . . . As many as 60,000 Canadians may have been infected with the virus through tainted blood, which means as many as 12,000 could die as a result of blood-borne hepatitis."

Although newer screening procedures have greatly lessened the threat, Justice Horace Krevier said to the conference held in Winnipeg: "Canada's blood supply never was absolutely safe, and never can be. The use of blood inevitably entails risks." And the risks of transmitting disease or causing severe reaction increase with each additional unit of blood given.

In Riga, Dr. Jean-Marc Debue, of the Clinique des Maussins, in Paris, concluded: "We physicians had to reconsider our usual therapeutic approach. . . . Blood transfusion has extended the lives of many patients, but it has also poisoned the lives of others by giving them an incurable disease."

Procedures for screening blood for contaminants tend to lag behind new threats of disease and thus may not protect against them. For example, Dr. Paul Gully, of Ottawa, Ontario, Canada, observed: "Hepatitis G is a newly described RNA virus; transmis-

sion through transfusion has occurred but the current risk is unknown."

An additional danger was reported in a special medical issue of *Time* magazine: "Transfusions can suppress the immune system, . . . leaving a patient open to infection, slower healing and a longer recovery time."

Another factor is financial savings. In the United States, according to *Time* magazine, each blood transfusion can cost \$500. And in some places, the blood supply is dwindling because there are fewer donors.

Further savings to patients who have bloodless surgery result from lower infection rates and shorter hospital stays. Speaking in Winnipeg, Durhane Wong-Rieger, of the Canadian Hemophilia Society, said about bloodless surgery: "We feel it is essential. It's cost-effective and would definitely improve the health of patients."

There is also an increased demand for bloodless surgery by a wider constituency of patients. Dr. David Rosencrantz, of Legacy Portland Hospitals (Oregon, U.S.A.), stated that initially "100% of those who came to us did so on religious grounds." However, now at least 15 percent prefer medical alternatives to blood transfusions, but not because of religious conscience.

#### A Variety of Views

At the four conferences, a major point of consensus was that using one's own blood is far safer than using blood donated by other humans. Because of this, some recommend storing one's own blood before an operation. However, many noted that there is no time to store blood in emergencies. Also, there is the religious objection of Jehovah's Witnesses to using any stored blood.\*

\* Jehovah's Witnesses believe in medical treatment for themselves and their children. However, based on the Bible's clear prohibition against taking blood into the body, they object to blood transfusions. (Genesis 9:3, 4; Acts 15:28, 29) For more information, consult *How Can Blood Save Your Life?*, published by the Watchtower Bible and Tract Society of New York, Inc.

Dr. Bruce Leone, of Duke University, North Carolina, U.S.A., told the Canadian conference: "Preoperative donation [of one's own blood] is expensive, labor intensive, does not eliminate the most common cause of transfusion-associated morbidity [which is clerical—that is, office or procedural—error] and requires significant time prior to surgery."

Many physicians advocate continuing to develop medications and techniques that drastically reduce the use of transfused blood. They contend that blood transfusion should be employed only in emergency situations. On the other hand, others now essentially eliminate blood transfusions altogether from their practice. They point to extremely difficult operations—hip replacement, complex neurosurgery, open-heart surgery on infants and adults—performed without transfusion, with rapid patient recovery.

To date, there are over 100 hospitals worldwide with bloodless programs, of which more than 70 are in the United States. In fact, there are now more than

#### CROSSWORD SOLUTIONS

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88,000 doctors worldwide who are cooperating with patients who do not want blood.

### New Techniques

At the Atlanta conference, speaker after speaker acknowledged having developed a particular technique first when treating Jehovah's Witnesses.\* Many reflected the sentiments of Dr. James Schick, of Encino-Tarzana Regional Medical Center, Los Angeles, who noted that because of new procedures developed while working with premature babies of Jehovah's Witnesses, he now uses 50 percent less blood with all his tiny patients. Of course, such new procedures have also proved valuable with adults.

Dr. Jean-François Hardy, of the Montreal Heart Institute, noted: "Bloodless surgery cannot be achieved with the help of any single therapeutic intervention . . . Rather, this objective can only be achieved by the combination of various strategies."

Among the new techniques are (1) preoperative preparation, (2) prevention of blood loss during surgery, and (3) postoperative care. Obviously, all surgical approaches are greatly affected by the time factor, that is, whether there is time beforehand to build up a patient for surgery or no time because emergency surgery must be performed.

The ideal approach to bloodless surgery is preoperative treatment that increases blood cell counts and improves general health. This includes high-potency iron supplements and vitamins as well as, when appropriate, doses of synthetic erythropoietin, a drug that stimulates the patient's bone marrow to produce red blood cells at an accelerated rate. Technology that permits micro-analysis makes it possible to draw less blood for testing and yet get more results from that which is drawn. This is vital for premature

\* Discussion of the various techniques presented at these conferences in no way constitutes an endorsement by *Awake!* We are simply reporting on these developments.

infants and older patients who have lost considerable blood.

