

# Awake!

JULY 22, 2002



## GAMBLING

**Is It Harmless Fun?**



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# **Awake!**

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## **GAMBLING IS IT HARMLESS FUN? 3-11**

Many people view gambling as a socially acceptable pastime. But is gambling harmless entertainment? Or is it a deadly snare?

Americans' love of gambling is well known. In fact, it's estimated that Americans spend more than \$100 billion annually on gambling. This includes everything from slot machines to lottery tickets to horse racing. But what's less known is that gambling has become a major problem for many people.

## GAMBLING A GLOBAL FASCINATION

**J**OHN, who grew up in Scotland, dreamed of winning the lottery. "I bought a lottery ticket every week," he says. "It cost me just a small amount of money, but that ticket gave me hope of gaining everything I ever wanted."

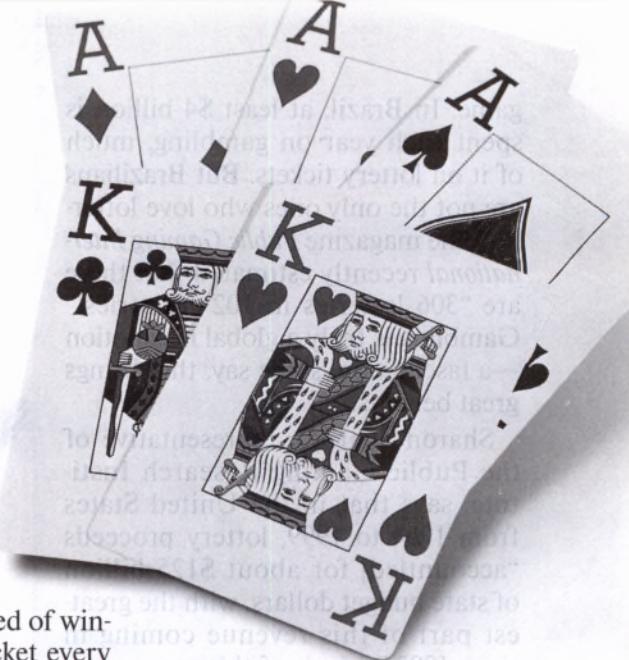
Kazushige, who lives in Japan, loved horse racing. "Gambling at the racetrack with my friends was a great deal of fun, and I sometimes won large sums of money," he recalls.

"Bingo was my favorite game," says Linda, who lives in Australia. "This habit cost me about \$30 a week, but I loved the thrill of winning."

John, Kazushige, and Linda viewed gambling as a relatively harmless form of entertainment. Hundreds of millions of people around the globe share that viewpoint. A 1999 Gallup poll showed that two thirds of Americans approved of gambling. In 1998, American gamblers spent about \$50 billion on legalized gambling—more than they spent on movie tickets, recorded music, spectator sports, theme parks, and video games combined.

According to a recent study, during a one-year period, more than 80 percent of Australia's population gambled at least once, and 40 percent gambled each week. Adults in that country, on average, spend more than \$400 (U.S.) annually on gambling, about twice the amount spent by Europeans or Americans, making Australians among the most avid gamblers in the world.

Many Japanese are addicted to pachinko, a pinball-like game, and spend billions a year betting on the



John

Kazushige



Linda

game. In Brazil, at least \$4 billion is spent each year on gambling, much of it on lottery tickets. But Brazilians are not the only ones who love lotteries. The magazine *Public Gaming International* recently estimated that there are "306 lotteries in 102 countries." Gambling is truly a global fascination—a fascination, some say, that brings great benefits.

Sharon Sharp, a representative of the Public Gaming Research Institute, says that in the United States from 1964 to 1999, lottery proceeds "account[ed] for about \$125 billion of state budget dollars, with the greatest part of this revenue coming in since 1993." Much of this money was earmarked for public education programs, state parks, and the development of public sports facilities. The gambling industry is also a major employer, and in Australia alone, it employs about 100,000 people in over 7,000 businesses.

Thus, advocates of gambling argue that in addition to providing entertainment, legalized gambling creates jobs, provides tax revenue, and improves depressed local economies.

Many people would therefore ask, "What is wrong with gambling?" The answer to this question, which is discussed in the following articles, may well change your view of gambling.

## Do I Have a Gambling Problem?

According to the American Psychiatric Association, the following criteria on page 5 can guide diagnosis of pathological gambling (sometimes called compulsive gambling). Most authorities agree that if you manifest several of the following behaviors, you are a problem gambler, and if you experience any one of these behaviors, you are at risk of becoming a problem gambler.



## Awake!®

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

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**Preoccupation** You are preoccupied with gambling—wanting to relive past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble.

**Tolerance** You need to gamble with increasing amounts of money in order to achieve the desired excitement.

**Withdrawal** You are restless or irritable when attempting to cut down on or stop gambling.

**Escape** You gamble as a way of escaping from problems or relieving feelings of helplessness, guilt, anxiety, or depression.

**Chasing** After losing money gambling, you often return another day in order to get even. This behavior is known as chasing one's losses.

**Lying** You lie to family members, therapists, or others to conceal the extent of your involvement with gambling.

**Semimonthly Languages:** Afrikaans, Arabic, Cebuano, Croatian, Czech,<sup>#</sup> Danish,<sup>#</sup> Dutch, English,<sup>#</sup> Estonian, Finnish,<sup>#</sup> French, German,<sup>#</sup> Greek, Hungarian, Iloko, Indonesian, Italian,<sup>#</sup> Japanese,<sup>#</sup> Korean,<sup>#</sup> Latvian, Lithuanian, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Slovak, Slovenian, Spanish,<sup>#</sup> Swahili, Swedish,<sup>#</sup> Tagalog, Ukrainian  
<sup>#</sup>Audiocassettes also available.

**Monthly Languages:** Albanian, Amharic, Bulgarian, Chichewa, Chinese, Chinese (Simplified), Ewe, Georgian, Hebrew, Hiligaynon, Igbo, Macedonian, Malagasy, Malayalam, Maltese, Myanmar, Nepali, Papiamento (Aruba), Papiamento (Curaçao), Sepedi, Sesotho, Shona, Sinhala, Tamil, Thai, Tsonga, Tswana, Turkish, Twi, Xhosa, Yoruba, Zulu

**Loss of control** You have made repeated unsuccessful efforts to stop, control, or cut back on gambling.

**Illegal acts** You have committed illegal acts, such as fraud, theft, or embezzlement, in order to finance your gambling.

**Risked significant relationship** You have jeopardized or lost a significant relationship, an education or career opportunity, or a job because of gambling.

**Bailout** You have relied on others to provide money to relieve a desperate financial situation caused by gambling.

Source: National Opinion Research Center at the University of Chicago, Gemini Research, and The Lewin Group.



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

# WHAT IS WRONG WITH GAMBLING?



**"Around 290,000 Australians are problem gamblers and account for over \$3 billion in losses annually."**

**This is disastrous not only for these problem gamblers, but also for the estimated 1.5 million people they directly affect as a result of bankruptcy, divorce, suicide and lost time at work."**

**—J. Howard, prime minister of Australia, 1999.**

**J**OHN, mentioned in the preceding article, became a problem gambler.\* He moved to Australia, where he got married to Linda, also a gambler. John's addiction grew worse. He says: "I progressed from buying lottery tickets to betting on racehorses and gambling at casinos. I ended up gambling nearly every day. I sometimes gambled away my whole paycheck and had nothing left with which to pay the mortgage or feed the family. Even when I won a lot of money, I continued to gamble. It was the thrill of winning that hooked me."

Individuals like John are not uncommon. Whole societies seem to have caught gambling fever. The magazine *USA Today* said that between 1976 and 1997, there was a staggering 3,200-percent increase in the amount wagered on legalized gambling in the United States.

"Gambling used to be considered a moral and social evil. Today it's a socially acceptable pastime,"

states the Canadian newspaper *The Globe and Mail*. Identifying one reason for this change in public attitude, the paper says: "The image makeover is the direct result of what may be the most expensive and most sustained government-funded advertising campaign in Canadian history." What impact have efforts to promote gambling had on some societies?

## An Epidemic of Problem Gambling

According to an estimate made by the Harvard Medical School Division on Addictions, in 1996 there were "7.5 million American adult problem and pathological gamblers" and an additional "7.9 million American adolescent problem and pathological gamblers." These figures were included in a report compiled by the National Gambling Impact Study Commission (NGISC), which was presented to the U.S. Congress. The report stated that the number of people with gambling problems in America might actually be significantly higher than recorded.

Because of job loss, diminished physical health, the payment of unemployment benefits, and the cost of treatment programs, problem gambling is estimated to cost U.S. society billions of dollars every year. This figure, though, does little to portray the human cost of problem gambling—the cost to families, friends, and workmates, resulting from theft,

\* See the box "Do I Have a Gambling Problem?" on pages 4 and 5.

