

Awake!

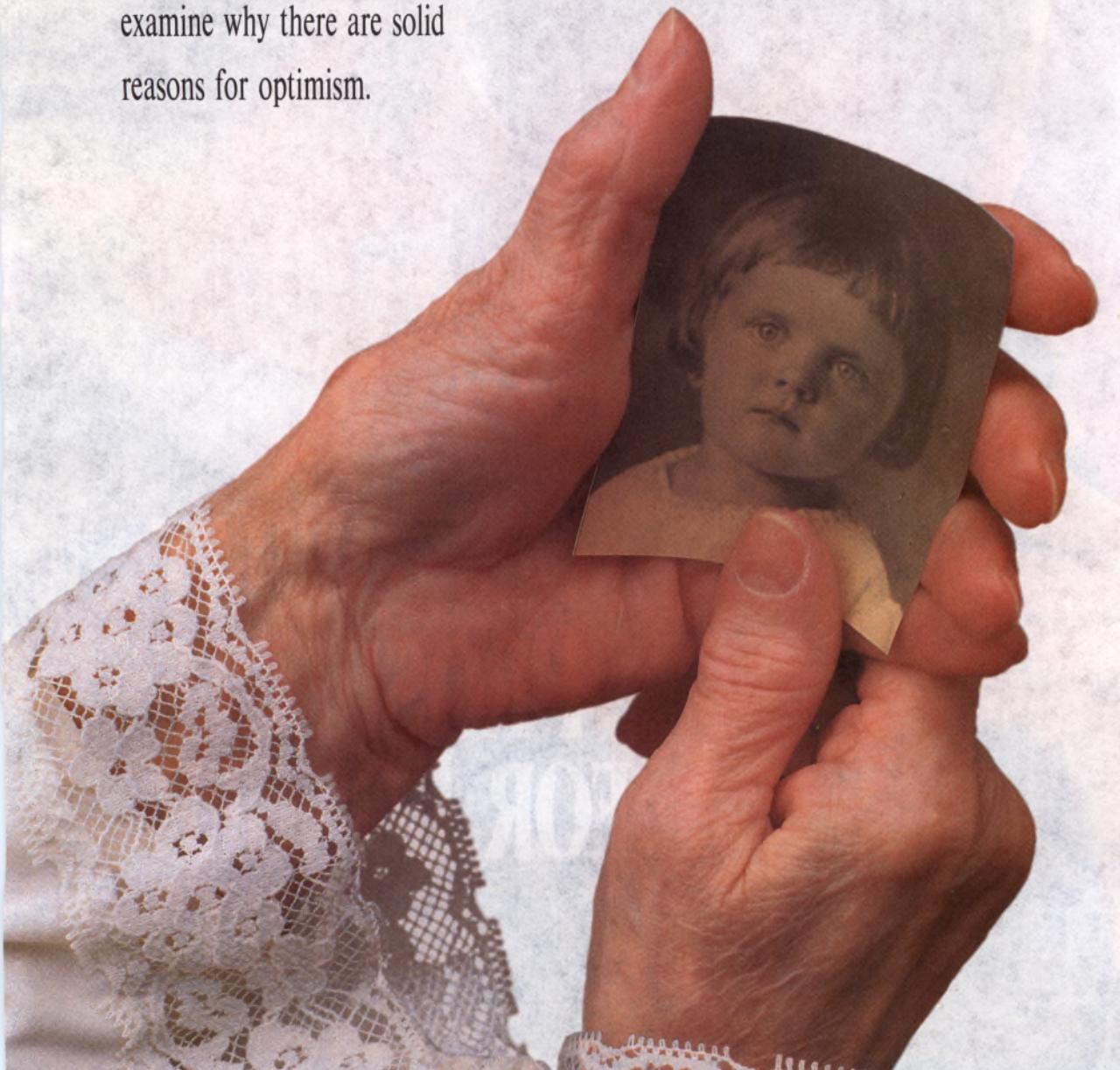
April 22, 1990

A color photograph of a woman with short, light-colored hair smiling warmly at a baby she is holding. The woman is wearing a blue jacket over a white ribbed collar and a small gold earring. The baby, wearing a green and blue striped onesie, looks towards the camera with a neutral expression. The background is a solid purple.

WHAT
PROSPECTS
FOR LONGER
LIFE?

HAVE YOU EVER looked at a picture of yourself when you were a child and thought, 'How short life really is'? Have you wondered, 'Can I live much longer than I expect to now?'

Humans have long sought an extended life in youthful vigor on earth. But is such a prospect only wishful thinking? Consider the optimistic views of some, and examine why there are solid reasons for optimism.



THE SEARCH FOR LONG LIFE

THE quest for a longer life is almost as old as life itself. So it is not surprising that history, both ancient and modern, abounds with stories and legends of people searching for the secret of long life.

Romantic history would have us believe, for example, that the Spanish explorer Juan Ponce de León was searching for a fountain of youth when he journeyed north from Puerto Rico in the year 1513. But contemporaries stated that he made the trip to acquire slaves and new land. He discovered, not a fountain to restore youth, but what is now Florida. However, the legend persists.

Going further back in time, the Akkadian epic of Gilgamesh, drawn from clay tablets dated prior to the 18th century B.C.E., tells how Gilgamesh became obsessed with the

fear of dying after his friend Enkidu died. It describes his travels and strenuous but fruitless efforts to attain immortality.

More recently, in 1933, in his novel *Lost Horizon*, James Hilton portrayed an imaginary land called Shangri-la. There the inhabitants enjoyed nearly perfect and greatly extended life in paradisaical surroundings.

Even today, there are those who are dedicated to pursuing unusual and exotic schemes that promise improved and longer life. Others, however, take a more pragmatic approach. They follow rigorous health measures or observe strict diet and exercise routines. They hope that this will help them to look younger and feel better.

All of this underscores the basic human desire to live longer, happier lives.

The Scientific Approach

The study of aging and the problems of the aged has become a serious science. Reputable scientists feel that they are on the verge of discovering the cause of aging. Some think that aging is programmed in the genes. Others feel that it is the accumulated result of damaging diseases and harmful by-products of metabolism. Still others attribute aging to hormones or the immune system. Scientists feel that if the cause of aging can be isolated, then perhaps it can be eliminated.

In the pursuit of immortality, the line between science and science fiction is becoming harder and harder to distinguish. Cloning is one such example. The idea is to clone, or reproduce, an identical body of an individual by cell and gene manipulation. Then, as the body parts disease or fail, a new organ can be taken from the clone and transplanted, much as a broken part in a car is replaced by a new spare part. Some scientists claim that theoretically there is no limit to what could be done by cloning.

Carrying matters one step further is the process called cryonics. When a person dies,

explain the proponents, the body can be frozen to preserve it until the time that a cure is found for what is incurable today. Then the body can be thawed, reanimated, and restored—hopefully to a longer, happier life.

In view of such efforts and the expenditure of countless millions of dollars in research, what has been the outcome? Are we any closer to breaking free from the yoke of death than were all those thousands of millions of people who lived and died before us?

What Are the Prospects?

Judging by the optimistic proclamations and predictions by some of those who have engaged in such research, it would seem that life much longer than we are accustomed to is just around the corner. Here are a few examples gleaned from the late 1960's.

"The knowledge we acquire in such a search will give us the weapons we need to fight the last enemy—Death—on his own grounds. It will place relative immortality within our reach . . . It could come in our time."—Alan E. Nourse, physician and writer.

"We will lick the problem of aging completely, so that accidents will be essentially the only cause of death."—Augustus B. Kinzel, then president of Salk Institute for Biological Studies.

"Immortality (in the sense of indefinitely extended life) is technically attainable, not only for our descendants but for ourselves."—Robert C. W. Ettinger in *The Prospect of Immortality*.

While at the time not all gerontologists and researchers shared such enthusiasm, the general consensus of experts appeared to be that by the beginning of the 21st century, aging would be controlled and life would be extended significantly.

Now that we are much closer to the beginning of the 21st century, what is the picture? Is longer life, let alone immortality, within reach? Consider these observations.

"Many gerontologists will agree that these are highly muddled times for us. We neither know what is the underlying mechanism of aging, nor are we able to measure the rate of aging in precise biochemical terms."—*Journal of Gerontology*, September 1986.

"No one knows exactly what the process of aging is or why it runs a different course in different people. Nor does anyone know how to increase human longevity, despite the often fraudulent and sometimes dangerous claims of the 'life extension' hucksters and others who traffic in the fears and ills of the elderly."—*FDA Consumer*, the official journal of the U.S. Food and Drug Administration, October 1988.

Predictions made in the past about conquering death and extending life indefinitely are clearly overenthusiastic. Immortality through science is still a farfetched dream. Does this mean that until there is a major breakthrough in science or technology, there is nothing that can be done to prolong or at least improve life?

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Longer, Happier Life Now?

Although researchers have not uncovered the secret to long life, they have learned a great deal about life and the aging process. And some of the information thus gained can be applied to good advantage.

Experiments with animals, for example, have revealed that "controlled underfeeding can extend the maximum survival times by more than 50 per cent and delay the appearance and severity of many age-related problems," reports the London *Times*. This has led to studies as to whether the same may hold true with regard to humans.