Also helpful are volume expanders, fluids administered intravenously to increase blood volume. The hyperbaric oxygen chamber too is used in certain facilities to help supplement the oxygen needs of a patient who has suffered severe blood loss. In Atlanta, Dr. Robert Bartlett explained that the oxygen chamber is a powerful asset but must be used carefully because oxygen in high doses is toxic.

For the second step, prevention of blood loss during the operation, there is an array of new instruments and technologies. They help to minimize blood loss; are less invasive, minimizing both blood loss and trauma; or help immediately to capture and reuse the patient's own blood that would have been lost during surgery. Consider just a few of the new techniques.

- An electric cautery device uses heat to stop vessels from bleeding.
- The argon beam coagulator helps stop bleeding during surgery.
- The harmonic scalpel employs vibration and friction to cut and cause blood clotting at about the same time.
- During certain types of surgery, such drugs as tranexamic acid and desmopressin are often used to increase blood coagulation and lessen bleeding.

■ Hypotensive anesthesia reduces blood loss by lowering blood pressure.

Also significant is the improvement in intraoperative blood salvage machines. During an operation, these recover and immediately reuse the patient's own blood, without having to store it.\* Newer machines, while remaining connected to the patient, can even separate blood into components and reuse those that are needed.

\* As to appropriate use of such machines and the role of conscience, the reader may wish to consult *The Watchtower* of March 1, 1989, pages 30-1.

After the conference in Riga and upon hearing of Latvia's need, Jehovah's Witnesses in Sweden donated two cell-saver machines to Latvia. The arrival of the first one and the benefits of bloodless surgery created so much enthusiasm in Latvia that the event received national television coverage there.

Postoperative care often includes many of the same blood-building regimens used in preoperative preparation. However, care of nontransfused patients after surgery is often easier than that of those transfused. Why?

### Striking Results

While techniques that eliminate the use of blood often require more work prior to and during surgery, surgeons have noted that patients benefit because of having shorter postoperative recovery times. They do not suffer from complications that often accompany transfusions. Reduced hospital stays for patients who have not been given blood have been documented.

Dr. Todd Rosengart, of The New York Hospital-Cornell University Medical Center, observed that their eight-step blood conservation strategy permitted complex open-heart surgeries to be performed confidently without blood. Dr. Manuel Estioko,

**More and more doctors are honoring their patients' wishes regarding bloodless surgery**

of Good Samaritan Hospital in Los Angeles, spoke of their "extensive experience with hundreds of open-heart operations without blood." Dr. S. Subramanian reported success with bloodless open-heart surgery on children at Miami Children's Hospital.

Orthopedic surgery, particularly hip replacement, is a challenging area. Yet, Dr. Olle Hägg, of Uddevalla Hospital in Sweden, reported in Riga that combining "surgical strategy and precision" had allowed them to reduce blood loss significantly for patients who are Jehovah's Witnesses. Indeed, Mr. Richard R. H. Coombs, of Imperial College School of Medicine, London, said that "99.9 percent of all orthopedic surgery can be done without . . . blood transfusions."

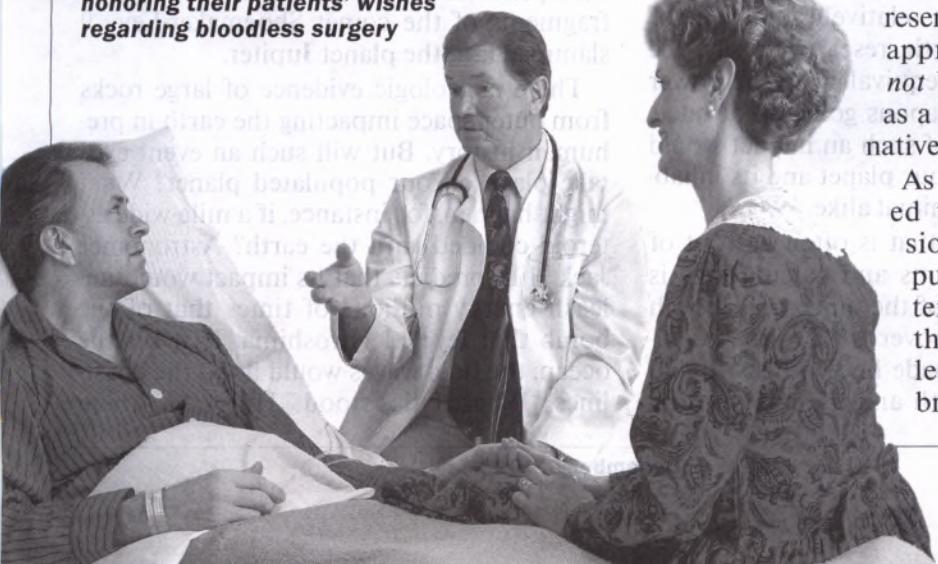
### The Future

The number of hospitals and doctors using bloodless methods continues to increase. And conferences where such knowledge is exchanged have been extremely helpful, as physicians learn of alternatives that have been tested successfully and are being used regularly.