**The human cost of problem gambling includes families with no money for food**

**Among young people, gambling is increasing at an alarming rate**

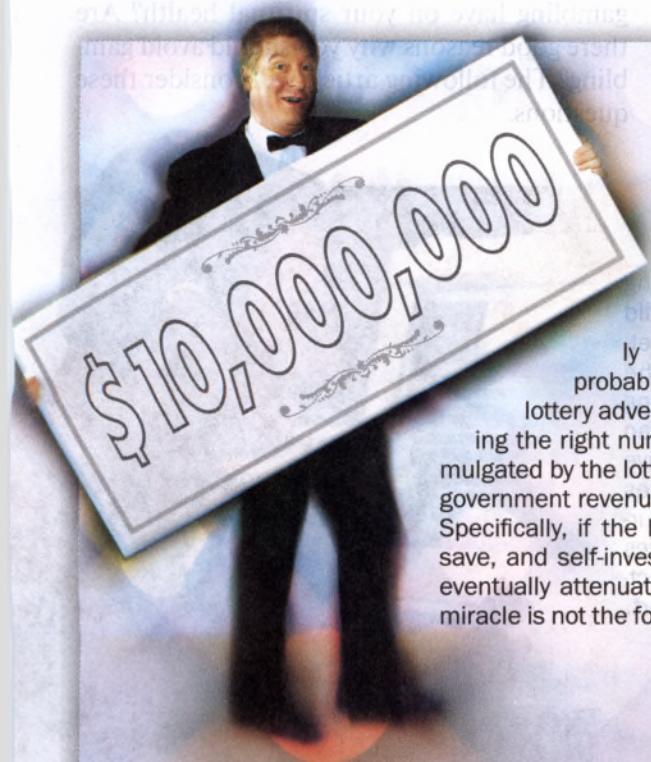
embezzlement, suicide, domestic violence, and child abuse. An Australian study found that up to ten people can be directly affected by every problem gambler. A report from the National Research Council in the United States says that up to "50 percent of spouses and 10 percent of children experienced physical abuse from the pathological gambler."

**A Contagious Addiction**

Like some diseases, problem gambling can seem to spread from parent to child. "Children of compulsive gamblers are more likely to engage in delinquent behaviors such as smoking, drinking, and using drugs, and have an increased risk of developing problem or pathological gambling themselves," states the NGISC report. The report also warns that "adolescent gamblers are

more likely than adults to develop problem and pathological gambling."

Dr. Howard J. Shaffer, director of the Harvard Medical School's Division on Addiction Studies, says: "There is an emerging body of evidence suggesting that illicit gambling



**The Real Message in Lottery Ads**

"Promoting lotteries . . . may be viewed as values education, teaching that gambling is a benign or even virtuous activity," say researchers at Duke University, in the United States, in a report submitted to the National Gambling Impact Study Commission. What effect does lottery advertising really have on the community? The report states: "It is probably not an exaggeration to say that the message of lottery advertising is a subversive one—that success lies in picking the right number. This perverse 'education' initiative being promulgated by the lottery agencies may have the ironic effect of reducing government revenues over the long run, by reducing economic growth.

Specifically, if the lottery promotion erodes the propensities to work, save, and self-invest in education and training, the consequence will eventually attenuate growth in productivity. In any case, betting on a miracle is not the formula for success we usually teach to our children."



**Children of compulsive gamblers have an increased risk of becoming problem gamblers themselves**

among young people is increasing at a rate at least proportional to the opportunity to gamble legally." As for the potential for pathological gamblers to abuse the technology of the Internet, he says: "As smoking crack cocaine changed the cocaine experience, I think electronics is going to change the way gambling is experienced."

The gambling trade is often portrayed as supplying harmless fun. But for adolescents, gambling can be as addictive as any illicit drug and can lead to criminal behavior. A survey in the United Kingdom found that among ado-

lescents who gambled, "46 percent stole from their family" to support their habit.

Despite the foregoing facts, one influential gambling association justifies the promotion of gambling by saying: "The vast majority of Americans who enjoy gaming experience no problem whatsoever." Even if you feel that gambling does not adversely affect your financial or physical health, what impact does gambling have on your spiritual health? Are there good reasons why you should avoid gambling? The following article will consider these questions.



## **Every Home a Casino**

At a fraction of the cost of building new gambling establishments, gambling organizations now build Web sites that can turn any home with an Internet-connected computer into a virtual casino. In the mid-1990's, there were approximately 25 gambling sites on the Internet. In 2001 there were more than 1,200 sites, and revenues from on-line gambling have been doubling each year. In 1997, gambling sites made \$300 million on-line. In 1998 they made a further \$650 million. In 2000, Internet gambling sites earned \$2.2 billion, and by 2003 that figure is "expected to grow to \$6.4 billion," says a Reuters news report.

at being left at home won't have anything to do with your health and independence, but you can't afford to ignore it.

# AVOID THE SNARE OF GAMBLING

**"Gambling did not affect my physical health, and I always controlled how much money I spent on gambling. But I admit that whenever I played a lottery game, I always chose what I considered to be my lucky numbers."—Linda.**

MANY gamblers develop a belief in lucky numbers or lucky charms. They might not think that they take their superstitious beliefs very seriously, but they may persist with them nonetheless.

Some gamblers even offer prayers to God, asking that he help them win their chosen



game. Yet, the Bible contains God's condemnation of those who claim to worship him but who are "setting in order a table for the god of Good Luck." (Isaiah 65:11) Yes, God detests practices that promote

a superstitious belief



## Gambling and the Supernatural

In a report to the National Gambling Impact Study Commission, researchers at Duke University alluded to a link between the way gambling is advertised and belief in the supernatural. The report states: "Many [lottery] ads are unabashedly materialistic . . . Yet this is not the materialism of hard work and perseverance but rather of genies and magic lamps, rooted in hopes, dreams and superstition. And every lottery manager knows that many of his or her best customers base their bets on personal superstitions, astrological tables, self-styled seers, and the venera-

ble 'dream books' that list numbers corresponding to names, dates, and dreams. Rather than emphasizing that all numbers have the same probability of being selected and that playing popular numbers will reduce a person's expected payoff in parimutuel games, lottery agencies have chosen to encourage players to choose (and stick with) personally significant numbers."

in luck. Gambling, by its very nature, encourages a blind trust in the so-called Lady Luck.

Gambling also unashamedly promotes a love of money. In today's increasingly secular society, money itself has become a surrogate god, and gambling a popular way of worshiping it. The new cathedrals are the grandiose

casinos, and the new creed is that greed is good. Researchers have found that the vast majority of people who visit casinos say they do so, not for the entertainment or for the atmosphere, but to win "a really large amount of money." However, the Bible warns: "The love of money is a root of all sorts of injurious



**"My love for Jehovah gave  
me the strength to break  
free from gambling."—John**



**"In addition to enjoying  
a more purposeful life,  
I have more money  
in my purse."—Linda**



**"To my amazement, not  
only have I quit gambling  
but I have also developed  
a hatred of it."—Kazushige**



things, and by reaching out for this love some have been led astray from the faith and have stabbed themselves all over with many pains.”—1 Timothy 6:10.

At 1 Corinthians 6:9, 10, the Bible plainly states: “Do not be misled. Neither . . . idolaters . . . nor greedy persons . . . will inherit God’s kingdom.” Greed is not just a debilitating social sickness; it is a lethal spiritual sickness—but a sickness for which there is a cure.

### **They Found the Strength to Change**

“I tried to stop gambling many times,” recalls Kazushige, mentioned in the opening article. “I realized that my gambling with my friends at the racetrack was destroying my family. I always lost any money that I won. I even gambled away the money my wife had saved for our second son’s birth, and I eventually started gambling with my company’s funds. As a result, I totally lost my self-respect. My wife often wept and begged me to stop gambling, but I just couldn’t quit.”

Kazushige then started to study the Bible with Jehovah’s Witnesses. He says: “The more I read the Bible, the more confident I became that there is a God and that I would benefit from listening to him. I determined that with the power God supplies, I would quit gambling. To my amazement, not only have I quit gambling but I have also developed a hatred of it. Now when I think of the distress that my gambling caused my family, my heart aches. How thankful I am to Jehovah God that he helped me break my gambling addiction and that he is helping me lead a meaningful life!”—Hebrews 4:12.

John, also mentioned in the opening article, likewise started studying the Bible. He recalls: “My study of the Bible helped me re-evaluate my circumstances. For the first time, my eyes were really opened to the damage my gambling was causing to both my family and me. I came to appreciate that gambling promotes a selfish, greedy attitude in people—qualities that Jehovah hates. As I continued

my study, my love for Jehovah gave me the strength to break free from gambling. I started gambling because I dreamed of finding a better life. Now that I have given up gambling and am happily serving Jehovah, that dream has come true.”

John’s wife, Linda, also decided to abstain from gambling. “It was not easy,” she says. “But after my husband and I started studying the Bible with Jehovah’s Witnesses, I learned to focus on the more important things in life. I learned not only to love the things God loves but also to hate the things he hates, including

### **Greed is not just a debilitating social sickness; it is a lethal spiritual sickness**

all forms of greed. In addition to enjoying a more purposeful life, I have more money in my purse.”—Psalm 97:10.

By developing a relationship with Jehovah God, you too can find the strength and wisdom necessary to avoid the snare of gambling. Doing so will improve your financial, emotional, and spiritual health. You will then have the pleasure of experiencing for yourself the truthfulness of the words recorded at Proverbs 10:22: “The blessing of Jehovah—that is what makes rich, and he adds no pain with it.”