Consequently, in his book *The 120-Year Diet*, Dr. Roy Walford recommends a low-calorie, low-fat, and high-nutrition diet coupled with a good exercise program. He points to the people of Okinawa as an example. Compared with the diet of the average Japanese, theirs is about 40 percent lower in calories; yet they "have from 5 to 40 times the number of centenarians as other Japanese islands."

The natives of the Caucasus region in western Soviet Union are another frequently cited example of longevity. Sula Benet, who lived among the Caucasians, reported in her book *How to Live to Be 100* that an unusually high number of those people live healthy and active lives well past 100 years of age, and sev-

HOW OLD ARE YOU?

Whether you realize it or not, you are much older than you may think. Biological science tells us that at birth, a woman's ovaries already contain all the ova, or eggs, that she will ever produce. This means that if your mother was 30 years of age at the time of your conception, the egg that eventually became you was already 30 years old.

That probably does not make you feel older, but day by day, you are getting older. Young or old, all of us are aging, and most of us are interested in slowing down that process—if not actually stopping it.

eral are said to have lived longer than 140 years. She noted that "two factors remain constant in the Caucasian diet: 1. No overeating . . . 2. An extremely high intake of natural vitamins in fresh vegetables." In addition, "their work provides them not only with physical exercise but also with the knowledge of their own meaningful contribution to their community."

What You Can Do

Is moving to Okinawa or the Caucasus or some other area where the natives enjoy longer life the solution? Probably not. But there are some things that you can do. You

WHY "AWAKE!" IS PUBLISHED

"AWAKE!" is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another.

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

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can imitate the good habits of those long-lived people and follow the advice of competent doctors, nutritionists, and health experts.

They almost universally recommend a life of moderation. This means not only being conscious of the amount of food you eat but also being alert to eat nutritious and healthful foods that are available to you. The good effects of regular exercise are also well-known. A reasonable effort to apply these principles

and to eliminate the damaging habits of modern society, such as smoking and drug and alcohol abuse, cannot help but make you feel better.

Logically, the better we treat our body, the healthier we will be. And the healthier we are, the better our chances of living longer. However, no matter what we do, the average life span remains the Biblical 70 or 80. (Psalm 90: 10) Is there any hope that this life span will ever be extended, and if so, for how long?

What is the difference between these two statements? The first is a statement by Dr. Lawrence E. Lamb, medical columnist and professor, in his book *Get Ready for Immortality*, published in 1975. The second is the title of a public address and subsequent book by J. F. Rutherford, the second president of the Watch Tower Society. The public address was first delivered in Los Angeles, California, in 1918.

The two apparently similar statements, however, differed widely in the reasoning and research that led up to them. Dr. Lamb's words are typical of the many so-called immortalists. These persons feel that advances in medical science, including research on aging, will soon solve the mystery of why we grow old and will eventually conquer death itself. Yet, despite the achievements of modern science in lengthening the average life expectancy and in helping many to enjoy better lives, predictions of immortality remain just that—optimistic prognostications.

J. F. Rutherford, on the other hand, was not making forecasts based on science or medicine. His discussion was based on the Bible. He demonstrated by means of fulfilled Bible prophecies that the world of mankind had

HOW LONG CAN WE LIVE?

MANY PEOPLE alive today will have the opportunity for a greatly prolonged life span. Even immortality now seems possible." "Millions Now Living May Never Die."

entered into its “time of the end.” (Daniel 12:4) He then pointed to the Bible-based hope that just as Noah and his family survived the end of the world in their day, millions will survive the destruction of this world and live on into a righteous new world to enjoy everlasting life in a paradise earth.—Matthew 24:37-39; Revelation 21:3, 4.

To many of those in his audience, Rutherford's speech was startling. Even today, many people find such talk about living forever on earth under the rule of God's Kingdom unrealistic and hard to believe. (Psalm 37:10, 11, 29) But is what the Bible says about why we grow old and die really so unbelievable? What, in fact, does it say on the subject?

Made to Live, Not to Die

Logically, the Bible opens with the account of the beginning of human life. In the first chapter of Genesis, we read that after creating the first human pair, “God blessed them and God said to them: ‘Be fruitful and become many and fill the earth and subdue it, and have in subjection the fish of the sea and the flying creatures of the heavens and every living creature that is moving upon the earth.’”—Genesis 1:28.

For the first human pair, Adam and Eve, to carry out that assignment, it would necessarily mean that they would have to live a very long time, and so would their offspring. But for how long? Reading on in the Bible book of Genesis, we find no mention of any specific life span prescribed for Adam and Eve. Nevertheless, there was one condition that they would have to meet if they were to continue living. God said to Adam: “As for the tree of the knowledge of good and bad you must not eat from it, for in the day you eat from it you will positively die.”—Genesis 2:17.

LIFE EXPECTANCY

Someone born at the end of the 18th century in North America or Western Europe could expect to live to be 35 or 40 years of age. Today, men and women in the United States can expect to live to about 71 and 78 respectively, and similar improvements have been made in other countries. We are realizing more of our potential as far as longevity is concerned. But is there a limit to how far life expectancy can be extended?

There is no one in recent history who has lived or has expected to live 500, 300, or even 200 years. In spite of advances in medical science, life expectancy today is still under 80. Yet there are reports of individuals living to 140 or even 150 years of age. And in Bible times, people lived to be hundreds of years old. Is that mere myth or legend?

Interestingly, *The New Encyclopaedia Britannica* states that “the exact duration of human life is unknown.” As the article explains, assuming that some individual did live to be 150, “there is no valid reason for rejecting the possibility that some other individual may live 150 years and one minute. And if 150 years and one minute is accepted, why not 150 years and two minutes, and so on?” The article continues: “Based on existing knowledge of longevity, a precise figure for the span of human life cannot be given.”

What can we conclude from this? Simply that what medical science has learned about aging and death is based on the human condition as we see it today. The crucial question is whether the human condition has always been the same or whether it will always remain the same. God's promise is: “Look! I am making all things new.” In the fast-approaching new world, “he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away.”—Revelation 21:4, 5.

Thus, death would come upon them *only* if they disobeyed God's command. Otherwise, they had the prospect of living on indefinitely in that earthly Paradise called Eden. Clearly, humans were made to live, not to die.

The Genesis account goes on to relate, however, that the first human pair chose to ignore God's clearly stated command and thereby sinned. Their course of disobedience brought upon them, and subsequently upon their descendants, the condemnation of death. Centuries later, the apostle Paul explained: "Through one man sin entered into the world and death through sin, and thus death spread to all men because they had all sinned."—Romans 5:12.

The law of inheritance is such that Adam and Eve could only pass on to their offspring what they themselves had. As created, they were capable of passing on perfect, unending

'A river of water of life, clear as crystal, was flowing out from the throne of God.'—Revelation 22:1

life to future generations. But now that their own lives had become marred by sin and death, they could no longer bequeath that grand heritage. Sin, imperfection, and death have become the lot of all mankind ever since, in spite of the efforts to extend the human life span.

In a sense, this can be likened to a computer program in which there is a flaw, or bug. Unless the bug is isolated and corrected, the program will not work properly, and the results may be disastrous. Man has not been able to isolate, much less correct, the inherent flaw that results in the malfunctioning of our human bodies, resulting in aging and death. However, man's Creator, Jehovah God, has made arrangements to correct it. What is his solution?

God has provided the perfect human life of his Son, Jesus Christ, "the last Adam," who thus replaces, in effect, the original Adam as our father and life-giver. Therefore, instead of being condemned to die as children of the



sinner Adam, obedient humans may be reckoned worthy to receive everlasting life as children of their "Eternal Father," Jesus Christ. Jesus himself explained: "This is the will of my Father, that everyone that beholds the Son and exercises faith in him should have everlasting life."—1 Corinthians 15:45; Isaiah 9:6; John 3:16; 6:40.

At the conclusion of his earthly ministry, in prayer to his heavenly Father, Jesus Christ declared the basic requirement for attaining this grand reward of life by saying: "This means everlasting life, their taking in knowledge of you, the only true God, and of the one whom you sent forth, Jesus Christ."—John 17:3.

"Like the Days of a Tree"

Think of planting a sequoia seed and watching it grow hundreds of feet into the air, enjoying its growth throughout its lifetime. Then imagine surviving it and planting another one

thousands of years later and again enjoying its growth and beauty.

Is such a notion realistic? Indeed it is, for it is based on the promise of man's Creator, Jehovah God, who says: "Like the days of a tree will the days of my people be." (Isaiah 65:22) This promise helps answer the question, How long can man live? The answer is: on into the indefinite future, yes, actually forever.—Psalm 133:3.

An invitation is being extended now, namely: "Come!" And let anyone hearing say: "Come!" And let anyone thirsting come; let anyone that wishes take life's water free." (Revelation 22:17) This is an invitation that Jehovah God is having extended to all honest-hearted ones. The invitation is to take advantage of God's spiritual provisions for everlasting life on a paradise earth.

Will you choose to accept this invitation? Your prospects for longer life, everlasting life, depend on your choice now!



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Riding the “Hole in the Ground”



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EW YORKERS find that often the fastest way to get around the city is by means of the "hole in the ground"—the New York City subway system.

Over 50 large cities around the globe have underground railway systems, or subways, and others have systems under construction. Some subway systems are cleaner and more efficient than New York's, but claims author Stan Fischler in his book *Uptown, Downtown*, "no subway is . . . more exciting, more complex, more diverse, and more colorful than New York's."