Dr. Richard Nalick, of the University of Southern California School of Medicine, said: "There is an ever-increasing population that desires medical and surgical treatment without blood . . . Bloodless

medicine and surgery represents a state-of-the-art approach and should not be misunderstood as a less effective 'alternative therapy.'

As the problems related to blood transfusions continue and public demand for alternatives increases, the future of bloodless surgery seems bright.



# Will a Cosmic Disaster Destroy Our World?

**O**N March 12, 1998, newspaper headlines, TV screens, and Internet sites around the globe spread the ominous news: "Mile-wide asteroid on course for near-miss with Earth." Scientists and laymen scrambled to assess the actual danger. Astronomers soon concluded that the chance of an impact was zero.

However, amid the hubbub, a new awareness has emerged. "The most remarkable thing about the false alarm may be that, however scary it was, many people treated it as no huge surprise," said *U.S. News & World Report*. "The notion that we on Earth should be watching for more such objects—and planning to do something about them—would have been outlandish a decade or more ago, but now scientists and even some politicians think the threat, while slim, is real."

Some astronomers believe that about 2,000 celestial objects large enough to cause a global catastrophe are hurtling on paths that either intersect earth's orbit or come close to it. Even if a relatively small one of them struck the earth, researchers say, the explosion would be equivalent to the power of many nuclear weapons going off at once. The consequences of such an impact would be catastrophic for our planet and its inhabitants, human and animal alike.

The one opinion that is often left out of such grim predictions and calculations is that of the Creator of the universe, Jehovah God. (Psalm 8:3; Proverbs 8:27) In the Bible he has clearly made known his will and purpose for the earth and the human race.

Will he allow a cosmic disaster to destroy our world?

## A Universe Under Divine Control

Since Jehovah is the almighty Creator of the universe, it is reasonable to conclude that he has the ability to exercise complete control over the forces that govern celestial bodies. Wise King Solomon said that Jehovah has "solidly fixed the heavens in discernment." (Proverbs 3:19) The prophet Jeremiah declared that God is "the One who by his understanding stretched out the heavens." —Jeremiah 51:15.

Jehovah has set in motion the laws and forces behind the movements of the heavenly bodies, including stars, planets, comets, and asteroids. (Isaiah 40:26) However, it appears that he allows the stars and planets to go through their natural cycles of metaphoric birth, life, and death without his constant intervention. This includes some terrific collisions of heavenly bodies. One recent example is the July 1994 collision in which fragments of the comet Shoemaker-Levy 9 slammed into the planet Jupiter.

There is geologic evidence of large rocks from outer space impacting the earth in pre-human history. But will such an event ever take place on our populated planet? What might happen, for instance, if a mile-wide asteroid collided with the earth? Astronomer Jack Hills predicts that its impact would unleash energy millions of times that of the bomb that leveled Hiroshima. If it hit the ocean, the tidal waves would flood the coastlines. "Where cities stood," Hills says, "there

would be only mudflats." The worst scenario predicts the complete annihilation of the human race. How does this doomsday forecast fit in with our Creator's will for the earth? The Bible shows that this planet has a special place in Jehovah's purpose.

### Our Earth—Made for a Purpose

Regarding our planet, the psalmist states: "The heavens, to Jehovah the heavens belong, but the earth he has given to the sons of men." (Psalm 115:16) Isaiah describes Jehovah as "the Former of the earth . . . , the One who firmly established it, who did not create it simply for nothing, who formed it even to be inhabited." (Isaiah 45:18) The earth is the inheritance Jehovah has given to mankind. And since our Creator has in mind an eternal future for God-fearing humans, the earth will remain forever as their lasting home. Psalm 104:5 assures us: "[Jehovah] has founded the earth upon its established places; it will not be made to totter to time indefinite, or forever."

True, God has allowed some great disasters on our planet, resulting in death to large segments of humankind. Some of these catastrophes—such as wars, famines, and epi-

demics—have in whole or in part been caused by the greed, foolishness, and cruelty of humans. (Ecclesiastes 8:9) Others—such as earthquakes, volcanic eruptions, floods, and storms—have been caused by natural phenomena not fully understood by mankind. Contrary to God's original purpose, humans are no longer perfect; they are sinful. As a consequence, on an individual basis, we cannot at this time count on divine protection from so-called natural disasters.

