

# Awake!

DECEMBER 8, 2004

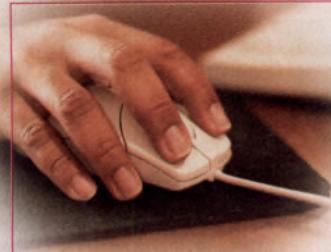


How to Make  
*Real Friends*

# **Awake!**

AVERAGE PRINTING 22,530,000  
PUBLISHED IN 87 LANGUAGES

- 3 We All Need Friends
- 4 Satisfying Our Hunger for Friendship
- 8 Good Friends—Bad Friends
- 13 Crossword Puzzle
- 14 The Atlantic Salmon —A “King” in Trouble
- 25 Collecting—A Hobby That Requires Balance
- 28 Watching the World
- 30 From Our Readers
- 31 “Everybody Should Read This Book”
- 32 Help for Family Problems



## **The Internet —How to Avoid the Dangers 18**

The Bible can help us to determine the wise use of the Internet.

## **Beautiful and Delicious! 22**

Flowers are admired for their beauty. But some are also delicious to eat.



## **How to Make *Real Friends* 3-12**

The desire to have good friends is normal. How can that be accomplished?



# We All Need Friends

**T**HERE exists a friend sticking closer than a brother." (Proverbs 18:24) Since the time those words were written in the Bible some 3,000 years ago, human nature has not changed. Friendship is still as vital to the human spirit as food and water are to the human body. Yet, for many, satisfying this basic need for friendship is difficult. Loneliness is common. "We don't have to look far to see some of the causes," state Carin Rubenstein and Phillip Shaver in their book *In Search of Intimacy*. They cite such factors as "widespread mobility"—people changing residence frequently—"impersonal, crime-ridden cities," and "the substitution of television and home videotape-viewing for face-to-face community life."

Modern life also spreads our time and energy thin. "Today's city dweller comes into contact with more people in a week than the seventeenth-century villager did in a year or even a lifetime," writes Letty Pogrebin in her book *Among Friends*. With potentially hundreds of acquaintances crowding our lives, it can be difficult to focus on individuals long enough to develop and sustain deep friendships.

Even in places where not long ago the pace of life was less hectic, social conditions are changing rapidly. "We used to feel very, very close to our friends," says Ulla, who lives in Eastern Europe. "But now many immerse themselves in their jobs or in personal pursuits. Everyone is busy all the time, and we sense our old friendships slowly coming apart." In the haste of the times, friendships can get relegated to a lower priority.

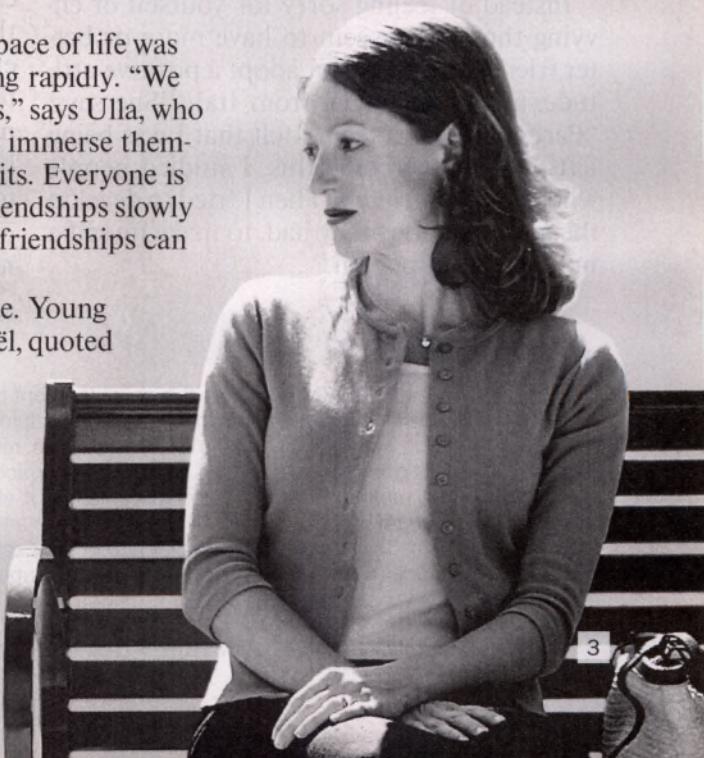
But our need for friends remains acute. Young people in particular feel this need. As Yaël, quoted above, explains, "when you are young, you need to feel accepted and to belong, to feel close to someone." Young or old, we all need happy and meaningful friendships. And despite the challenges, there is much we can do to make and keep real friends. The following articles will discuss this.