## **In Our Next Issue**

- **What Can We Learn From the Past?**
- **How Does God Feel About Violence?**
- **Do You Worry About Your Hair?**

# SLEEPY TEENS

## A Matter of Concern?

BY AWAKE! WRITER IN CANADA

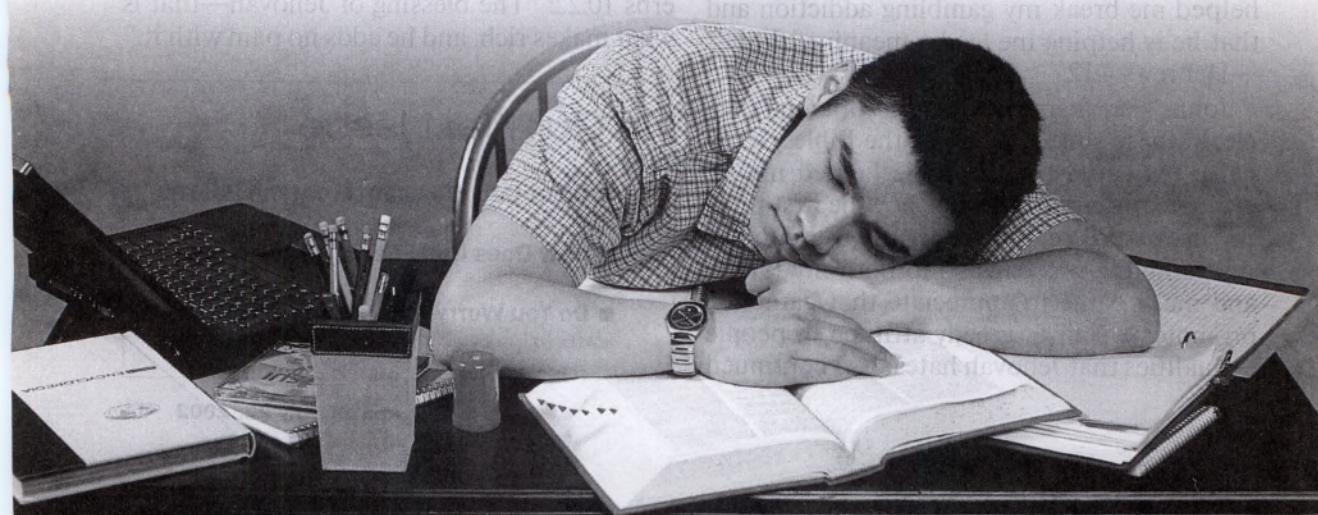
**S**LEEP deprivation diminishes mental ability and memory, and adolescent students are among the most at risk, says the *Globe and Mail* newspaper of Canada. "Lack of sleep in children and adolescents is also linked to behavioural problems, irritability and hyperactivity." Scientists studied the sleep habits of some 2,200 high school students and found that about 47 percent were getting less than the recommended eight hours of sleep each night.

While their life-style often deprives youths of needed sleep, "some of them also may be suffering from undiagnosed medical problems," says the *Globe*. "Sleep apnea affects some 4 per cent of children, aged 4 to 18." During sleep, the airway at the back of the throat either partially or completely closes, restricting oxygen flow. Thus, the brain does not completely relax, and children wake up tired and cranky.

Signs of a possible disorder include snoring or wheezing during sleep, frequent headaches in the morning, and memory and concentration problems, as well as continual, extreme daytime sleepiness. Parents are encouraged to

listen occasionally to their children when they are in a deep sleep. Dr. Robert Brouillette, a pediatric sleep expert at Montreal Children's Hospital, says that a child with a disorder may stop breathing while sleeping, even though the chest may be heaving. "The pause will be terminated with an arousal where the child wakes up or partially wakes up [and] takes a few breaths before falling right back to sleep." Such episodes can occur hundreds of times each night and cause a child to feel exhausted upon awakening.

The American Sleep Disorders Association recommends a cool, dark bedroom with no distractions, such as televisions or computers. Keeping a regular schedule for going to bed and waking up will also help children and teens to get a good night's sleep. Some with sleep apnea have used a continuous positive airway pressure machine, which gently blows air through the nostrils and mouth to keep the back of the throat open during sleep. One pediatrician stated: "Sleep is more important than what food we eat. It is more important than exercise. Sleep governs our hormones, our emotions and our immune system."



# Young People Ask . . .



## How Can I Make Myself More Attractive?

***"It was not easy or comfortable to keep up a conversation with girls. I had no idea of what they were thinking, how they felt, or how they looked at things."—Tyler.***



**W**HAT qualities do girls like best in boys? "Confidence," says a teenager named Emily. Robyn, another teen, puts being funny at the top of her list. And what do boys most value in girls? Not surprisingly, one survey showed that good looks topped their list. Similar interests and values were listed sixth.

Articles and surveys that discuss boy/girl relationships are popular fare in youth-oriented magazines. Clearly, many young people think a lot about—or perhaps even worry about—how the opposite sex views them. Maybe you even worry about that yourself sometimes. Not that you're ready to get married anytime soon. It's just that no one wants to be unattractive or undesirable! Tyler observes: "When you're a teenager, you want to be attractive to everyone. You want to be acceptable to your peers, male and female." Also, you may feel that someday you want to find a good marriage mate. When that time comes, naturally you will want to be able to attract such a person.

However, as a Christian youth, you may not have had a lot of experience in dealing with the opposite sex. Add to that the pressure you may feel from your peers to be physically attractive. With the parade of supermodels and muscle-

bound actors you see on TV and in magazines, it's no wonder that you may feel insecure and inadequate! What, then, does it take to be appealing to others—including those of the opposite sex—in a healthy, positive way?

### The Folly of Hoping for the "Perfect" Body

Clinical psychologist William S. Pollack observes that under the influence of the entertainment industry, many young people "are spending countless hours dieting, pumping iron, and doing aerobic exercise, all in an effort to transform the size and shape of their bodies." Some are even going to dangerous extremes, such as virtually starving themselves, in order to achieve that "perfect" body. Yet, says the Social Issues Research Centre: "The current media ideal for women is achievable by less than 5% of the female population—and that's just in terms of weight and size. If you want the ideal shape, face etc., it's probably more like 1%."

The Bible's advice at Romans 12:2 is thus practical: "Don't let the world around you squeeze you into its own mould." (*Phillips*) This doesn't mean, though, that you should be oblivious to how you look. It only makes sense to take care of your body through moderate exercise and a balanced diet. (*Romans*

12:1; 1 Timothy 4:8) Proper rest and sleep can also help you to look and feel your best. At the same time, give attention to your hygiene and personal grooming. A British youth named David observes: "There is a girl who is quite attractive, but she has an odor problem. People avoid her because of this." So bathe often. Clean hands, hair, and fingernails can enhance your appearance.

Although the Bible discourages putting too much emphasis on what you wear, it does advise Christians "to adorn themselves in well-arranged dress, with modesty and soundness of mind." (1 Timothy 2:9) Wear clothes that enhance your looks but that are not outrageous or immodest.\* Reasonable attention to your appearance can boost your self-confidence. A youth named Paul puts it this way: "You might not have the greatest looks, but you can work with what you've got."

### Inner Qualities

While a pleasant face and physique may attract attention, in the long run "beauty is a bubble." (Proverbs 31:30, *Byington*) Good looks tend to be short-lived, and they are certainly no substitute for attractive personal qualities. (Proverbs 11:22) Remember, too, that "mere man sees what appears to the eyes; but as for Jehovah, he sees what the heart is." (1 Samuel 16:7) So instead of focusing all your attention on your waistline or your biceps, work on adorning yourself with "the secret person of the heart in the incorruptible apparel of the quiet and mild spirit, which is of great value in the eyes of God." (1 Peter 3:3, 4; Ephesians 4:24) True, in today's world many youths may have little regard for admirable personality traits—much less for spiritual qualities.<sup>#</sup> But those who have godly values do appreciate them and find them attractive!

The best way, then, to be attractive to spiritually-minded Christian men and women

is to be spiritually-minded yourself. Cultivate your spirituality through prayer, personal study of the Bible, and attendance at Christian meetings. (Psalm 1:1-3) Nevertheless, there are other useful skills and traits you can develop. You do not need to date or be in a romantic relationship to cultivate these traits. Rather, you can practice them in your everyday dealings with others.

For example, are you awkward and shy around the opposite sex? A youth named Paul admits: "Sometimes I feel uncomfortable—because they're girls, and I don't understand girls as much as I do guys. And I don't want to embarrass myself." How can you develop the confidence and poise that will put others at ease? One way is to take advantage of the wide variety of association available in the Christian congregation. At meetings take a personal interest in others—not just members of the opposite sex of your own age but also children, adults, and elderly ones. (Philippians 2:4) Learning to deal well with such a variety of people will help you to develop self-confidence.

Be careful, though. Jesus did say: "You must love your neighbor *as yourself*." (Matthew 19:19) If you have positive feelings about yourself, you will be less likely to be clumsy and awkward around others.\* However, while it is necessary to have *some* measure of self-respect, don't go to an extreme. "I tell everyone there among you," said the apostle Paul, "not to think more of himself than it is necessary to think."—Romans 12:3.

Take a hard look, too, at your manners and social skills. A British girl named Lydia observes: "There is a boy in my school who is quite popular with a lot of girls. But after they get to know him, they don't like him because he is rude and tactless." People are attracted to someone who uses kind, tactful speech and who shows consideration for others. (Ephesians 4:29, 32; 5:3, 4) "A welcoming set of manners is like a passport, allowing freedom and

\* See "Young People Ask . . . What's the Secret of Choosing the Right Clothes?" appearing in our October 8, 1989, issue.

<sup>#</sup> According to one researcher, studies indicate that intelligent youths are often teased for their abilities. Some youths react by downplaying their intelligence.

\* Chapter 12 of the book *Questions Young People Ask—Answers That Work*, published by Jehovah's Witnesses, has a number of practical suggestions on building self-respect.

access to people," observes Dr. T. Berry Brazelton. Manners "are essential to gaining the acceptance of others."