Early Beginnings

A brief look at the subways helps explain why New York's system stirs strong emotions—pro and con. Subway systems were developed as the solution to urban traffic congestion. In 1863 London opened the first subway, using steam locomotives. Needless to say, though, the steam, soot, and smoke produced a less than desirable atmosphere in the tunnels. But such was the price of progress. Soon Glasgow, Budapest, Boston, Paris, and Berlin also had subway systems.

New York was a relative latecomer to the subway scene, but as its population soared, the need for such a system became apparent. Proposals for rapid transit, however, were successfully blocked by corrupt politicians who had financial interests in surface transportation. As the traffic situation became more and more unwieldy, the city was forced to take a temporary step: the elevated railroads, or Els, and these began operating in the 1870's. They were unsightly and noisy, and since steam locomotives were used, soot and cinders often rained on the people below.

Four Years of Noise and Nuisance

New York began full-scale subway construction in 1900. But instead of tunneling deep be-

low the ground as had been done in London, New York boldly opted to use a newer approach. The plan was to dig a large trench; lay a roadway at the bottom; reinforce the bottom, sides, and top with steel girders; and replace the street over this structure. The advantages? For one thing, it was cheaper and faster than tunneling. In addition, commuters could gain access to the train by using a brief flight of stairs rather than riding an elevator.

There were problems, though. Business was seriously disrupted during construction. Sewer, water, gas, steam, electrical, and telephone lines posed constant difficulties to the builders. The large-scale excavations also threatened to weaken the foundations of some large buildings. At times, Manhattan's varying terrain required the builders to tunnel deep below the surface through solid rock.

Nevertheless, for four long years, New Yorkers endured the noise, nuisance, and disruption of subway construction. But when the trains started running in the fall of 1904, all was forgiven. Indeed, the subway was an instant success! During its first year of operation, an average of over 300,000 persons a day rode the rails beneath the city.

New York's Lifeline

One cannot stand back and gaze at the entire subway system as one can look at the Empire State Building or the Brooklyn Bridge. Nevertheless, the subway system dwarfs these somewhat more obvious marvels. Why, in one 50-mile section, there is three times as much steel as there is in the Empire State Building! The entire system has over 230 miles of route with over 820 miles of track, making it one of the most extensive in the world.

The system has also had a dramatic impact on the development of the city itself. Most of the tens of thousands of people who work in the business districts come either from

other parts of the city or from outlying areas. Workers can escape Manhattan's legendary traffic tie-ups and parking problems by simply taking a subway ride. The subway is thus the lifeline for many New York businesses.

For many years the subway provided safe, clean, and efficient travel around the city. But times have changed, and "the increasing of lawlessness" that the Bible prophesied would plague the world today also affects the subway system. (Matthew 24:12) Armed robberies and purse snatchings have become all too common occurrences in the subway.

Soaring operational costs have increased the fare over 20-fold since operation began! Still, it is not the highly profitable enterprise it once was. Huge government subsidies keep the trains running. Yet, subway cars and stations are sometimes filthy and poorly maintained. New equipment is quickly vandalized. Needed repairs on tracks and other equipment have often been neglected. Delays and cancellations—once rare—are not uncommon. Nevertheless, the subway is a vital and necessary part of life in the city, and New Yorkers tend to accept such inconveniences with stoic resignation.

A Ride on the Subway

How would you like to take a ride in the "hole in the ground"? Two of New York's subway lines run within blocks of the headquarters of the Watchtower Society, where this magazine is published. So we'll head toward one of them.

Our destination is the American Museum of Natural History on the West Side of Manhattan. Leaving the Watchtower headquarters in Brooklyn, we walk a few blocks to the A train station entrance.* We go down to the change booth, where we buy our tokens—special coins that gain us access to the station

* Subway trains are identified by letters of the alphabet or by numbers.

through turnstiles. Going down another flight of stairs, we arrive at the platform. Tracks line both sides, and signs indicate which side is for trains going to Manhattan and which is for trains going farther into Brooklyn. We will take the train going to Manhattan.

Can you hear that faint rumble? That and a sudden breeze tell you the train is coming. Suddenly it bursts into the station, swirling the air all around and filling the station with a deafening din. The motorman hits the brakes, and the train quickly comes to a halt. As the doors open, people jostle their way in and out. We are glad to be able to find a seat. Had we gone during rush hour, we would probably have had to stand, packed in like canned sardines.

The doors close, and the train pulls out of the station with a lurch. Above the noise a voice crackles over the public address system. 'What did he say?' you ask. Simple. He said that this is an uptown A train headed for 207 Street. The next stop is Broadway-Nassau. You get used to the conductor's speech after a while.

A subway ride allows you to view a truly unique group of people: businessmen in pin-striped suits, laborers, beggars, derelicts, bearded Hasidic Jews on their way to work, parents and children. Yes, in the subway, you can see the kaleidoscope of humanity that is New York City.

But it is a brief view, for in minutes we reach our destination. We quickly disembark, go up a flight of stairs, and exit from the station. What do you think? Some find the subway interesting and exciting. Others are glad to get out. Love it or hate it, few can ride the subway and not be impressed in one way or another.

Perhaps you'll get a chance to ride it one day. After all, a trip to New York City is somehow just not complete unless it includes a ride in that "hole in the ground"—New York City's subway.

QUINOA

The Remarkable Desert Plant

By Awake! correspondent in Bolivia

FEW places present more difficulties to farmers than the South American altiplano.

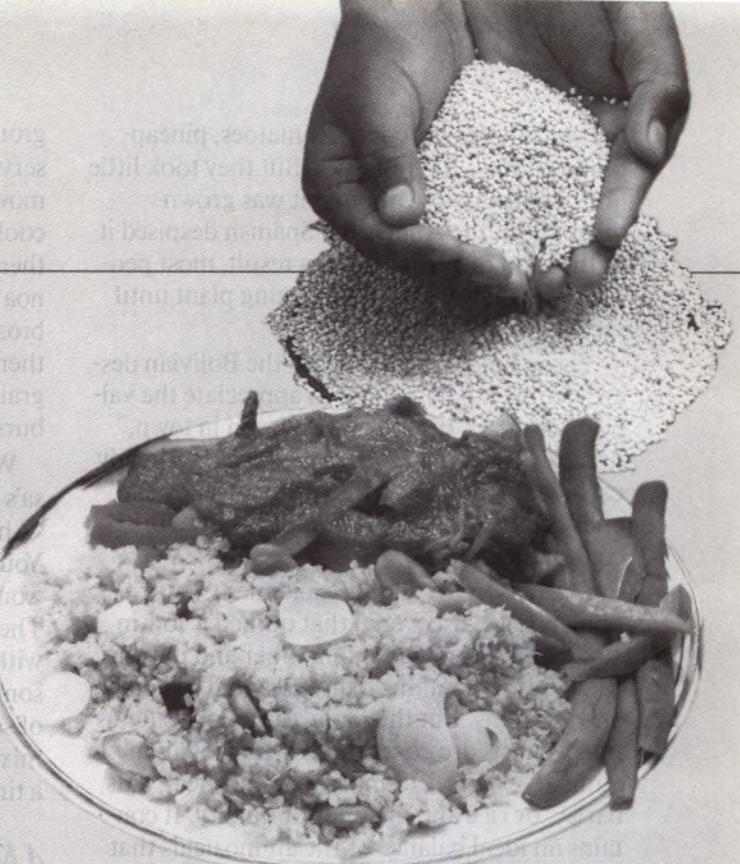
Here, especially in the dry south, poor quality soil is scorched by day and frozen by night. Precipitation, as low as eight inches a year, often comes in devastating hailstorms.

Nevertheless, this rugged land produces a desert plant that could play a role in alleviating world hunger. It is called quinoa. And it is important not only to farmers here in the Andes but to researchers the world over. Just what is quinoa? How is it used by the inhabitants of the Andes? And why may it one day have global impact?

A Food That Grows in the Desert

Quinoa is a leafy herb that grows up to six feet tall and produces an abundance of seeds—seeds that serve as a nutritious food. It is an amazingly sturdy plant that thrives even in the harsh climate of the South American altiplano.

A Bolivian woman named Felicidad, for example, farms land that is too rocky to be plowed. Yet, she can plant quinoa simply by digging holes in the ground with a spearlike instrument and then dropping in the seed. Within



months, and with a minimum of care, the quinoa matures. The desert is then set aflame with color—yellow, purple, green, and red. There are some 17 kinds of quinoa, and often a number of varieties grow together.

When the time for harvest arrives, the plants are uprooted, allowed to dry in the sun, and threshed by hand. Now another remarkable property of quinoa becomes manifest. It can be stored for years without spoiling. Quinoa proves to be a real treasure during long dry seasons. It is thus easy to see why it is the staple food of people in this part of Bolivia. But of what interest is it to the rest of the world?

An Ideal, Versatile Food

When the Spanish first explored the Americas, they discovered a number of foods that soon became favorites on tables throughout

the world—maize, cocoa, tomatoes, pineapples, peanuts, and potatoes. But they took little notice of quinoa. Although it was grown throughout the Andes, the Spanish despised it as the food of peasants. As a result, most people were unaware of this amazing plant until recent years.

Yes, in lands far away from the Bolivian desert, people are beginning to appreciate the value of quinoa. "It's the newest grain in town," declared the *San Francisco Chronicle*. "Already considered a staple in the hip and trendy eateries of New York City, quinoa is now a bi-coastal menu hit."