"A friend is someone you can talk to freely about anything, someone you can call any time of the day."

—Yaël, France

"A friend understands when you're hurt and feels the same things inside that you do."

—Gaëlle, France



# Satisfying Our Hunger for Friendship

**L**ONELINESS is not an illness," states the book *In Search of Intimacy*. "Loneliness is a healthy hunger . . . , a natural sign that we are lacking companionship." Just as hunger moves us to take in nourishing food, feelings of loneliness should move us to seek out good friends.

Yet, as Yaël, a young woman in France, observes, "some people avoid all contact with others." But isolating ourselves, for whatever reason, solves nothing and inevitably makes us feel lonelier than ever. A Bible proverb says: "One isolating himself will seek his own selfish longing; against all practical wisdom he will break forth." (Proverbs 18:1) So first we need to recognize our need for friendship and then resolve to do something about it.

## Take Practical Steps Toward Friendship

Instead of feeling sorry for yourself or envying those who seem to have more or better friendships, why not adopt a positive attitude, as did Manuela, from Italy? She says: "Particularly as a teen, I felt that I was being left out. To overcome this, I studied people who had good friends. Then I tried to develop the good qualities they had, to make myself a more pleasant person."

One practical step is to take care of yourself physically and otherwise. A healthful diet, proper rest, and adequate exercise all help you to look and feel your best. Being neat, clean, and well-groomed not only makes you more desirable to be around but also gives you a healthy measure of self-respect. However, do not fall into the trap of becoming overly concerned about outward appearances. "Wearing fashionable clothing doesn't make any difference in finding real friends," notes Gaëlle, from France. "What good people are looking for is the inner person."

After all, our innermost thoughts and feelings affect what we talk about and even how we look. Do you have a confident outlook on life? This will help you to have a happy expression on your face. A genuine smile is the most attractive thing you can wear and, explains body-language expert Roger E. Axtell, "it is absolutely universal" and "is rarely misunderstood."\* Add to that a good sense of humor, and people will be naturally drawn to you.

\* See also the article "Smile—It's Good for You!" in the July 8, 2000, issue of *Awake!*

## 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.

*Awake!* (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc.; M. H. Larson, President; G. F. Simonis, Secretary-Treasurer; 25 Columbia Heights, Brooklyn, NY 11201-2483. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices. **Changes of address** should reach us 30 days before your moving date. Give us your old and new address (if possible, your old address label).

**POSTMASTER:** Send address changes to *Awake!*, c/o Watchtower, Wallkill, NY 12589. © 2004 Watch Tower Bible and Tract Society of Pennsylvania. All rights reserved. Printed in U.S.A.

Remember, such good qualities come from the inside. So actively fill your mind and heart with wholesome, positive thoughts and feelings. Read about interesting and meaningful subjects—current events, different cultures, natural phenomena. Listen to uplifting music. But avoid passively allowing TV, movies, and novels to clog your mind and emotions with fantasy. The relationships usually portrayed on the screen are not real life, not real friendships, but the product of someone's imagination.