Customs and rules of etiquette vary around the world. So you may want to observe how mature Christian men and women treat one another. For example, is it customary in your country for a man to hold a door open for a woman? Then learning to extend this courtesy will enhance your reputation as a poised, mannerly person.

Finally, you may find it helpful to cultivate a balanced sense of humor. The Bible says that there is "a time to laugh," and a person who has a sense of humor often makes friends easily.

—Ecclesiastes 3:1, 4.

#### **Friendly Versus Flirtatious**

One self-proclaimed "guide to dating success" advised that the secret to attracting the opposite sex is to flirt. Readers were told to practice smiling and making eye contact and to perfect 'opening lines.' Such advice goes contrary to the spirit of Paul's counsel to Timothy to treat members of the opposite sex "with all chasteness."—1 Timothy 5:2.

#### **Instead of focusing on your looks, work on developing spiritual qualities**

Although flirting may build one's own ego, it is insincere and dishonest. You don't have to flirt or be coy to carry on an interesting conversation. Nor do you have to ask embarrassing or inappropriate questions to learn how the opposite sex feels and thinks. Stick to talking about things that are 'righteous, chaste, and lovable,' and you will show that you are well on the way to developing into a mature, spiritually-minded man or woman. (Philippians 4:8) Your obedience to godly principles will make you attractive not only to the opposite sex but to God himself.\*—Proverbs 1:7-9.

\* If you are too young to get married, it is wise to enjoy the company of the opposite sex in mixed groups. See the article "Young People Ask . . . What if My Parents Think I'm Too Young to Date?" appearing in the January 22, 2001, issue of *Awake!*



#### **Learn to be comfortable with a wide variety of people**



# Harvesting the Crop With Wings

BY AWAKE! WRITER IN COSTA RICA

**T**HIS crop has wings! Yes, you read correctly—this farmer's harvest has wings. Of course, every good farmer knows that his labors revolve around producing a good, healthy crop. The same is true with this cultivator—he vigilantly keeps out such stealthy predators as insects, spiders, and birds. At harvesttime his work intensifies, as he tries not to lose the precious commodity he has so diligently nurtured throughout the season. If he is successful, his crop—consisting of pairs of the most exquisitely colored wings in the world—will emerge thousands of miles from where it was raised. What is this unique crop? Yes, your guess is right on the mark—butterflies.

Butterfly farming is a trade of great value. It cleverly provides a beautiful and ecological way of helping to preserve diverse species of butterflies. Now, do a myriad of questions come fluttering quietly into your mind? For example, what exactly is a butterfly farm? How does it operate? And what is its purpose? Before we answer these questions, let us consider how the farming of these delicate creatures came about.

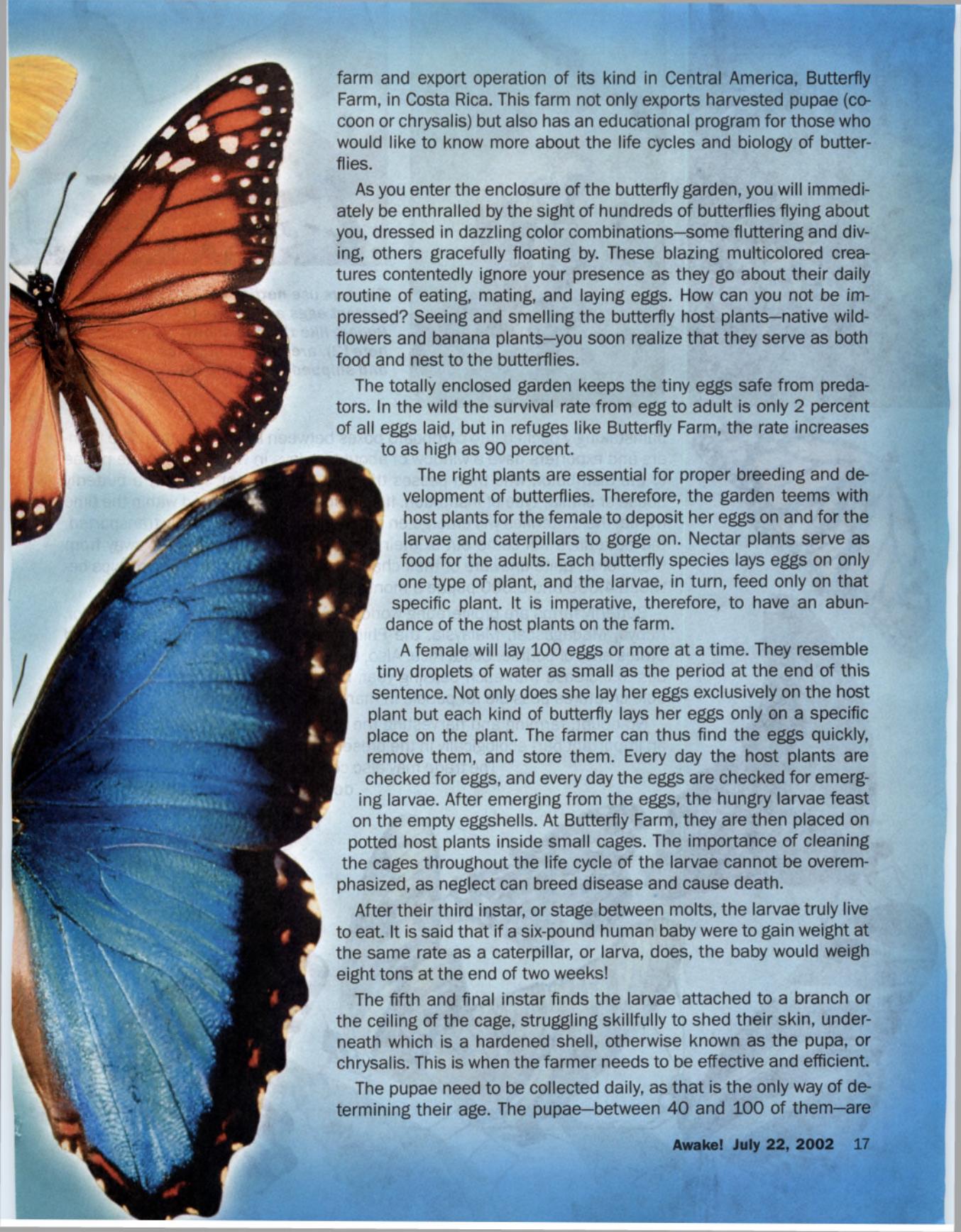
## It Began in China

For centuries the Chinese had the custom of breeding moths specifically for their silk industry. The call for butterfly farms, though, surfaced very recently. In the 1970's, a live butterfly exhibit was held on the island of Guernsey, off the coast of England.

The noble idea of the Guernsey endeavor was to recreate a tropical forest complete with butterflies, whose endless colors and designs would breathe life into it. This, logically, would require the transport of butterflies indigenous to the tropics. But how do you get tropical butterflies (with a life span in some species of only two to three weeks) shipped live and without loss to a destination thousands of miles from their native land? The need for farming butterflies commercially thus developed.

## How a Farm Operates

The delightful opportunity of seeing such a farming operation firsthand is breathtaking. To witness up close a kaleidoscope of many vibrant-colored wings is an amazing sight. Awake! visited the biggest



farm and export operation of its kind in Central America, Butterfly Farm, in Costa Rica. This farm not only exports harvested pupae (cocoon or chrysalis) but also has an educational program for those who would like to know more about the life cycles and biology of butterflies.

As you enter the enclosure of the butterfly garden, you will immediately be enthralled by the sight of hundreds of butterflies flying about you, dressed in dazzling color combinations—some fluttering and diving, others gracefully floating by. These blazing multicolored creatures contentedly ignore your presence as they go about their daily routine of eating, mating, and laying eggs. How can you not be impressed? Seeing and smelling the butterfly host plants—native wildflowers and banana plants—you soon realize that they serve as both food and nest to the butterflies.

The totally enclosed garden keeps the tiny eggs safe from predators. In the wild the survival rate from egg to adult is only 2 percent of all eggs laid, but in refuges like Butterfly Farm, the rate increases to as high as 90 percent.

The right plants are essential for proper breeding and development of butterflies. Therefore, the garden teems with host plants for the female to deposit her eggs on and for the larvae and caterpillars to gorge on. Nectar plants serve as food for the adults. Each butterfly species lays eggs on only one type of plant, and the larvae, in turn, feed only on that specific plant. It is imperative, therefore, to have an abundance of the host plants on the farm.

A female will lay 100 eggs or more at a time. They resemble tiny droplets of water as small as the period at the end of this sentence. Not only does she lay her eggs exclusively on the host plant but each kind of butterfly lays her eggs only on a specific place on the plant. The farmer can thus find the eggs quickly, remove them, and store them. Every day the host plants are checked for eggs, and every day the eggs are checked for emerging larvae. After emerging from the eggs, the hungry larvae feast on the empty eggshells. At Butterfly Farm, they are then placed on potted host plants inside small cages. The importance of cleaning the cages throughout the life cycle of the larvae cannot be overemphasized, as neglect can breed disease and cause death.

After their third instar, or stage between molts, the larvae truly live to eat. It is said that if a six-pound human baby were to gain weight at the same rate as a caterpillar, or larva, does, the baby would weigh eight tons at the end of two weeks!

The fifth and final instar finds the larvae attached to a branch or the ceiling of the cage, struggling skillfully to shed their skin, underneath which is a hardened shell, otherwise known as the pupa, or chrysalis. This is when the farmer needs to be effective and efficient.