The reason for all this excitement? Nutritionists have discovered that quinoa is low in sugar and starch and rich in fiber and unsaturated oils. It contains many essential minerals and vitamins. But the main attraction as far as nutritionists are concerned is the protein in quinoa—50 percent more than in wheat, oats, barley, or rice and of superior quality. It contains an ideal balance of the amino acids that we need, including an important one called lysine that is normally scarce in vegetable protein and plentiful only in meat, fish, and eggs. That is why some experts call quinoa an ideal food.

Another remarkable feature of quinoa is its versatility. Quinoa has a unique, nutty taste. You can use it as a breakfast cereal. You can serve it cold with salad, hot with meat dishes, or sweet as a dessert. Andean people in particular have discovered a number of ways to eat quinoa.

"I never travel without quinoa," says a former traveling minister of Jehovah's Witnesses in the Andes. "I must travel light, since, like everyone else, I go by bicycle. I always take along a bag of toasted quinoa flour. Mixed with water, it provides nourishing refreshment."

Rosa, a Bolivian woman who grew up in a village on the altiplano, recalls yet other uses for the quinoa seeds. "Mother used to make quinoa bread and biscuits with the flour she

ground with a stone, and often she would just serve boiled quinoa with an egg." Later, Rosa moved to the city and worked for years as a cook for a wealthy family. She introduced them to a dish they became quite fond of: quinoa soup! "You just chop some onions, carrots, broad beans, and squash," she explains, "and then boil them with whole washed quinoa grain in meat stock until the quinoa grains burst.* Salt may be added after it is cooked."

What is the favorite quinoa dish among Rosa's own children? "Tortillas!" cries a little boy. "Ah, yes," replies Rosa, "they are easy to make. You just cook washed quinoa grains as you would normally cook rice but without salt. The quinoa can then be stirred into a paste with a spoon. Stir in an egg, a little milk, and some wheat flour. Now you may add a pinch of salt and a pinch of cinnamon. Then fry the mixture as you would pancakes, a spoonful at a time—delicious!"

A Key to Solving World Hunger?

Famine relief organizations believe that quinoa could play a key role in reducing world hunger. The grain is tough and can be grown in a hostile environment without expensive farming equipment. Through crossbreeding, researchers have already developed exceptionally tough strains of quinoa that are resistant to such adverse conditions as hailstorms and frost. Additionally, it is nutritious and delicious and can be served in a variety of ways.

As to whether quinoa will make a dent in the global hunger problem, only time will tell. In the meantime, you may want to see if you can obtain quinoa locally. With a little imagination and experimentation, you may be able to add to your menu a nutritious dish made of quinoa—the remarkable desert plant.

* Quinoa sold in packets has usually been washed industrially to remove the bitter husks. Cooking times thus vary widely according to the variety of quinoa, how it was processed, and the altitude at which it is cooked.

Oberammergau's "Passion Play"

How Close to the Bible?

By Awake! correspondent in the Federal Republic of Germany

OBERAMMERGAU is a pretty mountain village in Bavaria. Many of its inhabitants have let their hair and beards grow in preparation for a play in which they will participate this year. The play is a tradition based on what their forefathers did in 1633.

Back then a plague threatened to inflict havoc, and the inhabitants swore that if they were spared, they would periodically present what was called the Passion Play. The play was a custom that began in the Catholic Church several centuries earlier, and it portrayed the suffering and death of Christ.

The premiere in Oberammergau was held in 1634. The 350th anniversary was celebrated there during 1984, with performances attracting a total audience of 443,000, including visitors from all over the world. This year the play will be put on from May to September.

Along with hotels and restaurants, woodcarving and souvenir shops line the streets of the village. Indeed, many residents make their living from the play.

Why do so many come? "To me, it's not theater," one visitor noted. "It's a religious service." That is the way many view it, although it is the local village that now presents the play, not the church.

Playing to the Gallery?

Two clergymen created the more modern version of the play, one writing it in 1810 and another revising it half a century later. The script has been approved by the Conference of German Bishops and "adheres to the Gospel accounts," claims one source.

However, over the years the producers have compromised the Gospels to avoid offending those of other religions, including Jews. So to a degree, applause from the gallery dictates the script today. For example, cut from the old script were passages revealing the Jewish leaders' hatred of Jesus, including Matthew 21:43, where Jesus said to the Jewish religious leaders: "The kingdom of God will be taken from you and be given to a nation producing its fruits."

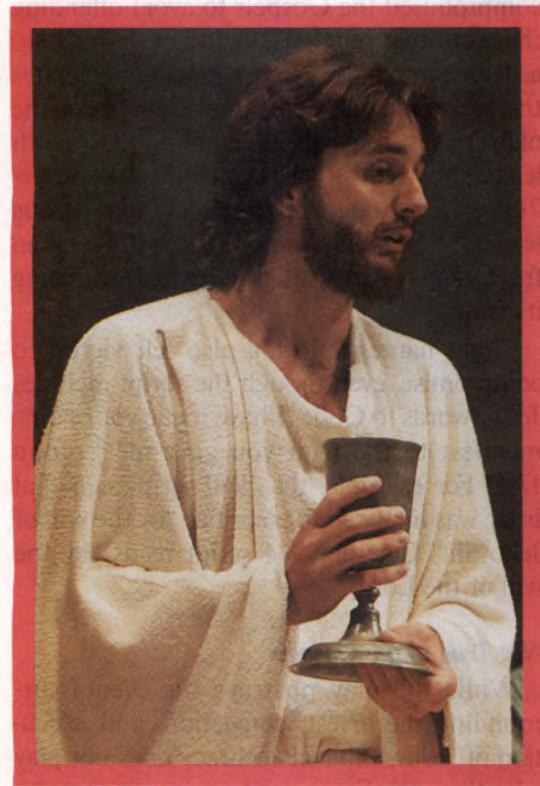
God's name, Jehovah, also fell victim to compromise, even though the script includes Jesus' words to God: "I have made your name manifest to the men you gave me." (John 17:6) For example, the 1960 script said that Isaac was intended for sacrifice "by the will of Jehovah." But the 1984 script reads "by the will of the Lord."

Not True to the Gospels

While the play portrays the events surrounding the arrest, conviction, and execution of Jesus, Biblical accuracy does not play a leading role. For instance, one part portrays events described in Tobias, an Apocryphal book that does not even belong in God's inspired Word. (2 Timothy 3:16) And a number of times the word "Passover" is wrongly translated "Easter."

Furthermore, Judas Iscariot is portrayed as an opportunist who was persuaded by the enemies of Jesus to betray his Master. But in reality it was Judas himself who took the initiative, driven by greed, to approach the chief

priests. (Matthew 26:14-16; compare John 12:4-6.) Also, a comparison of John 13:21-30 with Matthew 26:20-29 shows that Judas must have left the room before Jesus instituted the Lord's Supper. This is logical, as Jesus would hardly have made a 'covenant for a kingdom' with his betrayer. (Luke 22:29) In



Gemeinde Oberammergau, Haag

The Passion Play's Roots?

Regarding passion plays, *The World Book Encyclopedia* comments:

"Passion play is a dramatic performance that presents the death and resurrection of a god. The ancient Egyptians performed passion plays devoted to the god Osiris. The ancient Greeks presented similar plays dedicated to the god Dionysus."

Oberammergau's play, however, Judas is present at the Last Supper.

Discerning Bible Truths

A Bible student can discern certain Scriptural truths, or violations of them, in the play. An example is the phrase, 'When worthily enjoyed/The holy bread of the new covenant preserves the soul from death.' This is in harmony with the Bible's teaching that the soul is mortal. A person who does not 'worthily enjoy' the benefits of Jesus' sacrifice will, of course, not have his soul preserved from death.—Ezekiel 18:20.

The true identity of Jesus can be discerned when, following his resurrection, he tells Mary Magdalene: "I am ascending ... to my God and your God." (John 20:17) From this it is clear that Jesus had a God. Thus, he could not be God, as Christendom's Trinity teaching asserts. So here, when the script sticks to Bible terminology, it contradicts church teachings.

Gemeinde Oberammergau, Haag



The play makes it possible to identify the Kingdom of God. Philip says to Jesus: "Establish God's Kingdom in the whole world," to which Christ replies: "What you wish will happen at the right time." Jesus later adds: "I shall drink from the fruit of the vine no more until the time when the Kingdom of God comes." And Thomas asks: "Will each have his own dominion assigned to him?" These conversations reveal that the Kingdom is God's government for the earth, not simply everlasting life or something within a person, as many believe. —See Daniel 2:44; 7:13, 14; Luke 22:18; Revelation 5:10.

One of the closing scenes depicts the Jewish High Council unsuccessfully attempting to have Jesus' corpse "thrown into the pit for criminals." This phraseology is of interest. The Jews considered that criminals were unworthy of being placed in a tomb where God would remember them, and instead they threw their bodies into the Valley of Hinnom (Gehenna),

where a fire continually burned garbage. In the Bible, Jesus pointed to this location near Jerusalem as a symbol of utter destruction, a condition from which there would be no resurrection of the dead.—Matthew 18:8, 9.

It was not until later, following the apostasy from true Christianity, that Gehenna was coupled with the pagan idea of hellfire. The Oberammergau play betrays the influence of unbiblical tradition when it says: "From hell rise all the spirits," and quotes the Lord as saying: "I will thrust Satan to hell." So Bible teachings do not occupy center stage.