### Open Your Heart!

Zuleica, who lives in Italy, recalls: "When I was younger, I was shy, and I found it hard to make friends. But I knew that if we want to have friends, we have to take the initiative, make ourselves known, and get to know others." Yes, to have real friends, we must open up to others—let them get to know who we really are. Such communication and sharing are far more important to true friendship than having good looks and a charismatic personality. "People with deep and lasting friendships may be introverts, extroverts, young, old, dull, intelligent, homely, good-looking; but the one characteristic they always have in common is openness," observes counselor Dr. Alan Loy McGinnis. "They have a certain transparency, allowing people to see what is in their hearts."

This doesn't mean wearing your heart on your sleeve or revealing your innermost secrets to people you don't feel comfortable

with. But it does mean selectively and progressively revealing your true thoughts and feelings to others. Michela, from Italy, says: "At first, I had the problem of concealing my feelings. I had to make changes, to try to manifest my feelings more, in order for my friends to understand what I was feeling and to feel closer to me."

Even if you are naturally gregarious, however, it still takes time and shared experiences for mutual trust to develop between friends. In the meantime, try not to be overly anxious about what others may think of you. Elisa, in Italy, recalls: "My problem was that every time I wanted to say something, I was afraid it wasn't going to come out right. Then I thought, 'If people really are my friends, they will understand.' So if something came out wrong, I just laughed at myself, and everyone laughed with me."

Therefore, relax! Just be yourself. Putting on an act doesn't help. "No one can be more attractive than by being his or her sincere, best self," wrote family counselor F. Alexander Magoun. People who are truly happy don't have to fake it or try to impress others. Only by being genuine can we enjoy genuine friendship. Likewise, we need to let others be themselves. Happy people accept others as they are, not fretting over minor foibles. They don't feel the need to remake their friends to conform to their own preconceived ideas. Work to be that type of happy, noncritical person.

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

<sup>#</sup>AudioCASSETTES also available.

<sup>○</sup> CD (MP3 format) also available.

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

Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, Scripture quotations are from the modern-language *New World Translation of the Holy Scriptures—With References*.

**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,

### To Have a Friend, Be a Friend

There is an even more important factor—the most fundamental one. Nearly 2,000 years ago, Jesus showed that the key to success in all human relations is *unselfish love*. He taught: “Just as you want men to do to you, do the same way to them.” (Luke 6:31) This teaching has come to be known as the Golden Rule. Yes, the only way to have real friends is to be an unselfish, giving friend yourself. In other words, to have a friend, be a friend. To be successful, friendship must be more about giving than about getting. We must be prepared to put our friend’s needs ahead of our own preferences and convenience.

Manuela, quoted previously, notes: “Just as Jesus said it would, true happiness comes from giving. The person receiving is happy, but the giver is even happier. We can give simply by sincerely asking how our friends are, by trying to understand their problems, and by doing all we can without waiting for them to ask.” So reach out to others, including the friends you already have. Strengthen your relationships. Do not sacrifice friendship for less-noble and less-fulfilling pursuits. Friends deserve time and attention. Ruben, in Italy, comments: “Taking time is fundamental to finding and keeping friends. First of all, it takes time to be a good listener.

We can all improve in listening and in showing our interest in what others say by not interrupting.”

### Show Respect for Others

Another key element of happy, long-term friendships is mutual respect. This includes showing consideration for others’ feelings. You want your friends to be tactful and discreet when their tastes or opinions differ from yours, don’t you? Shouldn’t you treat them the same?—Romans 12:10.

Another way we show respect is by not smothering our friends. Real friendship is neither jealous nor possessive. At 1 Corinthians 13:4, the Bible states: “Love is not jealous.” So guard against the tendency to want your friends all to yourself. If they confide in others, do not take offense and perhaps even shun them. Learn that we all need to widen out in our friendships. Allow your friends to develop other friendships too.

Consider also your friends’ need for privacy. Individuals, as well as married couples, need time for themselves. While you should not hesitate to reach out to others, be balanced and thoughtful, and do not wear out your welcome with your friends. The Bible cautions: “Make your foot rare at the house of your fellowman, that he may not have his sufficiency of you.”—Proverbs 25:17.