However, in no case has Jehovah permitted man's existence on earth to be seriously threatened. Since the creation of man, confirmed history contains no incident of a natural catastrophe that threatened the existence of all mankind.\*

### Survival of the Human Race Guaranteed

From the beginning of human history, our Creator's purpose has been for man to "fill the earth and subdue it." (Genesis 1:28; 9:1) He has promised that "the righteous themselves will possess the earth, and they will reside forever upon it." (Psalm 37:9, 11, 22, 29) Regarding his promises, Jehovah confirms: "My own counsel will stand, and everything that is my delight I shall do."—Isaiah 46:10; 55:11; Psalm 135:6.

The Bible does not completely rule out the possibility of a small-scale earthly calamity caused by cosmic phenomena. However, we can rest assured that Jehovah will not allow any cosmic disaster to thwart his stated purpose for the earth and mankind. On the basis of Bible promises, we can be sure that our planet will remain inhabitable forever—yes, it will be the home for humankind to time indefinite! —Ecclesiastes 1:4; 2 Peter 3:13.

\* The Flood of Noah's day was a means of divine execution, but Jehovah made sure that some humans and animals survived.—Genesis 6:17-21.



# The Wisdom and Benefits of Estate Planning

**T**HE Petersons were disappointed.\* They had counted on the funds received from the sale of their properties to help them finance their retirement years and to provide enough, eventually, to make a nice gift to their children as well. Those expectations were dashed by the heavy taxes incurred when the properties were sold.

The Smiths too had properties that had grown significantly in value over the years. Through a special arrangement in the sale of those properties, they were able to arrange for a retirement income for themselves, a nice gift to their children, and something for their favorite charity besides.

Rose Jones found herself at the end of her rope. Soon after her husband's untimely death, she began receiving papers she didn't understand from the state and federal government. Her husband, John, had always taken care of their finances, including the payment of taxes, the procurement of life insurance, and so on. He had always told her not to worry—"everything was taken care of." But since he died without a will, some of the assets she depended on for income were frozen. She was advised that she now needed to retain an attorney to help her find out what assets her husband had left and what would be involved in transferring these to her name. She was also told that some portion of these assets, by law, would be transferred to her husband's children by a previous mar-

riage, even though she knew that this was not his intention. Facing the crushing weight of being a widow was only made worse by not knowing what to do and by worrying about how much it would cost to put things back in order.

Mary Brown also suffered the tragedy of losing her husband to an untimely death. She took some comfort in the knowledge that her husband had made adequate life insurance provisions so that she and their two children would be provided for economically. She also understood what assets became hers immediately upon the demise of her husband and what assets would be coming to her through her husband's will. Although adjusting to the challenges of widowhood, she was deeply grateful to her husband for being so considerate in organizing his affairs, so that his death had virtually no financial impact on her and the children.

What made the difference for the Smiths and Mary Brown? Estate planning.

## What Is Estate Planning?

Estate planning is simply a process of deciding how your assets will be distributed at your death and then taking steps to carry out your decisions effectively and economically. Such steps may involve titling assets, naming beneficiaries, and creating such documents as wills and trusts. In complex situations it will involve much more.

While most people would no doubt agree on the wisdom of making such arrangements, relatively few have done so. A surprising 70 percent of adults in the United States do not have a will! Typical of the excuses are the following: "I'm too busy; I'll

\* The examples used in this article, although hypothetical, are based on composites of real-life experiences. In addition, the information presented in this article is based primarily on U.S. law, but the principles discussed apply in many other countries.



**Estate planning involves  
planning for the future of your loved ones**

get around to it later." "I don't have a lot of money or valuable things to pass on." "I don't have a lawyer." "I don't like to think of my own mortality." "I don't know where to start."

Granted, the thought of estate planning may be intimidating. But it need not be. Getting started is often simply a case of getting

organized and understanding the decisions you face. Like many things, estate planning is not difficult when broken down into steps and tackled one step at a time.

**Steps to Take**

The first step is to inventory your estate. You should list not only what you own but also what each asset is worth and how you own it or how it is titled. (See the box "Net Worth Work Sheet.") Most assets can be classified as securities (stocks, bonds, mutual funds), real property (your home, rental or investment property), bank accounts (savings, checking, money market funds), personal property (collections, art, jewelry, cars, furniture), life insurance, retirement benefits, and businesses. After listing what you own, make a list of what you owe, such as mortgages, loans, notes, and credit card balances. Subtracting these liabilities from the total of your assets shows your net worth. In many countries a tax is imposed on what is transferred to others at death.