The pupae need to be collected daily, as that is the only way of determining their age. The pupae—between 40 and 100 of them—are



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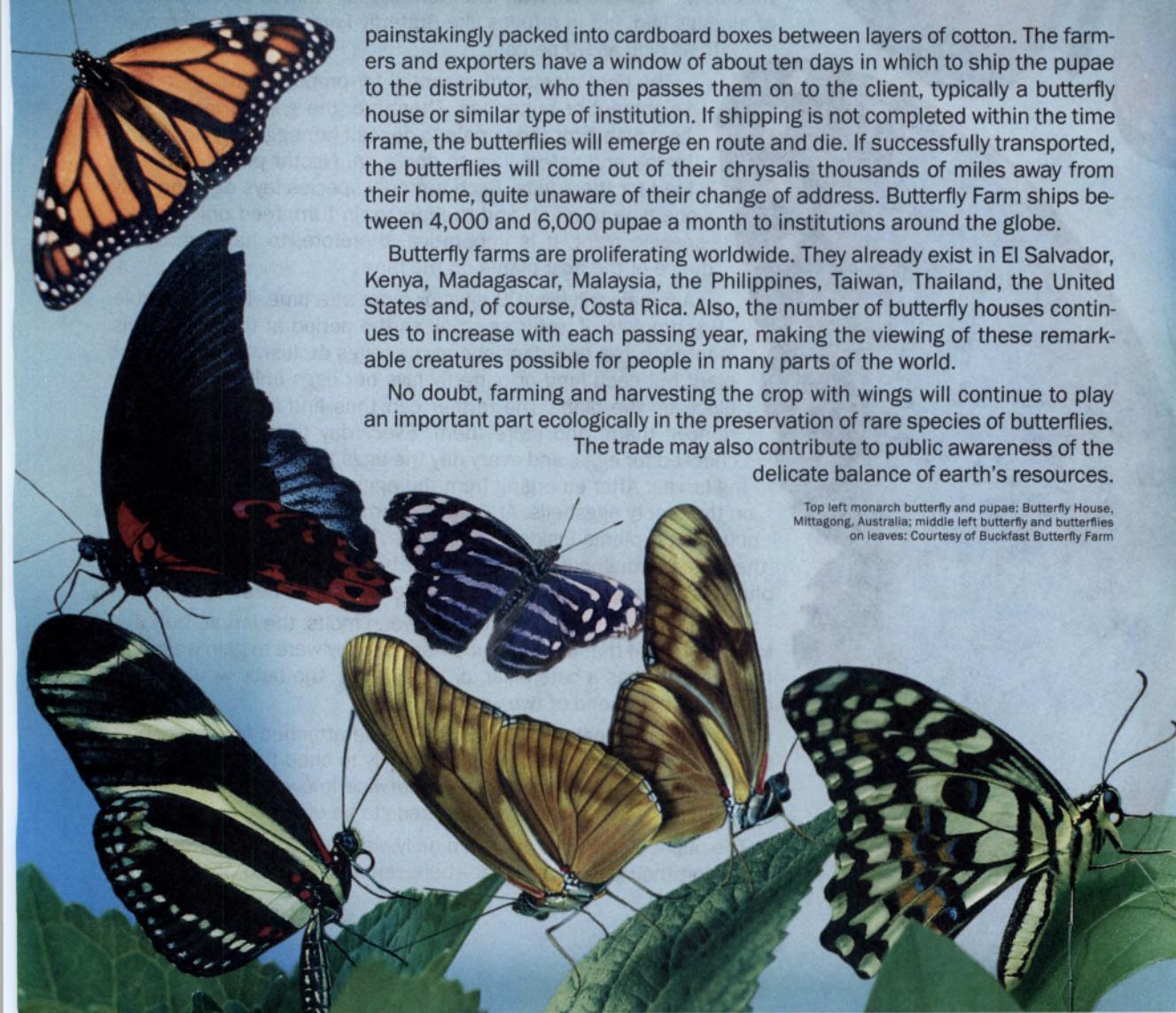


2



3

Farmers use netting to protect eggs and larvae (1). Pupae, like the one shown here (2), are packed in boxes and shipped worldwide (3)



painstakingly packed into cardboard boxes between layers of cotton. The farmers and exporters have a window of about ten days in which to ship the pupae to the distributor, who then passes them on to the client, typically a butterfly house or similar type of institution. If shipping is not completed within the time frame, the butterflies will emerge en route and die. If successfully transported, the butterflies will come out of their chrysalis thousands of miles away from their home, quite unaware of their change of address. Butterfly Farm ships between 4,000 and 6,000 pupae a month to institutions around the globe.

Butterfly farms are proliferating worldwide. They already exist in El Salvador, Kenya, Madagascar, Malaysia, the Philippines, Taiwan, Thailand, the United States and, of course, Costa Rica. Also, the number of butterfly houses continues to increase with each passing year, making the viewing of these remarkable creatures possible for people in many parts of the world.

No doubt, farming and harvesting the crop with wings will continue to play an important part ecologically in the preservation of rare species of butterflies.

The trade may also contribute to public awareness of the delicate balance of earth's resources.

Top left monarch butterfly and pupae: Butterfly House, Mittagong, Australia; middle left butterflies on leaves: Courtesy of Buckfast Butterfly Farm

# I Won My Battle With POSTPARTUM DEPRESSION



*I remember watching my husband playing happily with our new baby girl and thinking that they would be better off without me. I felt I had become a burden to them. I wanted to get in the car, drive away, and never return. I had no idea that I was a victim of postpartum depression.\**

**M**Y FIRST ten years of marriage were happy years. Jason and I were enjoying raising Liana, our first daughter. So when I became

\* Postpartum depression is also called postnatal depression.

pregnant again, all of us were delighted with the news.

But this pregnancy was very difficult. In fact, I nearly died from complications after the birth. But prior to that, late in the pregnancy, a fog seemed to settle over my mind.

It became worse after we brought our little baby girl, Carly, home from the hospital. I was constantly tired and felt incapable of making even simple decisions. I found myself phoning Jason at work many times a day just to ask what household job I should do next or to seek his reassurance that something I had just said or done was correct.

I became afraid of being in the company of people, even old friends. If someone came to the door unexpectedly, I hid in the bedroom. I let the house become a mess, and I became easily distracted and confused. I love to read, but reading became almost impossible because I could not concentrate. I found it hard to pray, so my spiritual health suffered. I felt emotionally numb, unable to feel love for anyone. I was afraid that my children would be harmed because I was not thinking properly. My self-esteem plummeted. I thought I was going mad.

During that time, Jason would come home from work and help me by cleaning up the house or by preparing a meal for the family—and I would be angry with him for helping! I felt that his actions showed me up as being an incompetent mother. On the other hand, if he failed to offer help, I would accuse him of not caring. Had Jason not handled things as maturely and lovingly as he did, my postpartum depression might have spelled disaster for our marriage. Perhaps Jason can best describe how my condition affected him.

#### **My Husband Tells How He Was Affected**

"At first, I could not believe what was happening to Janelle. She changed completely from being her usual happy, outgoing self and started behaving like a different person. She began taking everything I said as personal criticism, and she even became resentful when I tried to ease her work load. Initially, I felt like telling her to pull herself together, but I realized that such a response would only make things worse."



## **Factors That May Contribute to Postpartum Depression**



A number of things besides hormonal changes may sometimes be a factor in postpartum depression. These include:

1. A woman's personal ideas about motherhood, which may result from an unhappy childhood and poor parental relationships.
2. Unrealistic expectations imposed on mothers by society.
3. A family history of depression.
4. Marital dissatisfaction and a lack of support from one's immediate or extended family.
5. Poor self-image.
6. Feeling overburdened or overwhelmed by caring for young children full-time.

This list is by no means comprehensive. Other factors may also contribute to postpartum depression. Indeed, its causes are still not completely understood.



"Our relationship was under constant strain. Janelle seemed to think that the whole world had turned against her. I had heard about other women who suffered from similar symptoms as a result of postpartum depression. So when I began to suspect that she was suffering from the same thing, I started reading all the information I could about the subject. What I read confirmed my suspicions. I also learned that Janelle's illness was not her fault—that it was not the result of any neglect on her part.

"I admit that the extra care she and the children needed left me emotionally and physically exhausted. For two years I had to juggle my secular work and my responsibilities as a congregation elder and as a husband and father. Happily, I was able to adjust my secular work so that I could be home earlier, especially on the nights we attended Christian meetings. Janelle needed me at home in time to help prepare dinner and to dress the children. As a result, we were all able to attend the meetings."

### **My Road to Recovery**

Without my husband's loving support, my recovery would no doubt have been much slower. Jason listened patiently as I unburdened myself of my fears. I found it very important not to bottle up my feelings. At times, I would even sound angry. But Jason constantly reassured me that he loved me and that we were in this together. He always tried to help me see the positive side of things. Later I would apologize for words spoken in anger. He reassured me by saying that it was my illness that was talking. As I look back now, I realize how much his thoughtful comments meant to me.

## **More Than Just the "Baby Blues"**

Postpartum depression should not be confused with common postnatal mood swings. Dr. Laura J. Miller says: "The most common type of postnatal mood change is what has come to be known as the 'baby blues.' . . . About 50% of women who give birth experience this tearful, emotionally labile (*i.e.*, changeable) state. It usually reaches a peak between the third and fifth days after birth and then gradually fades away on its own within weeks." Researchers suggest that these moods may result from changes in a woman's hormone levels after she gives birth.