## Can Men and Women Be “Just Friends”?



Can men and women who are not married to each other be friends? That depends on what we mean by the word “friend.” Jesus was a close friend of Mary and Martha of Bethany—both single women. (John 11:1, 5) The apostle Paul was a friend of Priscilla and her husband, Aquila. (Acts 18:2, 3) We can be sure that these individuals shared warm affection. At the same time, we cannot imagine that either Jesus or Paul ever allowed these relation-

ships to drift in the direction of romance.

Modern society thrusts men and women into each other’s worlds more than ever before, and it is becoming increasingly necessary for people of both genders to know how to have appropriate, friendly relationships with each other. Couples too benefit from wholesome friendships with other couples and with single people.

“Distinguishing between romantic,

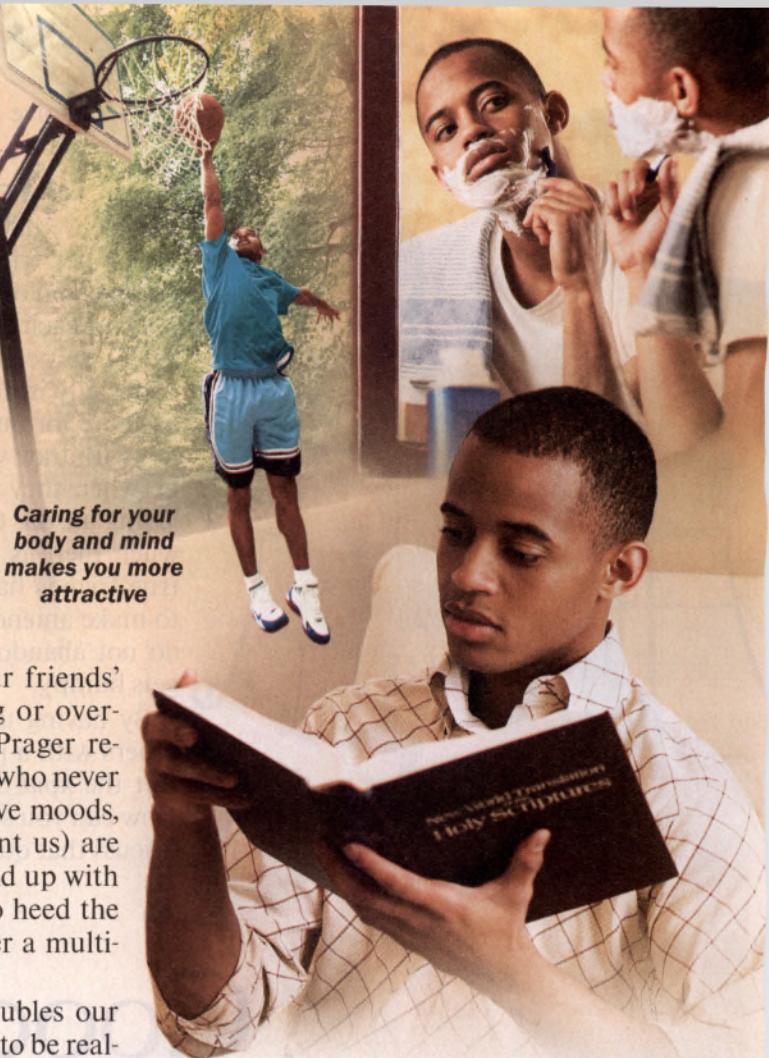
## Do Not Demand Perfection

Of course, when people get to know each other, they become more aware of the other's weaknesses as well as strengths. Still, we should not let this hold us back from making friends. "Some expect a bit too much from potential friends," comments Pacôme, in France. "They want them to have only good qualities, but that's not possible." Not one of us has perfection to offer, and we do not have the right to demand it of others. We hope our friends will accept us despite our imperfections and make allowances for us. Shouldn't we try to overlook our friends' shortcomings too, by not imagining or over-emphasizing them? Author Dennis Prager reminds us: "Flawless friends (i.e., those who never complain, are always loving, never have moods, are fixated on us, and never disappoint us) are known as pets." If we don't want to end up with pets as our closest friends, we need to heed the apostle Peter's advice to let 'love cover a multitude of sins.'—1 Peter 4:8.