**Net Worth Work Sheet**

	<b>In Your Name</b>	<b>In Spouse's Name</b>	<b>In Joint Names</b>
<b>Assets</b>			
Residence (current market value)	\$	\$	\$
Other real estate	\$	\$	\$
Bank accounts (checking and savings)	\$	\$	\$
Other cash accounts	\$	\$	\$
Stocks, bonds, and mutual funds	\$	\$	\$
Life insurance (face value)	\$	\$	\$
Business partnership interests	\$	\$	\$
Retirement plan accounts	\$	\$	\$
Personal property	\$	\$	\$
Other assets (specify)	\$	\$	\$
<b>Total assets</b>	\$	\$	\$
<b>Liabilities</b>			
Mortgages	\$	\$	\$
Other loans or debts (personal loans, credit cards, etc.)	\$	\$	\$
<b>Total liabilities</b>	\$	\$	\$
<b>Net estate (assets minus liabilities)</b>	\$	\$	\$

## Steps to Take

- Prepare an inventory of your estate, listing what you own and what you owe
- Determine your personal and family goals, objectives, and needs
- Select the people who will carry out your wishes as executor, trustee, and guardian for your children, and make sure that they are willing to accept the responsibility
- Find out the estate planning options available by seeking advice from someone experienced in estate planning

The amount of tax depends on the net value of the assets transferred, so the amount of your net worth is an important figure to determine.

The *second* step is to look at your ultimate objectives—not in terms of amounts, but in terms of what you want to accomplish for both yourself and your beneficiaries. Typically, a married person will want to provide security for his or her spouse. A parent may want to provide some measure of financial protection for his or her children. An adult child may want to arrange for the care of an elderly parent. Additionally, you may want to remember certain friends or charities in your estate plan. It is important to write down who is to be included in your estate plan and your objective with regard to each.

Don't forget to consider the various contingencies that can affect your estate plan. For example, what if the beneficiary predeceases you? Would you then like that share to go to his or her spouse, children, or perhaps someone else?

The *third* step is to select those responsible for carrying out your wishes. In most cases you will need an executor and perhaps a guardian and a trustee. No matter whom you select, have at least one backup, and make sure that everyone you name is willing to take on the job. The executor is the one who will gather your assets after your death, handle any legal or probate proceedings and, ultimately, distribute your assets according to your wishes. A family member is often the best choice for this responsibility, although an institution such as a bank trust department may be preferable if your situation is complex. A guardian should be named in your will to raise your children in the event that you and your spouse die while the children are still minors. If your plan includes trusts for your children, the guardian

can also be named the trustee, providing he or she has the skills to manage the funds. If the guardian is lacking in financial expertise, an institution such as a bank trust department could be named as sole trustee or co-trustee along with the guardian.

The *fourth* step is to understand the tools available to help you accomplish your objectives. Do you want to make an outright gift to a beneficiary, or would you rather leave property in trust for that one's benefit? There's a big difference. When you leave property outright, your interest in that property ends when you die. However, even after your death, you continue to exercise some control over property that is left in trust. The trustee you name will manage and use assets for the benefit of the beneficiaries according to your instructions in the trust. With minor children, for example, a trust can arrange for their care according to their individual needs and then dictate at what age(s) a child acquires control over the assets contained in the trust.

## Who Can Help?

In almost all cases, you should consult with one trained in the estate planning field to help you understand the tools available to assist you in accomplishing your objectives. Your estate plan should be designed to fit

your unique goals and circumstances. Creating your estate plan may require the help of a variety of advisers, such as an accountant, a financial planner, and an insurance agent. If your estate plan involves a charity, you may be able to receive free educational assistance from the charity's planned giving department. The Planned Giving Desk of the Watch Tower Bible and Tract Society, for example, provides assistance for those who are interested in including the Society in their estate planning. Many have benefited from this service by receiving clear suggestions on how best to arrange their affairs so as to minimize taxes and maximize the benefits left to their loved ones and to the Society.\*

Although many may be involved in the planning stages, your final estate plan and the necessary documents should be prepared by an attorney who specializes in estate planning. You should feel free to ask any adviser about his background and experience in estate planning. If you have a particular concern, such as passing a business down to your family or caring for a disabled relative, ask the adviser if he has had previous experience in such areas. In all cases, ask for an explanation of what the charges will be for services rendered, and get this understanding in writing.

Estate planning is an area where a little knowledge can be a dangerous thing. Consider as an illustration a couple whom we will name Paul and Mary. They wanted to leave all their belongings equally to their three daughters. Since their daughter Sarah was living next door to them, they decided to add her name to their own, jointly titling their assets. 'This way,' they thought, 'Sarah will be able to manage our assets if we become disabled. Additionally, jointly titling

everything with Sarah means she will be the sole owner at our deaths, and we'll avoid the need for a will and probate. She can just split what's left with her sisters after we're gone.'