Unlike the "baby blues," postpartum depression involves prolonged feelings of depression that might begin at the birth of a child or even weeks or months later. A new mother with this condition may find herself elated one minute and depressed—even suicidal—the next. In addition, she may be irritable, resentful, and angry. She may experience a persistent feeling of inadequacy as a mother and a lack of love for her baby. Dr. Miller states: "Some clinically depressed mothers know intellectually that they love their babies, yet they have trouble feeling anything but apathy, irritation, or disgust. Others have thoughts of harming or even killing their babies."

Postpartum depression is a phenomenon with a long history. As far back as the fourth century B.C.E., Greek physician Hippocrates noted the dramatic psychological changes suffered by some women after childbirth. A study published in the *Brazilian Journal of Medical and Biological Research* explained: "Postnatal depression is a significant problem affecting 10-15% of mothers in many countries." Regrettably, though, "most cases of such depression do not receive a correct diagnosis and are not properly medicated," said the *Journal*.

A less common but more serious disorder occurring after childbirth is postpartum psychosis. A sufferer might experience hallucinations, hear voices in her head, and lose touch with reality, although she may be rational for intermittent periods lasting for hours or days. The causes of this psychosis remain unclear, but Dr. Miller notes that "genetic vulnerability, perhaps triggered by hormonal changes, seems to be the most influential factor." A skilled medical professional may provide effective treatment for postpartum psychosis.

Together, we finally found a very kind doctor who took the time to listen to how I felt. He diagnosed my condition as postpartum depression and suggested that my treatment include medication to help control my frequent anxiety attacks. He also encouraged me to seek the help of a mental-health professional. In addition, he recommended regular exercise, a therapy that has helped many to combat depression.

One of the biggest obstacles on my road to recovery was coping with the stigma associated with postpartum depression. People often find it hard to show empathy for someone with an illness that they do not understand. Postpartum depression is not like, say, a broken leg, which others can see and thus make allowances for. Still, my family and

close friends proved to be truly supportive and understanding.

### Loving Help From Family and Friends

Jason and I greatly appreciated the help my mother provided during this difficult period. At times, he needed a respite from the emotional turmoil at home. Mom was always positive and did not try to take over my work. Rather, she supported me and encouraged me to do what I could.

Friends in the congregation also proved to be a wonderful support. Many sent brief notes telling us that they were thinking of me. How I cherished those kind expressions! This was especially so because I found it hard to talk to people, whether on the phone or face-to-face. I even found it difficult to asso-



## How to Help Yourself\*



1. If depression persists, seek professional help. The sooner you do so, the sooner you can be on the road to recovery. Seek out an understanding doctor who is familiar with the condition. Try not to feel ashamed of your postpartum depression or to feel embarrassed if you need to take medication.
2. Exercise regularly. Studies have shown that regular exercise can be an effective therapy for depression.
3. Tell those who are closest to you how you feel. Do not isolate yourself or bottle up your feelings.
4. Remember that you do not have to have a perfect house. Try to keep your life simple by focusing on things that are essential.

5. Pray for courage and patience. If you find it difficult to pray, ask someone to pray with you. Recovery may only be delayed if you hold on to feelings of guilt or worthlessness.

\* Awake! does not recommend any particular kind of treatment. The suggestions for both women and men outlined in this article do not cover every situation, and some points may not even apply in certain cases.



ciate with fellow Christians before and after meetings. Thus, by writing to us, not only did our friends show that they were aware of the limitations my depression imposed on me but they also confirmed their love and concern for me and my family.

### This Is Not a Life Sentence!

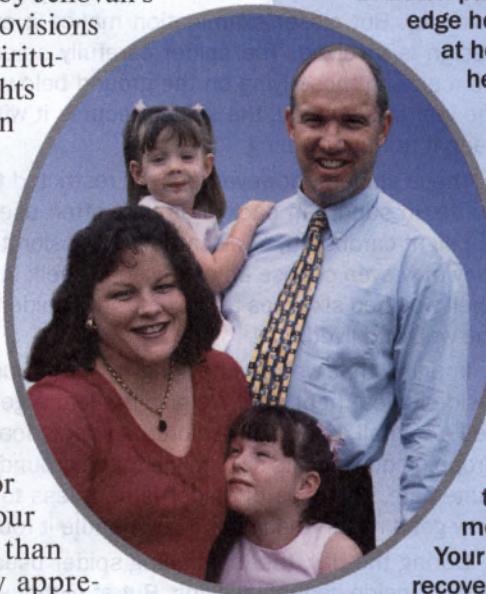
I am now much improved—thanks to my doctor's advice, a very supportive family, and understanding friends. I still exercise regularly, even when I feel tired, as this has helped me in my recovery. I also try to respond positively to the encouragement others provide. During difficult times, I listen to audiocassettes of the Bible and to *Kingdom Melodies*—spiritually and emotionally uplifting music prepared by Jehovah's Witnesses. These fine provisions help to strengthen me spiritually and to keep my thoughts positive. Recently, I even started giving Bible-based student talks again at congregation meetings.

It has taken me more than two and a half years to reach the stage where I can more fully feel and express love for my husband, children, and others. Although this has been a difficult time for my family, we feel that our bonds are now stronger than ever before. I especially appreciate Jason, who more than confirmed his love for me by enduring the depths of my depression and by always being there to support me when I needed it. Above all, both of us now have a much closer relationship with Jehovah, who truly strengthened us during our trials.

I still have my down days, but with the help of my family, my doctor, the congregation,

and Jehovah's holy spirit, the light at the end of the tunnel continues to get brighter. Yes, postpartum depression is not a life sentence. It is an enemy we can defeat.—*As told by Janelle Marshall.*

### Tips for Men



**The Marshall family**

1. Recognize that postpartum depression is not your wife's fault. If her condition persists, cooperate with her in seeking the help of a doctor who understands the problem and is sympathetic.
2. Listen patiently to your wife. Acknowledge her feelings. Do not get upset at her negativity. Kindly help her to see the positive side of things, and reassure her that she will get better. Do not assume that you must fix all the problems she mentions. She may simply want comfort, not logical answers. (1 Thessalonians 5:14) Remember, postpartum depression makes it difficult for sufferers to think logically and clearly.
3. Cut back on nonessential activities so that you have more time to support your wife. Your doing so may speed up her recovery.
4. Make sure that you have some time for yourself. Good physical, mental, and spiritual health on your part will enable you to be a better support to your wife.
5. Find someone to talk to who will encourage you, perhaps another spiritually mature man whose wife has suffered from postpartum depression.



# There's a Leaf in the Web!

BY AWAKE! WRITER IN AUSTRALIA

**D**O YOU see the dried and tightly curled leaf? Notice that it is suspended in a spiderweb. At first glance it might appear to have been blown into the web by the wind. But there is something special about that leaf.

What you're looking at is the unique home of the leaf-curling spider—a truly amazing creature. It is the only spider known to make its home by curling up a leaf and lining it with silk, the same material it uses to make its web. But does the spider just use a leaf that has been blown into the web by accident? It may look that way. But closer examination makes it evident that definite design is involved. The spider carefully selects a leaf, perhaps from among those lying on the ground below. Once it has curled the leaf into a spiral, the spider secures it with strands of silk to keep it from unraveling.

These spiders, however, are not restricted to using a leaf for a home. In suburban backyards they often use scraps of newspaper, light cardboard, or discarded admission tickets. Remarkably, they may even choose an empty snail shell. In one such case, the shell weighed six times as much as the spider that hauled it up to the web and lived in it!

Imagine that we are checking to see if our spider is at home inside its leaf right now. We give the leaf a gentle tap. There! You see? A small, beautifully colored spider is leaving the leaf and is dropping down on its silk lifeline to the ground. Don't worry! We're quite safe. This type of spider is harmless to man, although you may get a nip on the finger if you handle it roughly.

During the day, the leaf-curling spider usually spends its time resting inside its leaf dwelling. But at night, when there are more insects about, you will see it crouched at the entrance of its leaf. From that vantage point, it carefully monitors its web by resting one of its feet on a 'telegraph line'—a special thread of silk running from the leaf to the hub of the web. Should an insect strike the web, the spider will immediately rush over, immobilize it, and eat it.

This ingenious little builder is just one of the many fascinating creatures of the Australian bush.



# The Triumph of the “Love Apple”

By Awake! writer in Spain

MANY centuries ago the “love apple” was a straggly plant growing in the Andean region of South America. Its berries were quite tasty, but the local Indians apparently did not cultivate it. Somehow this extraordinary plant found its way to Mexico, where the Aztecs gave it the name *xitomatl*. The term *tomatl* referred to several similar, mostly juicy, fruits. Before long, tomato sauce, or salsa, became an established part of Aztec cuisine, and the tomato set out on the long road to international recognition.

The Spanish conquistadores also found tomato sauce quite tasty. In 1590, a Jesuit priest who lived most of his life in Mexico said that tomatoes were very wholesome, good to eat, and full of juice that gives a good taste to sauce. From Mexico, the Spanish sent tomato seeds to Spain and to their colonies in the Caribbean and in the Philippines. But despite this promising beginning, it took over three centuries before the tomato found its rightful place in the kitchens of the world.

## Overcoming an Unsavory Reputation

Culinary prejudice—like any other—can be hard to overcome.