Not Promoting Bible Teachings

From May to September, Oberammergau villagers will play all the 1,700 parts in the six-hour drama. They will portray Jewish people, Roman soldiers, Jesus, Judas, and the apostles. And they will repeat the performance about a hundred times on the open-air stage in all kinds of weather.

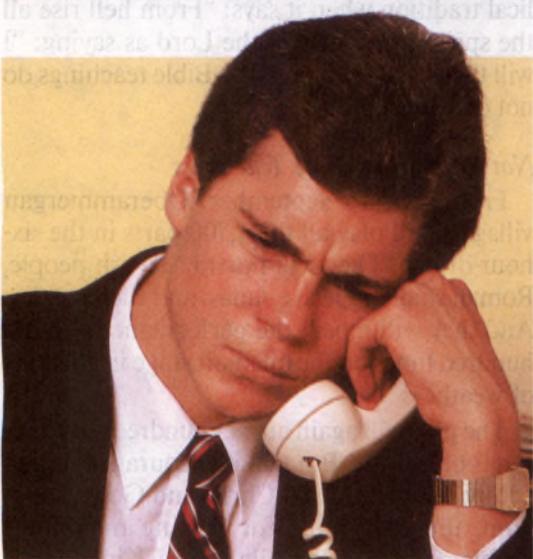
The play will again attract hundreds of thousands of visitors. But will it encourage them to accept the resurrected Christ and God's Kingdom, the only hope for solving mankind's problems? No, for while God's Kingdom is mentioned in the play, it remains obscure. And while the Devil is twice identified in the play as the ruler, or "Prince," of this world, what will happen to him is not made clear. Thus, the play does not come to grips with the Bible's key teachings, and it even contradicts some of them.

The Bible shows that Christ will soon remove Satan and his influence, the root of all evil, from human affairs. All evildoers on earth will also have been removed. Then will begin the Thousand Year Reign of God's heavenly Kingdom over the earth. (Revelation 20:4, 6) This rule of God's government will transform the earth into a paradise where obedient humans will live forever in perfect health and happiness.—Psalm 37:10, 11, 29; Romans 16:20.



Is Someone Watching You?

The "Electronic Boss"



THE monitoring of employees is increasingly being done by machines," reports *Technology Review*. "Much more is being monitored, and the monitoring has expanded from the production line to the office."

A 1987 study by the congressional Office of Technology Assessment revealed that there are from four to six million American clerical workers performing their jobs with a computerized watchdog continuously monitoring them through a video display terminal.

Computer monitoring systems are most widely used by insurance companies, banks,

utilities, telephone companies, and the airline and hotel industries. In such places employees work under the watchful eye of an "electronic boss"—a surveillance system designed to watch what they do on the job and how fast they do it.

An "electronic boss" never shuts his eyes. Through his network of computer cables, video monitors, and telephone bugs, he can keep watch over hundreds of workers at the same time and let management know exactly what everyone is doing during every minute of the workday. With the use of computer monitoring on the rise, more and more employees have reason to wonder if someone—or something—is watching them.

How do employees and managers feel about the new "boss"? And how has the use of computer monitoring affected the workplace?

What They Can Do

Computer systems can automatically measure the time it takes for an office worker to make a phone call or ring up a sale on a cash register. At the push of a button, a manager at a remote location can determine an employee's typing speed or tally the number of errors a clerk has made on a given day.

Some monitoring systems allow employers to measure "unplugged time," that is, the amount of time workers spend away from their desks to go to the rest room or to take a break. Others let the manager listen in on conversations at employee workstations. They can hear everything you or your neighbor says.

Technology Review reported on one company that installed computers in its fleet of trucks so that a truck driver's speed, gear shifting, and idling could be monitored. The computer even reports how long a driver stops for lunch or a coffee break!

Why Some Advocate Them

Some advocate computer monitoring. They say the practice allows employers to evaluate a worker's performance more accurately and objectively than a human manager, who may be subject to his or her own prejudices.

"The computer has no biases," wrote Vico E. Henriques, president of the Computer and Business Equipment Manufacturers Association. "It treats everyone equally regardless of gender, race, religion, physical impairment, previous job experience or other factors that can be the basis for a discrimination suit against management."

It is claimed that as a result of monitoring each individual's performance by computers, employees with outstanding work skills are less likely to be overlooked by their bosses. "Automated measurement can, for example, allow an organization to more easily identify its high-achieving employees and reward them appropriately," wrote Henriques in *Management World*.

But while computer monitoring can be an effective management tool, Henriques concedes that it can also be used in a "thoughtless, even irresponsible manner." How is that?

A Heartless "Boss"

"Computer monitoring increases worker stress, reduces job satisfaction, and ultimately subverts management's own goal of greater productivity," claim Karen Nussbaum and Virginia duRivage in the magazine *Business and Society Review*. Indeed, many employees have complained that computer monitoring puts too much pressure on them. The "electronic boss" is producing a crop of stressed-out workers, they say.

Some companies have used computer technology to boost production speed, forcing employees to race to keep up with their machines. Others monitor employees so closely

that it has created an atmosphere of paranoia. *Time* magazine reported on a West Coast airline that uses computers to monitor precisely how many seconds its 400 reservations clerks spend on each phone call and how much time passes between calls. The employees earn demerit points if their calls repeatedly exceed 109 seconds or if they spend more than 12 minutes per day taking restroom breaks beyond the hour allotted for lunch and coffee breaks. Earning 37 demerit points in one year can mean the end of a job.

Systems like that create an adversarial relationship between labor and management, critics say, and make workers feel as if managers are poised over their shoulder, ready to spring on the slightest variation in work speed.

In addition, a 'remote-control boss' can dehumanize the relationship between labor and management. Employees begin to feel that they are working to please a machine—hardly a gratifying experience. Instead of bolstering production, computer monitoring can actually slow it down by taking away an employee's initiative and morale.

"Machines cannot motivate workers, they cannot understand employee problems, and

IN OUR NEXT ISSUE

*A Clean Earth
—Will You Live to See It?*

*Prayer in Sports
—Does God Listen?*

*Teen Pregnancy
—What Should a Girl Do?*

they cannot foster company loyalty," argue Nussbaum and duRivage.

Living With Such a "Boss"

Since love is often not the principle on which the world operates, neither the employee nor the employer may have the best interests of the other at heart. Thus, the "electronic boss" has become a reality. However, both labor and management agree that much can be done to make computer monitoring more effective and less stressful.

For example, managers can give employees advance notification of monitoring so that they don't feel that anyone is spying on them without warning. Some managers recommend that the employees be given free access to any data collected about them.

Henriques suggests that "the period over which employees are monitored should be reasonable, and allowances should be made for normal up-and-down energy cycles." In harmony with this, some employers have found it wise to monitor a worker's performance over a longer period of time, allowing good days and bad days to average out over a period of weeks or months.

"THE CALABASH IS NOT BROKEN"

Grief is manifested in different ways according to the customs and the culture of each nation and tribe. For example, the Yoruba people of Nigeria have a traditional belief in the reincarnation of the soul. So when a mother loses a child, there is intense grief for a short period. However, it is not viewed as the end of the world, for as a Yoruba refrain has it: "It is the water that is spilled. The calabash is not broken." This means, according to the Yoruba, that the water-bearing calabash, the mother, can bear another child. Furthermore, according to their belief, the dead child will return as a reincarnation, so any prolonged outward show of grief may delay the mother in having another baby, either her reincarnated child or some other reincarnated person. Thus, the grief is short-lived and subsequently repressed.

If a twin dies, then some Yoruba mothers will carry about a carved image to represent the dead child. At meals, a plate of food is served for the dead child. When clothes are bought for the live twin, another set is bought for the deceased. This practice goes on indefinitely in the belief that any departure from it will kill off the surviving twin! Of course, those with accurate Bible knowledge do not believe or follow such customs.

Stress is further reduced when workers are permitted to help set realistic standards for performance, rather than letting the computer dictate how fast a job should be done. "Some firms ask employees to help establish behavioral norms at work and thus cut down on the need for monitoring," says *Technology Review*.

Interestingly, the Bible says that work "is the gift of God" and that "every man should eat and indeed drink and see good for all his hard work." And it adds: "There is nothing better than that the man should rejoice in his works, for that is his portion." (Ecclesiastes 3:13, 22) Thus, we can be confident that in God's new world, there will be no room for such joy-robbing monitoring devices as "electronic bosses."

However, until that new day dawns, facing an "electronic boss" day after day can be intimidating. But a positive attitude can help you cope. One telephone operator said he handled the pressures of working under electronic surveillance by having "a certain amount of resiliency and a sense of humor." So if you are obligated to work under such a heartless "boss," be positive and flexible. Try your best to get along with the "boss" who never stops watching you.

Faith Helped Me Face Brain Surgery

YOU have a tumor behind your left eye." These words, spoken by Dr. Stewart, a neurologist, made me feel as if I were in the middle of a bad dream. His next words turned the dream into a nightmare: "I need to contact your family so that we can get you into a hospital immediately."

I was in shock. It couldn't be true. I felt fine! How could a healthy 22-year-old girl develop a brain tumor? My mind rebelled at the doctor's words that threw me off the course I had set for myself in life. I am one of Jehovah's Witnesses, and just the previous morning, I had received a phone call inviting me to work at the Watchtower Society's headquarters in Brooklyn for three months. It was what I had hoped and prayed for. When I had left the house that morning to see the ophthalmologist, I felt I was on top of the world.