But things did not work out as Paul and Mary had planned. After her parents' death, Sarah did share their estate with her sisters, but the transfer to them brought about a tax that greatly reduced her share. Besides, being a joint owner did not give Sarah all the management capabilities her parents had wanted her to have. Paul and Mary's objectives were good. They wanted to ensure that they would be cared for in the event of their disability. They also desired a smooth and inexpensive transfer of their assets to their children. However, they chose the wrong tools to carry out those objectives.

Planning your estate should not be a once-in-a-lifetime exercise. Periodic review is necessary because tax laws change, inheritance laws change, and circumstances in life change. The death of a relative, the birth of grandchildren, the receipt of an inheritance, and the growth of an asset are all events that could trigger the need for a review of your estate plan.

Yes, estate planning is a challenge. It involves time, energy, and dedication. And it frequently involves making some hard decisions. Planning an estate is a deeply emotional process. It involves the people and the causes you care about and your wishes for their future. It takes serious inward searching to decide what you want to do with your assets and to determine the best way to accomplish those goals. However, if one does not give proper attention to estate planning, serious problems can result, as illustrated in the opening experiences of this article. Yes, the rewards will more than justify the costs. The greatest reward is the peace of mind that comes from knowing you have an up-to-date plan to protect your loved ones.

\* For more information, please see the brochure *Planned Giving to Benefit Kingdom Service Worldwide*, published by the Watchtower Bible and Tract Society of New York, Inc.

## WATCHING THE WORLD

### Disappearing Rain Forest

The Amazonian rain forest continues to disappear at an alarming rate. In each of the past three years, 4.8 million acres were lost, which equals about "seven football fields a minute," reports *Natural History* magazine. After the land is cleared of valuable timber, the remaining vegetation is usually burned to make way for agriculture. However, "as trees and other plants are burned or decomposed by microbes, they release huge amounts of carbon dioxide, methane, and nitrous oxide into the atmosphere, increasing the greenhouse effect." The effect of these gas emissions may be the "equivalent of destroying an additional 1 to 3 million acres of rainforest each year," says the magazine.

### Women and Heart Disease

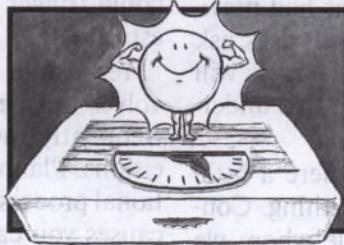
Until the 1960's, in Brazil cardiovascular disease was chiefly a male health problem, reports *Veja* magazine. However, things began to change when women joined the work force. When women were exposed to the same on-the-job "stress, smoking and fast-food diets" as men, more women developed heart disease. Although some believe that women have a measure of hormonal protection against coronary troubles, "after 35 years of age, the hormonal protection begins to decrease, exposing women to the same risk rates as men," says the magazine. In 1995, heart attacks killed twice as many Brazilian

women as breast cancer and uterine cancer combined.

### Family Breakdown in Bolivia

More than 70 percent of Bolivians live in a state of poverty, reports the *Bolivian Times*. As a result, many children "abandon their fragmented family to live in the potentially crueler environment of the street." There they are introduced to cocaine and such inhalants as paint thinner and glue. It is estimated that 88 percent of the drug consumption in Bolivia is by youths between 5 and 24 years of age. Illegal drug use has thus increased about 150 percent over the past 15 years. According to the *Times*, "many consider that a root cause of this increase is a breakdown in the traditional family structure."

### Neutrino Found to Have Mass



The neutrino is a tiny subatomic particle that has no electric charge, travels at nearly the speed of light, and rarely interacts with any kind of matter. It is said that neutrinos can easily zip right through the earth without hitting a single atom. Even so, these elusive particles recently received international attention when scientists at Takayama, Japan,

announced that the neutrino has been found to contain mass. Since the cosmos is packed with neutrinos, some scientists assert that their combined mass might add enough mass to the universe to slow its expansion.

### Ancient Synthetic Stone

Archaeologists have uncovered the first evidence of man-made stone, in Mashkan-shapir, an ancient city whose ruins lie in what is now southern Iraq. Geologists and archaeologists say that the stone was made by heating silt from the Tigris and Euphrates rivers to melting temperatures and then slowly cooling it "to produce rock-hard slab resembling a type of volcanic rock called basalt," reports *The New York Times*. There was a shortage of raw building materials in the area, so synthetic basalt "appears to have been manufactured in some quantity as a substitute for the natural basalt." The man-made stone was used to build Mashkan-shapir some 4,000 years ago.