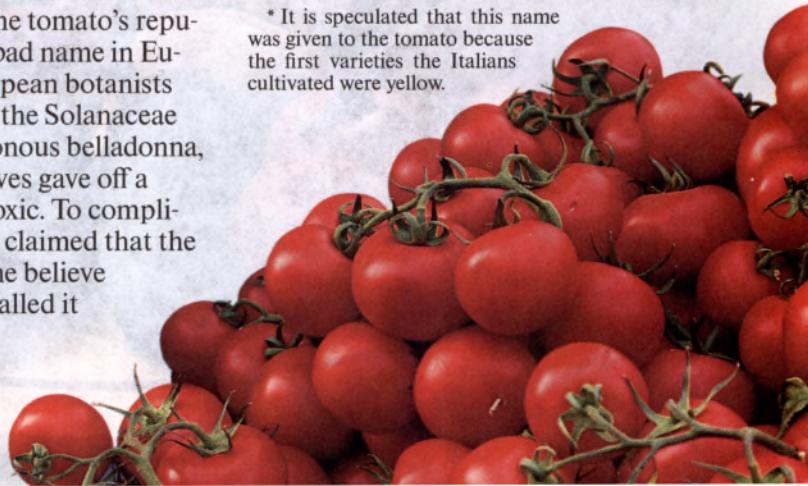
Notwithstanding the tomato’s reputation in Mexico, it soon acquired a bad name in Europe. The problem began when European botanists classified the tomato as a member of the Solanaceae family—the same family as the poisonous belladonna, or deadly nightshade. Besides, its leaves gave off a strong smell, and they proved to be toxic. To complicate matters further, some herbalists claimed that the tomato had aphrodisiac powers. Some believe that this was the reason the French called it *pomme d’amour*, or the “love apple.”



The unsavory aspects of the tomato's reputation also spread to North America. As late as the 1820's, an American gardener from Massachusetts declared: “[Tomatoes] appeared so disgusting that I thought I must be very hungry before I should be induced to taste them.” He was not the only tomato skeptic. A Pennsylvanian called them “sour trash,” and a contemporary British horticulturist described the tomato plant as “the stinking golden apple.”

Fortunately, the Italians, who in the 16th century had named the tomato *pomodoro* (golden apple), were more practical.\* By the early 17th century,

\* It is speculated that this name was given to the tomato because the first varieties the Italians cultivated were yellow.





## Gazpacho—A Refreshing Taste of Tomato

Would you like to try a refreshing cold soup that is ideal for hot summer days? In the Andalusian region of Spain, gazpacho is served practically every day with the main meal. It is easy to prepare, requires simple ingredients, and will give your family a healthy and appetizing start to a meal. Here is a typical Spanish recipe for five people.

### Ingredients

- 1 1/4 pounds ripe tomatoes
- 3/4 pound cucumbers
- 1/2 pound red sweet peppers
- 2 slices dry bread (two ounces)
- 1 ounce vinegar
- 1 ounce olive oil
- salt
- 1 clove garlic
- small pinch of cumin

**Preparation** Clean the peppers, peel the cucumbers, and skin the tomatoes. Then cut these ingredients into small chunks. Put them in a bowl with two pints of water (sufficient to cover the vegetables), along with the bread, garlic, seasoning, vinegar, and oil. Leave the soup overnight, and the following day crush the mixture with a hand blender and strain it. If necessary, add more seasoning according to taste. Keep the gazpacho in the refrigerator until ready to serve. The gazpacho can be served with finely chopped cubes of tomato, cucumber, and sweet pepper.



tomatoes had become a popular food in Italy, where the sunny climate favored their cultivation. But for nearly two centuries, gardeners in the north of Europe remained unconvinced, and they cultivated tomatoes merely as a decorative or medicinal plant.

### **From Prejudice to Popularity**

Once people started tasting tomatoes, however, former doubts disappeared, and tomato cultivation took off. By the 1870's, fresh California tomatoes were on sale in New York, thanks to the new transcontinental railway. A few decades earlier, the first pizzeria opened in Naples, Italy, and with it came an increased demand for tomatoes. And during the 20th century, a growing demand for tomato soup, juice, sauce, and catsup—not to mention the popular pizza—converted the much-maligned tomato into the most popular fruit on earth. (See accompanying box.) Apart from its success with commercial growers, the tomato has also become a favorite with gardeners—from the deserts of the Middle East to the windswept North Sea.

### **From Sinai to an Oil Rig**

An oil rig stationed in the middle of the North Sea might not seem the ideal place to grow fruits and vegetables, but the tomato is not a fussy plant. Given sufficient water and a tailor-made plastic bag containing all the necessary nutrients, its seeds can even flourish without soil. Hence the tomato's success among the oilmen, who like seeing some greenery among the sterile pipes and machinery of their oil rig as well as having some homegrown fruit to grace their table.

With a little pampering, tomatoes can also be coaxed from the soil of the desert. Scattered among the Sinai mountains, in Egypt, Jabaliyyah Bedouin have hewn out terraced gardens that are watered by springs, wells, and occasional rainfall. Their carefully irrigated gardens produce a bumper crop of large tomatoes, which they dry in the sun to last them throughout the winter.

The tomato's almost universal popularity, however, depends on much more than its ability to adapt to different soils and climates. Most tomato plants are self-pollinating, so different varieties can easily be developed to suit different tastes. There are now about 4,000 varieties for gardeners to choose from. The small, juicy cherry tomato adds color and flavor to salads, while the

## **Tomato Facts and Figures**

The tomato has become the world's most popular fruit. Nearly 100 million tons are harvested yearly, considerably more than the other major fruit crops of the world (apples, bananas, grapes, and oranges).

Although the tomato is sometimes called a vegetable, botanically it is a fruit, for it is the edible part of the plant that contains the seeds (generally a vegetable consists of the edible stems, leaves, and roots of a plant).

According to *The Guinness Book of Records*, the biggest tomato on record weighed 7 pounds 12 ounces and was grown in Oklahoma, U.S.A.

Smoking tobacco near the plants or before handling them can be harmful to the plants. Tobacco carries a virus to which the tomato plant is susceptible.

Apart from containing vitamins A and C, tomatoes are rich in lycopene, an antioxidant. Some research studies suggest that a tomato-rich diet may help reduce the risk of cancer.

sweet plum tomato is often canned. And the huge beefsteak tomato, a staple food in Spanish kitchens, is ideal for both salads and cooking.

But it was taste, of course, that finally gave the tomato its triumph—a mouth-watering taste that can embellish a pizza, garnish a salad, flavor a sauce, or enrich a juice. While it did not turn out to be a "love apple," the whole world now loves tomatoes.

# Watching the World

## Driving and Fatigue

"Fatigue, especially when combined with alcohol, presents a particularly high risk of road crashes resulting in death or serious injury," reports the *British Medical Journal*. Researchers in Bordeaux, France, found that driver fatigue was responsible for up to 20 percent of highway accidents. Even under good driving conditions, 10 percent of serious crashes involving only one vehicle were related to fatigue. According to Professor Jim Horne, director of the Sleep Research Center at the University of Loughborough, in England, the afternoon is one of the most dangerous times for drivers. "We are designed to have two periods of sleep," he says, "one at night and one in the afternoon, at about 2pm to 4pm." What should a driver do when he feels sleepy? Take a break. "Opening the window or turning on the radio provides only temporary relief," says Horne. "The best thing to do is find somewhere to park safely and have a nap for 15-20 minutes." The problem is that many drivers, aware that they are sleepy, continue to drive. *The Sunday Times* of London says: "Next time you experience yawning, drooping eyelids or wandering concentration while driving, remember this is one wake-up call it can be fatal to ignore."

## U.S. Gun Sales Rise

"Gun and ammunition sales across the country have risen sharply since Sept. 11 as more Americans take what many consider to be the most personal step toward feeling safer: arm-

## Lying to Get a Job

"One in four people lie when applying for a job," reports London's *Financial Times*. During a 12-month period, the security company Control Risks Group screened 10,435 candidates in financial services and information technology and "found falsification across all levels of position," the paper states. "About 34 per cent of applications contained discrepancies in employment history, while 32 per cent exaggerated or falsified academic qualifications. A total of 19 per cent tried to cover up a poor credit history or bankruptcy and 11 per cent omitted identifying details." Those who had lived abroad were more likely to misrepresent their credit history, evidently thinking they would not be caught, and men were "significantly more given to falsification than women." Tim Nicholson, of the Recruitment and Employment Confederation, confirms the results of the study and adds: "If recruiters take as fact what is written on a piece of paper, they have not done their job properly."



ing themselves," states *The New York Times*. "There has been a steady stream of serious-minded first-time buyers." Some gun manufacturers have capitalized on the crisis by aggressively using patriotic slogans and pictures to attract new buyers. Many officials, though, find the proliferation of deadly weapons unsettling. "We are always concerned with the overall numbers of guns that are available and out on the street making things unmanageable for law enforcement," says North Miami Beach police chief William B. Berger. Statistics show that guns purchased by the law-abiding sometimes end up in the hands of criminals. Gun-control groups urge people to think before buying.

## "Staggering" Toll of Mental Illness

"The global toll of mental illness and neurological disorders is staggering," declares Dr. Gro Harlem Brundtland, director general of the World Health Organization (WHO). A recent WHO report reveals that mental disorders are "among the leading causes of ill-health and disability worldwide." About 450 million people in the world currently suffer from mental or neurological disorders, says the report. While treatments exist for most neurological disorders, nearly two thirds of people suffering from a known mental illness never seek professional help because of discrimination, stigma, scarce resources, or inadequate health care.