Now, 29 hours later, that feeling was blasted from my mind. There was no doubt about the tumor. I had spent 50 minutes enclosed in an MRI (Magnetic Resonance Imagery) machine, like a torpedo inside a firing chamber, waiting to be launched. I tend to be claustrophobic, and the longer I was inside, the more panicky I felt. I prayed for calmness, hummed Kingdom songs, and repeated Bible texts. I relaxed. Soon I was on my way back to the neurologist's office with the film. It revealed a tumor the size of a large orange, and he dropped the bombshell—I was to enter

the hospital immediately. He left the room to call my parents.

My Decision Is Nonnegotiable

"Your parents are on the way down," he said when he returned. "You didn't tell me you are one of Jehovah's Witnesses. We're going to have to talk. The surgery will certainly require blood transfusions."

"There's nothing to talk about," I said. "The decision has already been made. No blood."

"Well, we can talk about that when your parents get here."

"No," I said, shaking my head, "it's nonnegotiable."

When my parents arrived, they confirmed my position on blood. The neurologist accepted the decision and said he had a surgeon in mind who would probably honor my decision. So it was that we met the neurosurgeon, Dr. H. Dale Richardson.

We met him in his office on Thursday evening, September 29, 1988, this man who would become such an important and respected part of our lives for the next several months. He had talked with Dr. Stewart and knew of our position on blood.

"We will be cutting into a very vascular area," he said. "The tumor has surrounded the sagittal sinus (a major blood vessel of the brain), to what extent we won't know until we're in there."

"Even if it comes to a crisis," I said, "and I understand that it might, I still don't want

you to use blood." My mother and my father confirmed that my position was their position. We saw his eyes fill with tears, and later we learned that he has two sons and a daughter of his own.

"I may not agree with your beliefs," he said, "but I will honor your request. Without blood, we have a 70-percent chance of success. You must understand that we may not get all of the tumor the first time. It is not uncommon with a tumor of this size to have to do it in two or three operations."

Getting Ready for Surgery

I checked into the hospital Sunday, October 2. Monday and Tuesday were occupied with two preoperative procedures, first to discover and then to reduce the blood supply feeding the tumor. All day Tuesday friends called me on the phone, and that evening several of them visited me. All knew what was to happen the next day, but the mood was upbeat and happy.

I went right to sleep that night but woke up around midnight and began to worry. That was no good. I played cassette tapes of several *Watchtower* magazine articles. At 5:30 in the

A Mother's Reflections

That night Bethel and her father attended a Bible study. I was too distraught; I couldn't handle it. I folded up and took to the bed. The next morning it was worse. I could not pull myself together and began crying. My husband firmly said: "We must be strong and cheerful for Bethel's sake." Then he put his arms around me and said a little prayer, putting us and our future completely in Jehovah's hands and asking for strength to get through the coming days. It was like a shot in the arm that turned me from a rag doll to a supportive mother.

—*Judith Leibensperger*.

morning, the nurse came in and was surprised to find me calm and confident. Two close friends arrived shortly after, with Dad right behind them. "No mushy stuff," I said, as they were kissing me good-bye.

Downstairs they began preparing me for surgery, inserting needles, shaving my head. As I lay there, I prayed to Jehovah: "Thank you for helping me prove to Satan that he doesn't always win. I know I'll wake up, whether it will be today or in your new world. Please, just let it be soon." As they wheeled me into the operating room, I saw Dr. Richardson examining my film.

"Good morning, Bethel," he said. "How did you sleep?"

"All right," I replied, "but I'm more concerned about how you slept."

Then Dr. Ronald Pace, the anesthesiologist, put a mask over my face and told me to breathe deeply and count backward. My waiting was over.

Postsurgery Recovery

The next thing I knew, I was very cold. I struggled to come out from the drug-induced fog. It was 10:10 p.m. Wednesday, some 15 hours later. Dad was in the intensive care unit, reassuring me. I was concerned as to whether all my mental faculties were intact. "Test me, Dad," I said, and started reeling off sums: "Two and two is four, four and four is eight, . . ." When I got up to 512, he said, "Whoa! You're going too fast for me!" My mom hugged me as best she could, and my brother, Jonathan, brought me up-to-date on the baseball play-offs.

Dr. Richardson reported that he got 80 percent of the tumor. He looked drained —no wonder, after 13 1/2 hours of such exacting demands on his expertise! I later learned that he said to my father: "We almost lost her. When we got to the sagittal sinus, she was bleeding profusely. We were fortu-

A Father's Reflections

My daughter, Bethel, was a gift from God rather late in life. We had a kind of storybook relationship. From the time Bethel was an infant, we did everything together. We crouched in fields to study Jehovah God's artistic flair as we looked at the wildflowers. We made snowmen. We talked of very deep things and silly things. We knelt in prayer at bedtime with her in her snuggly pajamas nestled between her mother and me. We visited the elderly and the needy together. We embraced fellow Witnesses who lived in faraway lands. In our home we entertained missionaries and the most dedicated men and women who serve God in the footsteps of Jesus Christ. We shared our one faith, and we shared our dreams of Paradise. She grew up to be a lover of people and needing to be loved by them. Our life as a family was idyllic—until now. The 'time and chance' that Ecclesiastes says befalls all men befell us. In one day this enormous medical dilemma cast its dark shadow. Without warning, the specter of death—man's worst enemy—loomed over us.—Charles Leibensperger.

nate to get it stopped." At any rate, he would have to go in again, maybe more than once. "Some meningioma [the type of tumor I had] patients have to have surgery every three to five years," he said. "It may be that we will never be able to excise all of it."

This news devastated me! I saw my hopes of a life of full-time Christian service blown to bits. I started crying, on the verge of hysteria. Dad put his arms around Mom and me and began praying. It was as though a cloak of complete calm was draped over me. "The peace of God that excels all thought" took over. (Philippians 4:7) I'd read of others who felt this peace of God come over them and wondered how it really felt. Now I knew. I

would not want to go through that night again, but what I learned from the experience is something I'll always cherish.

While in the hospital, I talked to many people about my hope in God's Kingdom and everlasting life in a paradise earth. I placed 20 of the booklet *Jehovah's Witnesses and the Question of Blood* and five of the bound book *You Can Live Forever in Paradise on Earth*. By the time I left, I had received over 330 cards and many phone calls, plus flowers and colorful balloons. How it lifted my spirits and made me appreciate all the more our worldwide brotherhood!

I was released on October 16, 1988. What was a beautiful day to start with seemed all the lovelier now that I was back out in the sunshine and fresh air. The sky seemed bluer, the grass greener. It made me think of how beautiful the Paradise earth will be: no war, no famine, no pollution—and no brain tumors! A cleansed earth, finally!

Funeral Services Arranged

In December, I saw Dr. Richardson again. The tumor was growing. Surgery was the only viable treatment and the sooner the better. I viewed this second surgery almost as a physical wall, a giant obstacle blocking the path I'd set for my life. I thought a lot about Psalm 119:165: "Abundant peace belongs to those loving [God's] law, and for them there is no stumbling block." This calmed me, and gradually, rather than being a wall, the upcoming surgery became only a hurdle. But just in case, I wrote a dear friend at the Watchtower headquarters asking him to handle funeral services for me if that became necessary. (Later I found out that Dad had made this same request of him.)

On January 31, 1989, I checked back into the hospital. In some respects it was easier, yet it seemed more crucial. Would they get the rest of the tumor out this time, or would



Bethel and her parents just before the second operation

there be more sessions in surgery later on? The doctors were so comforting.

When I was checking in, Dr. Pace, the anesthesiologist I had before, came looking for me, stayed with me for an hour while all the paperwork was done, and then carried my suitcase up to the room for me. Dr. Richardson assured me: "I will treat you like a member of my own family, the way I would want to be treated." No cold, all-business treatment here. I had a warm feeling of confidence as I put myself into their caring hands.

Again, the phone calls and cards came in to comfort me, and the same dear friends that had been so close and helpful through the first ordeal were here again to bolster my spirits and keep me smiling. We spent the evening talking and laughing and playing a board game.

My Life Is Now Back on Course

The next morning the nurse was in early to give me an injection. It was very potent, and it seemed like no time before I was in the recovery room again. The surgery did not take as long—ten hours this time—and the greeting I and my family got on my

awakening was a most exhilarating tonic. A smiling Dr. Richardson told us that he had been able to remove all of the tumor, and we could expect complete recovery. Later, as he changed my dressing, he made me laugh by saying: "Bethel, we'll have to stop meeting like this." How grateful we felt to Jehovah and to the excellent doctors!

I placed more books and booklets about God's Kingdom with many that I talked to. One of the books, *You Can Live Forever in Paradise on Earth*, I presented to Dr. Richardson. I wrote on the flyleaf:

"There are very few occasions when we have the necessity of thanking someone for saving our life. While you are no doubt often on the receiving end of such gratitude, I wanted to be sure you knew how very much all that you have done for us has meant to my family and me. While I realize your reading time is quite limited, if you have occasion to work with Jehovah's Witnesses in the future, I hope that this book may be of benefit to you in understanding why I believe the way I do. With much love and many thanks, *Bethel Leibensperger*."