### Precautions While Cooking

From 1990 to 1994, the most frequent cause of death among female burn victims at the Sumner Redstone Burn Center at Massachusetts General Hospital was clothing that caught fire while the victim was cooking, says *Tufts University Health & Nutrition Letter*. Often, the victims were women who were in their 60's or older and whose loose-fitting sleeves dangled over a stove's flame while they were reach-

ing for a teapot. The following suggestions were made to help people prevent serious burns. While cooking, (1) don't wear a bathrobe or other loose-fitting clothing, (2) use the front burners when possible to minimize the chance of getting burned while reaching for pots or pans, and (3) wear flame-resistant clothing.

#### **Don't Just Send the Children**

When a third-grade student in a religious education class complained that there were so many rules for children but none for grown-ups, the teacher responded by asking the class to write down their own Ten Commandments for adults. According to the German Catholic weekly *Christ in der Gegenwart*, most pupils were concerned about goodness, peace, fairness, honesty, and truthfulness. One child's list read: "1. Do not be unfair. 2. Do not scold so much. 3. Give us time. 4. Do not always disturb us. 5. Do not laugh at us. 6. Do not force us. 7. Admit that we are right once in a while. 8. Do not make your own rules. 9. Get along with one another. 10. Go to church yourselves, and do not just send the children."

#### **An Expression of Love?**

"Love and sexual availability go hand in hand for young men," states a report in the South African newspaper supplement *Witness Echo*, "and if adolescent girls resist sex they are likely to get beaten up." Research among teenagers in a township in Cape Town revealed that "men control relationships, often using violence to force girls into having sex

with them." One study showed that 60 percent of the girls had been beaten by their partners, even for talking to other men. "Physical assault is so commonplace," the report adds, "that many of their female peers see it as an expression of love."

#### **Music Influences Shoppers**



In England a team of psychologists from the University of Leicester discovered that background music could influence the selections made by wine shoppers. "When French accordion music played, French wine outsold German varieties by a five-to-one ratio," says *National Geographic* magazine. "But when German beer-hall music oompahed, buyers bought two bottles of German wine for every French bottle." Interestingly, only a few buyers were aware that "music played a role in their decision," says one of the researchers.

#### **El Niño's Good Side**

The warm water phenomenon called El Niño has been "blamed for everything from killer storms in the United States to wildfires in Brazil and poor coffee crops in Kenya," reports Reuters. However, despite the storms and drought, experts claim that El Niño also

did some good. According to the report, Brazil's coffee production is "expected to reach 35 million bags this season, the largest in a decade," and "unexpected rainfall in unexpected places has replenished reservoirs and aquifers across the globe." Said Ants Leetmaa, director of the U.S. Climate Prediction Center: "Water is a problem in much of the world. Many of these areas needed water. . . . Water managers were looking forward to El Niño."

#### **Trying to Return Members to the Fold**

An estimated 1,500 people leave churches in the United Kingdom every week. Although more than 50 percent of the population claim to be Christian, only about 10 percent regularly attend church. Why? Churches in the United Kingdom have "often been accused of being irrelevant, out of touch and boring," says clergyman Steve Chalk. In an effort to "encourage people back to church," the Archbishop of Canterbury and the Archbishop of Westminster are "giving their endorsement to a new initiative aimed at helping churches become more welcoming, relevant and challenging," reports the *BBC News*. The churches hope to implement "10 practical goals" by January 2, 2000. They include: "We will make you welcome, we will be family friendly, we will make sure you can hear clearly, . . . we will help you explore answers to your deepest questions, . . . we will make sure your visit will be helpful but challenging."

## FROM OUR READERS

**Science Trusted?** Your series of articles "How Far Can Science Be Trusted?" (March 8, 1998) was a timely warning. It helped me to be more realistic about inventions and scientific discoveries, many of which can cause harmful side effects to man and his environment. At the same time, the series directed readers to the Bible—something that is completely trustworthy.

A. I. B., Brazil

**The Apache** We are keenly interested in the history of the Indians and have read many books on them. So we want to thank you for the article "Whatever Happened to the Apache?" (March 8, 1998) It spoke about this subject in a way that was clear and convincing.

G. C. and R. S., Italy

**Caste System** I am 12 years old, and just yesterday I was assigned schoolwork on the caste system. I am part Indian. Today I received your article "Christians and Caste." (March 8, 1998) My schoolbooks did not explain this subject as thoroughly as you did.

S. S. N., United States

**Managing Stress** I have read articles in popular magazines about coping with fatigue, burnout, and nervous exhaustion. But they often leave me wondering if I am fit to carry on! I was pleased to see that of your 15 suggestions on managing stress, none suggested giving up and retiring. ("You Can Manage Stress!", March 22, 1998) Rather, they showed

how to reduce stress while getting on with one's life.