## **Adult Chicken-Pox Deaths**

"Chickenpox, one of the most common infections of childhood, is killing a growing number of adults," says the *Independent* newspaper of London. Figures published in the *British Medical Journal* show that in the early 1970's, adults accounted for 48 percent of deaths from chicken pox, whereas by 2001 the figure had risen to 81 percent. Professor Norman Noah, of the London School of Hygiene and Tropical Medicine, warns: "This study confirms that chickenpox causes considerable mortality in adults . . . Our figure of 25 deaths a year [in England and Wales] is probably an underestimate. . . . If adults get chickenpox they should realise it is different from the childhood disease. They are at greater risk and need to see a doctor

much earlier." Males aged 15 to 44 are most at risk.

## **More Believers in Slovakia?**

The 2001 census in Slovakia showed that some 84 percent of Slovaks now claim to belong to a religion. According to sociologist Ján Bunčák, this is mainly an expression of a "deep social conformism." Although religion was suppressed during the Communist era, belonging to a religion is now considered "proper" and "normal." However, "very many among them do not believe in God at all," says Bunčák. Commenting on the overall situation in Europe, he adds: "The great majority of people profess some religion. . . . People make the declaration, but at the same time, they do not want religion to interfere too much with their lives."

## **Four Billion Hungry by 2050**

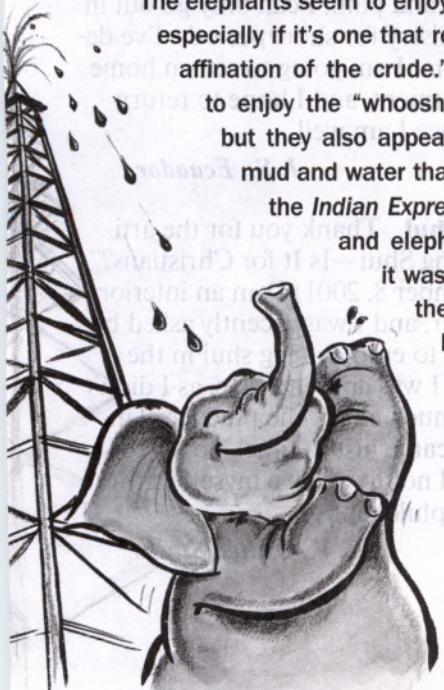
Growth in developing countries is expected to increase the world's population to 9.3 billion by the year 2050, according to the annual report of the United Nations Population Fund. Of these, it is estimated, 4.2 billion will be living in countries where basic needs for food and water cannot be met. This is double the amount of people who already lack sufficient food. "The report shows that poverty and rapid population growth are a deadly combination," explained Thoraya Obaid, executive director of the fund. "Poor people depend more directly on natural resources such as available land, wood and water, and yet they suffer the most from environmental degradation. . . . While some of us practice wasteful consumption, others cannot consume enough to survive."

## **Oil-Loving Elephants**

Elephants in Digboi in northeast India have a fascination for oil. "The elephants move around freely in the oilfields, often opening crucial valves in the pipelines that connect the wells to the refinery," says Ramen Chakravarty, a senior engineer with Oil India Limited.

"The elephants seem to enjoy the sound when a valve is opened, especially if it's one that regulates steam which prevents paraffination of the crude." Not only do the elephants seem to enjoy the "whooshing sound" of the oil spouting out but they also appear to be drawn to oil wells for "the mud and water that come out with the crude," reports the *Indian Express* newspaper. "The water is saline and elephants are fond of it." Interestingly,

it was an elephant that unwittingly led to the discovery of oil there. The animal had returned to camp after carrying rails for the region's first railway line, when British officers noticed an oily substance on its legs and traced the tracks to an oil-bubbling pit. This resulted in the opening of Asia's first oil well in 1889.



## **Why Men Die Younger**

"A man's life, a miserable life: men get sick sooner and die sooner." This grim picture was painted by the organizers of the first World Congress on Men's Health, held in Vienna, Austria. They were alarmed, reports the German newspaper *Süddeutsche Zeitung*, by the fact that men die, on average, five years earlier than women. Why do men die younger? For one thing, they are more likely to smoke or drink excessively. Overeating and lack of exercise are other major risk factors—70 percent of middle-aged men are said to be overweight. Moreover, many suffer from the stress of trying to balance work and family. And men are less likely to go to a doctor when they are sick or to seek preventive health care. Summing it up, Siegfried Mervyn, one of the congress organizers, said: "Medically, men are indeed worse off."

## From Our Readers

**Arthritis** I was deeply touched by the series "Hope for Arthritis Sufferers." (December 8, 2001) I am 21 years old, and I have suffered from severe arthritis and its consequences for nearly 15 years. This series was a real encouragement to me, and it bolstered my determination to keep on enduring.



**A. F., France**

I serve as a full-time evangelizer, a privilege I treasure but one that day by day is becoming more difficult to carry out. My condition has been diagnosed as osteoarthritis. Daily I am in pain, and at times, the frustration I feel causes me to become depressed. Thank you for such a timely article and for the reminder that our true comfort comes from embracing Jehovah's promise of a new world.

**H.M.A., United States**

I suffer from rheumatoid arthritis, and I am presently recovering from a severe attack of this disease. These articles accurately described the suffering experienced by someone afflicted by this disease. It was good to learn more about it and what can be done to reduce its effects.

**G.F., Portugal**

I am 21, and I learned that I had juvenile rheumatoid arthritis when I was just 10. I have read many experiences in medical magazines, but nothing has compared with reading about my spiritual brothers and sisters experiencing the same things as I am. Like Katia, mentioned in the articles, I have not been able to continue my career as a full-time evangelizer. It meant so much to read of how others deal with feelings of frustration and guilt for not being able to do more in Jehovah's service.

**H. M., United States**

My chronic rheumatoid arthritis was diagnosed a year ago, when I was 24. I had to stop my service as a full-time evangelizer. I fell into despair. Because of the

intense pain and fatigue, I now do just half of what I used to. I have been comforted by this article, knowing that others feel the same physical and emotional pain. I also enjoyed the practical information on doing what I can. I wait for the day when "the lame one will climb up just as a stag does."

—Isaiah 35:6.

**T. U., Japan**

A year ago I began experiencing severe pain in some of my joints. Since I am middle-aged, I never dreamed it could be arthritis. Your article helped me to see the need to be balanced and modest in what I expect of myself.

**B. P., United States**

I am 19, and I have arthritic wrists, ankles, and knees. I especially appreciated the subheading "Respecting Your Limitations." I came to Ecuador from the United States with the intention of serving as a full-time evangelizer here. But because of the weakness, fatigue, and pain, I can only go out in the ministry for short periods. I've decided that I am going to return home for treatment, and I hope to return here once I am well.

**J. S., Ecuador**

**Fêng Shui** Thank you for the article "Fêng Shui—Is It for Christians?" (December 8, 2001) I am an interior designer, and I was recently asked by a client to employ fêng shui in the design. I was apprehensive, as I didn't know much about the practice. The article came just in time! Now I've decided not to involve myself in this design philosophy.

**C. V., United States**



Puerto Rican parrots



**By Awake! writer in Britain**

Parrots are "among the most highly threatened birds on earth," observes Dr. Timothy Wright of the University of Maryland, U.S.A. Sadly, their brilliantly colored plumage and fascinating ability to mimic the human voice have contributed to the danger of extinction.

Interestingly, a fifth-century B.C.E. Greek doctor penned the earliest known written account of a pet parakeet. He marveled when the bird began to speak Greek words in addition to some words in a language of its homeland, India.

Today the attraction of the parrot's mimicking ability enhances its popularity as a pet

## Mimics UNDER THREAT

and adds to the trade in poached birds. Studies over the past 20 years indicate that among 21 parrot species in 14 countries, poachers have ruined 30 percent of the nests, and in 4 species the figure was 70 percent. The bird's slow rate of reproduction, generally one clutch of eggs per year, coupled with destruction of its normal habitat, has driven up the prices paid—the rarer the parrot, the higher the price.

The severity of the extinction threat becomes appar-

ent from reports of low numbers of certain species. It is estimated that in Brazil there are fewer than 200 Lear's macaws. The Puerto Rican parrot is faring worse, with fewer than 50 living in the wild. The conservation of the Spix's macaw, considered to be extinct in the wild, is dependent on captive-breeding efforts.

As long as they remain, these dazzlingly beautiful birds testify to a Creator who obviously delights in their outstanding appearance and remarkable abilities. Will human greed bring parrots to their extinction?

Time will tell. Meanwhile, these mimics remain under threat.



Spix's macaws

# TELEVISED DEBATE ON JEHOVAH'S WITNESSES

During 2000 and 2001, an attack was mounted against Jehovah's Witnesses in the country of Georgia, a former republic of the Soviet Union. A popular television station in Georgia televised a debate between a politician who called for a ban on the Witnesses and a professor who had been appointed by the court to study Witness literature.

Answering a barrage of accusations regarding the beliefs of the Witnesses, the professor protested that the politician's claims were "empty talk." Then he said: "Here's what Jehovah's Witnesses believe," as he held up a copy of the book *Knowledge That Leads to Everlasting Life* for the television audience to see.

The professor then proceeded to read the first paragraph of the book, which concludes with the words: "For many, however, life seems to present one serious problem after another. If that has been your experience, take heart."

This publication points to Bible answers to questions that many people have. For example, among its chapter titles are: "Who Is the True God?," "Why Do We Grow Old and Die?," and "Why Does God Permit Suffering?"