I was released eight days after the second surgery and went to the Kingdom Hall that night. Two months later I started driving my car. I have resumed my full-time ministry as one of Jehovah's Witnesses. I was even able to attend the historic conventions of Jehovah's Witnesses in Poland in August 1989.

My life is now back on course.



Why Do I Feel So Insecure?

"When I'm around people, I'm always worried about the way I look, what I say, the way I act, and what the other person is thinking about me. I'm insecure all the time."

—Seventeen-year-old Angelica.

DOES fear of failing keep you from doing things that you would really like to do? Are you jealous of the successes of others? Do you worry a lot about what others think of you? Are you uneasy about meeting new people? Do you fall apart when you are criticized? Then perhaps you too are suffering the pangs of insecurity. Just where do those feelings come from? How can you overcome them?

Young and Vulnerable

First, realize that feelings of insecurity are universal. All of us are born imperfect and thus are prone to feel inadequate or even worthless from time to time. (James 3:2; compare Romans 7:21-24.) On top of that, you are young and inexperienced. It's only natural for you to feel uneasy in unfamiliar circumstances or when you are asked to do something entirely new for you.

For example, the Bible tells us about the young man Jeremiah when he was appointed to be God's prophet. Though likely well into his 20's, Jeremiah felt insecure about his ability to carry out this assignment, excusing himself by saying, "I am but a boy." (Jeremiah 1:6) Apparently, the young man Timothy also felt inadequate. The apostle Paul had to give him straightforward counsel to help him

overcome his insecurities.—1 Timothy 4:11-16; 2 Timothy 1:6, 7.

The book *Talking With Your Teenager* says that youths "are, almost by definition, in an extremely vulnerable state. . . . They have anxieties about how they look, what they've said, whether they're popular, or lovable. . . . They are self-conscious and easily embarrassed or humiliated." They often have "a very shaky sense of who they are." Why is this?

One reason is that youths are in the midst of a period of rapid physical growth and change. Dr. Betty B. Youngs observes that "these changes, which are out of [a youth's] control, are intense, demanding, and frightening. . . . [A] teenager can't see the light at the end of the tunnel and has no idea what's coming at him next. Naturally, this lack of control causes insecurity and stress."

The Influence of Friends and Family

Another factor is your home environment. Ideally, the family serves as a source of spiritual guidance and emotional support. (Ephesians 6:1-4) The Bible even commands parents: "You fathers, do not be exasperating your children, so that they do not become downhearted."—Colossians 3:21.

Unfortunately, some parents do exasperate their children by subjecting them to a

**Parents can
create
insecurities by
withholding
praise and by
being overly
critical**



never-ending barrage of criticism, withholding needed commendation and affection. Explains psychologist Eleanor S. Field: "Parental criticism can often lead to deep-seated insecurity. . . . And if you're still receiving [negative] messages as a teenager, this will only reinforce your feelings of insecurity."

Your associates can also undermine your self-confidence by constantly teasing you or criticizing the way you look or act. You are particularly open to such criticism if you obey Jesus' command to be "no part of the world." (John 17:16) "It's frustrating!" explained 15-year-old Andrew. "You're trying to fit in, but you're trying not to fit in. You don't want to be an outcast, but you're trying to stay by Bible principles." A 15-year-old girl added: "It's hard because you don't want other kids saying you're an oddball. Everybody wants people to like them." Maintaining a proper balance can be a real struggle. It may leave you feeling insecure.

Sometimes, though, feelings of insecurity are self-inflicted. "When I'm around other

people," confessed one 17-year-old, "I feel like nothing because I don't know how to do anything well. So I just get very insecure." Such feelings may be the result of making unfair comparisons of oneself with others.

Fighting Insecure Feelings

Whatever their cause, feelings of insecurity are simply a part of growing up and may never disappear completely.* Undue concern with appearance, reputation, or abilities can continue to shake one's confidence even when one is a poised adult.

Many youths try to camouflage their lack of self-confidence by displays of false bravado, by outrageous attire, or by rebellion. But there are much better ways of coping with those times when you feel insecure.

Acknowledge Your Positive Qualities: You may not have the perfect figure or physique,

* We are not discussing the feelings of insecurity that arise in the wake of serious verbal or sexual abuse. While some of the principles discussed herein may prove helpful, victims of various forms of abuse may need much patient assistance to heal the emotional scars resulting from such mistreatment.

but you may have developed the Christian qualities of "love, joy, peace, long-suffering, kindness, goodness, faith, mildness, self-control." (Galatians 5:22, 23) These qualities are infinitely more valuable than any physical attributes and can even help you gain God's approval.

Avoid Unfair Comparisons: As Eleanor Roosevelt, wife of the 32nd president of the United States, once said: "No one can make you feel inferior without your consent." Galatians 6:4 thus gives good advice, saying: "Let each one prove what his own work is, and then he will have cause for exultation in regard to himself alone, and not in comparison with the other person."

Does the fact that someone else looks better, has better clothes, or is smarter than you make him or her a better person than you? The truth is, outward appearances count little with God. The Bible says: "For not the way man sees is the way God sees, because mere man sees what appears to the eyes; but as for Jehovah, he sees what the heart is." —1 Samuel 16:7.

Avoid the Snare of Jealousy: "Jealousy is rottenness to the bones," and it breeds insecurity. (Proverbs 14:30) Learn, instead, to "rejoice with people who rejoice" and be genuinely happy over their accomplishments. (Romans 12:15) If you do, others will be far less prone to make negative remarks about your successes.

Get Involved With Other People: Dr. Allan Fromme observed that "people who have a good image of themselves enjoy a kind of peace, because they are focused in on others . . . People with a poor conception of themselves are prisoners of the self. They are locked in their continuous self-awareness." Escape that prison by "keeping an eye, not in personal interest upon just your own matters, but also in personal interest upon those of the

others." (Philippians 2:4) The more involved you are with others, the less you will worry about your own feelings of insecurity.

Take Criticism in Stride: "Do not give your heart to all the words that people may speak," especially when they are simply putting you down. (Ecclesiastes 7:21) On the other hand, if criticism is legitimate, find ways to apply it. "A wise person will listen and take in more instruction . . . Wisdom and discipline are what mere fools have despised." (Proverbs 1:5, 7) You may fall short in one area, but that hardly makes you a failure as a person.

What, though, if the criticism is coming from your parents? It's the parents' job to discipline their children. (Ephesians 6:4) If you feel it is excessive, unfair, or humiliating, perhaps you can pick a calm moment to discuss matters with your parents and let them know how their words are affecting you.

Set Realistic Goals: You do not need to be the class valedictorian to be a fine student or an Olympic athlete to enjoy sports. "Wisdom is with the modest ones," and modesty entails knowing one's limitations. (Proverbs 11:2) Yet, don't set your goals excessively low because of fear of failure. Failure can serve as a means of learning. After all, you learn to walk by overcoming the tendency to fall down!

Don't Be Afraid to Be Different: Youths who allow peers to control their speech, dress, and grooming are little more than slaves. (Romans 6:16) May you, instead, "slave for Jehovah." (Romans 12:11) If teased for doing what is right, find comfort in knowing that your courageous acts bring joy to God's heart.—Proverbs 27:11.

These suggestions will no doubt help. But don't expect a sense of security to develop overnight. Be patient. Expect setbacks, and try not to indulge in self-pity. In due time you will find yourself feeling more secure than ever.

WATCHING THE WORLD

A VIOLENT DECADE

The murder rate in the United States is on the rise again. *The New York Times* notes that while the rate dropped slightly in the early 1980's, after 1985 it began increasing again. The number murdered in 1989 was about 5 percent higher than the 20,680 slain in 1988, which was already an average of 1 person killed every 25 minutes. Guns figured in some 60 percent of the slayings and thus became the eighth leading cause of death in the nation. In the schools alone, according to one study, an average day sees at least a hundred thousand pupils carrying guns. New York City schools are thus forced to maintain the "eleventh largest security force in the U.S.," notes *Time* magazine. For New York City, the '80's were the most violent decade in the city's history, with some 17,000 murders. The advent of the drug called crack contributed to the figure.

HEPATITIS UNDETECTED IN BLOOD

Five years ago a South African man contracted hepatitis B from a blood transfusion while undergoing heart surgery. Today he can barely walk, is in pain, and has had to retire. Three months before the operation, the donor of the blood had been tested and found free of contamination. Furthermore, she had a long history of blood donation—67 units in all. Donors who have repeatedly given blood without causing infections are widely held to be the safest donors. So how had this happened? The incubation period of the hepatitis B virus varies from 4 to 26 weeks. Thus, the donor's virus, explains the South African newspaper *Rap-*

port, "was still in the incubation stage and could not be detected during the initial tests."

RELIGIOUS CON ARTISTS

"False prophets of the investment world" have swindled religious Americans out of nearly \$500,000,000 in the past five years," states *The Dallas Morning News*. The "Bible-quoting con artists" have victimized over 15,000 Americans in their religiously oriented schemes, according to a report prepared by the national Council of Better Business Bureaus and the North American Securities Administrators Asso-



ciation. Spurred on by the amounts of money raised by TV evangelists, the con artists have taken advantage of the increase in religious programs to close in on their victims. "The schemes have ranged from bogus investment funds offered by self-proclaimed born-again financial planners to givers of 'divinely inspired' investment advice about coins, precious metals, real estate and oil drilling programs," the paper said.