J. B., Bolivia

The articles came out at the right time, since I have been suffering from anxiety. I am a full-time evangelizer, and I thought that I shouldn't have such problems. As I read these articles, tears came to my eyes. I realized that Jehovah has tender care for his servants and understands what we are going through.

D. M., Italy

It was just what I needed to read, since I suffer from psoriasis, a stressful condition. Sometimes I feel that I am unimportant to Jehovah, but your article showed me that this is not the case. He really cares for me—so much so that he has provided me with all the information I need about stress.

S. S., Brazil

I wish to thank you with all my heart for the box "PTSD—A Normal Reaction to an Abnormal Experience." I had a traumatic childhood, and although past memories are still a part of my life, the article gave me real comfort.

R. N., United States

I found the articles to be very enlightening. Since pressures from Satan are mounting, we need this kind of information to stay in the faith. It made me realize that you take a keen interest in our problems and that you give us what we need to cope with them.

V. T., Fiji

# CELESTIAL SPLENDORS

Among the most magnificent celestial splendors are globular star clusters. These are spherical in shape, and each contains from ten thousand to hundreds of thousands of stars. There are about 100 known globular clusters in our Milky Way galaxy.

National Optical  
Astronomy  
Observatories

In our neighborhood of the Milky Way, stars are spaced an average of four to five light-years apart.\* In a globular cluster, the stars are packed tightly, about one tenth of a light-year apart.

The cluster in the photograph is Omega Centauri. To the naked eye, it appears to be a single star. However, through a large telescope, it becomes a dazzling cluster of many stars, some one million in all. Omega Centauri can be seen best in the Southern Hemisphere, though on spring and summer evenings up to the middle northern latitudes, it can be observed low in the southern sky.

The diameter of Omega Centauri is about 150 light-years; it would take approximately 150 years for light to travel from the bottom of the photograph to the top! The distance from the earth to Omega Centauri is an estimated 17,000 light-years.

For ages, Omega was known as a single star. In the 17th century, German amateur astronomer Johann Bayer labeled it with the Greek letter Omega ( $\omega$ ). However, it was first observed as a globular cluster by English astronomer Edmond Halley in 1677.

## Omega Centauri

In the Northern Hemisphere, one of the best clusters to observe is M13, in the Hercules constellation. It contains about one million stars and is 4,000 light-years farther away from us than Omega Centauri. So it appears smaller.

If you have an opportunity to observe a globular cluster through a moderately large telescope, by all means do so. It is one of the most impressive creations you can see in the night sky.

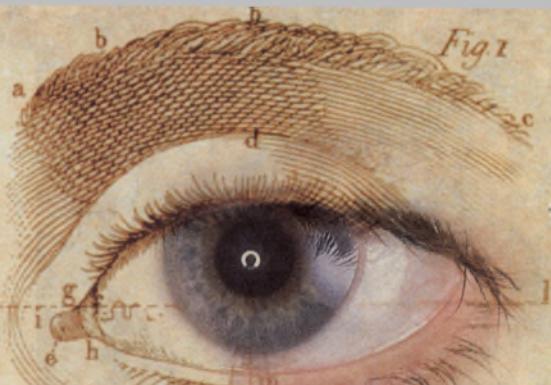
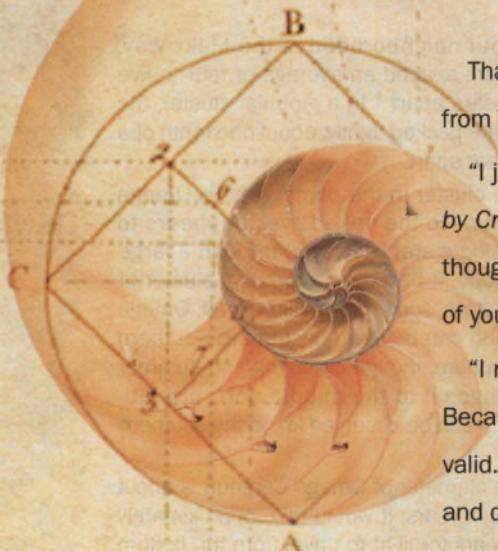
\* One light-year equals 5,878,000,000,000 miles.

Milky Way galaxy and M13:  
Courtesy United States Naval Observatory

**M13**



# Does design require a Designer?



That is a question that many ponder today. What do you think? A man from Virginia, U.S.A., wrote:

"I just completed reading *Life—How Did It Get Here? By Evolution or by Creation?* I thought that it was very thoroughly researched and thought-provoking. I received the book a number of years ago from one of your missionaries in Summerville, South Carolina, U.S.A.

"I really appreciated the work and its scientific defense of creation. Because of your book, I no longer think that the theory of evolution is valid. Although I am a lifelong Roman Catholic, I have enjoyed this book and discussions with some of your Jehovah's Witness missionaries."