MAKING AN EXCEPTION

The Vatican has a standing policy to allow individual priests to drink nonalcoholic wine during the celebration of Mass if they make such a request. But recently the

priests of the entire Friuli region of Italy have been granted permission to drink unfermented grape juice at Mass instead of wine. Why? According to the *Catholic Herald*, the priests made the request because they feared that the alcoholics in their ranks might "relapse into heavy drinking" by taking the one sip of wine at Mass. The Catholic newspaper also noted: "Surveys of the Friuli region show that 15 percent of the population has a drinking problem and that many of the area's 400 priests are in the high-risk category."

CYNICAL ROMANCE

"Romance" in this age of AIDS and rampant immorality has become increasingly risky. In an effort to lower the risks, more single women are hiring private detectives to investigate the men they are dating, reports *The New York Times*. While investigative agencies attribute much of the current boom in their business to the spread of AIDS, they say that women also commonly ask them to check into their suitors' employment status, credit rating, and education, as well as sexual practices. One detective agency is even running an advertisement in a Chicago magazine. It asks: "Do you know who you're dating?" and adds: "Now more than ever, it's important to know."

FATAL ATTITUDE

France has one of the worst auto-fatality records among the industrial nations—330 deaths for every million cars on the road, compared with 185 in the United States, 182 in Italy, 163 in Japan, 162 in West Germany, and 127 in

Britain. The Paris-based *International Herald Tribune* reports that psychologists at a recent symposium on driving behavior blamed much of the problem on impatience, frustration, and aggression. They noted that many use their automobiles as a way to show the high opinion they have of themselves and the low opinion they have of others.

THE PRICE OF GREED

While some scientists deny that human pollution is causing our atmosphere to warm up in a greenhouse effect, French agronomist Rene Dumont asserts that the effect is already killing people—one million in just the last year. He says that the greenhouse effect causes droughts, which in turn cause famines. Dumont, who has a long record of successfully forecasting famines, warns that “we are on the verge of the greatest famine in the history of humanity.” He blames the crisis on the greedy consumption of energy in developed nations: “There are two billion people living in poverty in the world and they are hostages to our greed, to our waste of energy.”—*The Globe and Mail*, Toronto, Canada.

IS THERE A CURE?

The murder of three young boys, two of them sexually abused, in the Western United States has fueled a growing debate over whether habitual child molesters can be cured or not. The man charged in the murders had repeatedly been sentenced to sexual counseling for committing crimes against children. Prior to being arrested for the three murders, he had completed eight months of counseling by a psychologist who himself had spent 13 years in prison as a drug smuggler and armed robber. “Anybody can hang a shingle and call themselves a thera-

pist,” the head of the Association for the Behavioral Treatment of Sex Abusers complains in *The New York Times*. The *Times* notes that more and more health-care professionals are concluding that “some habitual child molesters are basically incurable and should be locked up for life.”

GARDENING MISHAPS

The Royal Society for the Prevention of Accidents released the latest figures on gardening injuries in Britain. During a one-year period, “21 people were killed in their garden—14 were killed by machinery while ‘plants and trees’ were responsible for the other seven deaths,” reports *The Medical Post*. The British statistics indicate that 151,000 gardeners were treated in hospitals. The injuries included



6,400 with lawn mowers, 4,200 from hedge trimmers, 4,000 by garden forks, 3,000 by garden spades, 2,000 by pruning shears, 1,000 by scythes, and 1,600 by bamboo poles. Lawn furniture caused 3,200 accidents, the wheelbarrow inflicted 1,200 wounds, and “the lowly flowerpot managed to injure 59 gardeners.”

WOMEN AND CRIME IN JAPAN

The crime rate is rising in Japan, and women are responsible for an increasing percentage of it. In 1988 some 1,641,310 serious crimes were committed in Japan, an increase over the previous year of some 63,000. The generally law-abiding Japanese

were distressed to see crime reach an all-time postwar high in 1989. But perhaps more surprising, reports Tokyo’s *Sankei Shimbun*, women now commit some 25 percent of Japan’s crimes.

TRAIN DUMPING

Amtrak, an American railroad service, has come under harsh criticism lately for its practice of dumping raw human sewage onto the train tracks. Toilets in trains have always flushed directly onto the tracks below, and Amtrak calls the practice “environmentally harmless.” But authorities in Florida began to investigate the railroad after fishermen complained of being sprayed with sewage when trains passed over trestles above them. A Florida court has found Amtrak guilty of commercial pollution. Amtrak plans to appeal the case and claims that it would cost \$147 million to adopt more sophisticated methods of waste treatment. In the meantime, train conductors will ask passengers to refrain from flushing while the trains pass over certain trestles.

NONRELIGIOUS FUNERALS

As disillusionment with religion increases, more British people are interested in secular funerals with no hint of religion to them. The British Humanist Association has published a popular book entitled *Funerals Without God: A Practical Guide to Nonreligious Funerals* and sends out volunteers to conduct secular funerals. The society’s coordinator claims that families are tired of clergymen who say the same words at all funerals; so the society tries to make its funerals more personalized. At a funeral for a man who loved to dance, the mourners danced a tango. At a funeral for a circus performer, the sons of the deceased did a juggling routine in front of the coffin.

FROM OUR READERS

Parents' Rights As a doctor, I would like to express my feelings regarding the article "Doctors Tried to Take Our Daughter Away." (October 22, 1989) This article will serve only to aggravate mutual misunderstanding and cause confrontation.

In some cases blood is the only logical and appropriate therapy, and a doctor [in France] is morally and legally obliged to administer it. Witnesses should therefore not be offended if a doctor (1) obtains a court order for blood treatment or (2) chooses not to treat the patient at all. Doctors ask that Jehovah's Witnesses accept the consequences of their choice; that they not set themselves up as martyrs but make their stand quite clear. For example: "I refuse blood because I want to obey God's law (not because I am scared of AIDS or hepatitis)." Doctors ask that they act in a consistent and responsible manner and not try to moralize.

J. L. P., M.D., France

Jehovah's Witnesses appreciate the hard work and dedication of doctors. We endeavor to cooperate with them and ask only that they respect our Bible-based determination to 'abstain from blood.' (Acts 15:29) Jehovah's Witnesses are prepared to face the consequences of this religious stand. Nevertheless, it is well-established that blood transfusions carry many lethal risks, and there are alternate medical ways of management that do not expose one to those risks. If a doctor is unwilling to cooperate in this regard, he is obliged to make this clear to his patients. In the case in question, the physician agreed to respect his patient's wishes but then reneged. The parents thus felt that they had to take drastic action. Nevertheless, the article did not urge parents to withhold medical care. Rather, it served to encourage parents to "become more specific in questioning their doctor as to just what he or she would do under specif-

ic circumstances." By demonstrating that effective nonblood treatments often exist, the article also served to highlight that the Biblical prohibition on ingesting blood is reasonable, even from a medical standpoint.—ED.

Modeling Careers I appreciated the article "Young People Ask . . . What About Modeling Careers and Beauty Contests?" (January 8, 1990) It really made me see the pitfalls involved. I now realize that whether we have physical beauty or not, it is our spiritual beauty that counts.

S. W., England

Poland Conventions My heartfelt thanks for carrying me (in my mind's eye) to the conventions in Poland. (December 22, 1989) As I read the article, tears of joy just kept streaming down my face. Sometimes the anxieties of life cause us to lose sight of Jehovah's great love. How grand to see such love shown among true Christians!

K. D., United States

Wayward Siblings Thank you so much for the article "Young People Ask . . . How Could They Do That to Me?" (November 8, 1989) I too have an older brother who has left Jehovah's organization. Many times I find myself thinking of the heartache and pain this has caused my parents, as well as me. Your article was so encouraging to me. I realize now that while some failure may lie with my parents, my brother failed to respond to their training.

L. R., United States

Phobias I keep a copy of the wonderful article on phobias (February 8, 1987) handy. I've lived with panic attacks for years. But I'm always encouraged to keep going when I reread the paragraphs that spoke of persistence and prayer to Jehovah.

M. B., United States

Justifying the Horror of War

WAR was described in *JAMA (Journal of the American Medical Association)* in 1988 as "the most terrible scourge of the 20th century." It is estimated that 90 million people have thus far been killed in wars in the 20th century. Historically, about 50 percent of war-related deaths have been civilians, but the percentage has risen dramatically. By the 1970's, civilians were said to account for 73 percent of the deaths, and in the 1980's, for 85 percent of them.

How can humans justify such wholesale murder of civilians? In a similar way that early Americans justified slavery. They refused to view the victims as human. The textbook *The Sociology of Social Problems* observes: "The 'all men are created equal' dictum did not apply to Negroes, since they were 'property,' not men." Similarly, the *JAMA* article noted that the nations deny "the full humanity of the victims, typically limiting their identity to single-attribute designations that are asserted to threaten the sovereignty of the nation: he is no longer a man, a father, a wood-carver, a small farmer, but a bourgeois; she is no longer a woman, a student, a daughter, a lover of poetry, but a Marxist."

Clergy-supported nationalism has largely been responsible for the horrible slaughter, as Catholic historian E. I. Watkin acknowledged: "Whatever the official theory, in practice 'my country always right' has been the maxim followed in wartime by Catholic Bishops. . . . Where belligerent nationalism is concerned they have spoken as the mouth-piece of Caesar."

U.S. Army