It has been said that friendship doubles our joys and halves our sorrows. However, to be realistic, we cannot expect our friends to fill all our

sexual and friendly feelings, however, can be exceedingly difficult," cautions *Psychology Today* magazine. "The reality that sexual attraction could suddenly enter the equation of a cross-sex friendship uninvited is always lurking in the background. A simple, platonic hug could instantaneously take on a more amorous meaning."

For married couples, being realistic and practical is especially important. "All forms of intimacy with others can threaten a marriage," writes



author Dennis Prager in his book *Happiness Is a Serious Problem*. "It is not sex alone that makes for an intimate relationship, and your spouse has the right to expect to be your one truly intimate friend of the opposite sex." Jesus pointed out that maintaining moral chastity is a matter of the heart. (Matthew 5:28) Therefore, be friendly, but guard your heart and scrupulously avoid situations that could lead to improper thoughts, feelings, or actions toward anyone of the opposite sex.



**Friends open up to each other**

needs or solve all our problems. That is a selfish view of friendship.

#### **Loyal Friends Through Thick and Thin**

Once we have made a friend, we should never take his or her friendship for granted. When separated by time and distance, friends think about each other, pray for each other. Even if they can get together only rarely, they can quickly catch up on each other's lives. Especially in times of difficulty or need, it is vital to be there for our friends. For the most part, we must not withdraw when friends have problems. That may be when they need us most. "A true companion is loving all the time, and is a brother that is born for when there is distress." (Proverbs 17:17) And when true friends have misunderstandings, they are quick to make amends and forgive each other. Real friends do not abandon their friends just because the road gets bumpy.

By having unselfish motives and by approaching others with a positive attitude, you can gain friends. But the *kind* of friends you have is also important. How can you select *good* friends? The next article will discuss that question.

# Good Friends Bad Friends

A YOUNG woman we will call Sarah poured out her heart in distress. A man she had thought of as a friend turned out to be a murderer. 'If someone I trusted could do such a thing, how can I trust anyone?' she asked. Her listener asked Sarah if she had known what kind of values the man had. She responded, "What do you mean?" Sarah didn't even know what was meant by "values." What about you? Do you know what your friends' values are?

The answer to that question can literally mean life or death, as Sarah's experience bears out. One Bible proverb puts it this way: "He that is walking with wise persons will

become wise, but he that is having dealings with the stupid ones will fare badly." (Proverbs 13:20) Yet, like Sarah, many people select friends merely on the basis of whether they "hit it off" or not—how they feel when they are around them. Naturally, we like to be with people who make us feel good. But if that is the only criterion for our choice, with little or no thought given to a person's real inward qualities, we may be headed for great disappointment. How can you know whether a person has good values?

## The Need for High Moral Values

To begin with, we must have our own good values. We need to know what is right and wrong, good and bad, and hold firmly to high moral principles all the time. Another Bible proverb states: "By iron, iron itself is sharpened. So one man sharpens the face of another." (Proverbs 27:17) When two people bring ironlike moral strength to a friendship, they can help each other to grow, and the bonds of friendship between them will be stronger.

Pacôme, from France, says, "For me, a true friend is one who listens to me and speaks kindly to me but who is also capable of reprimanding me when I do something stupid." Yes, our best friends—whether they are young or old—are those who help us to stay headed in the right direction and who correct us when we are about to do unwise things. The Bible says: "Faithful are the wounds of a friend." (Proverbs 27:6, *King James Version*) To strengthen ourselves morally and spiritually, we need to associate with others who have love for God and his principles. "When there was no one else in my school who shared my Christian values and beliefs," recalls Céline, from France, "I learned the importance of

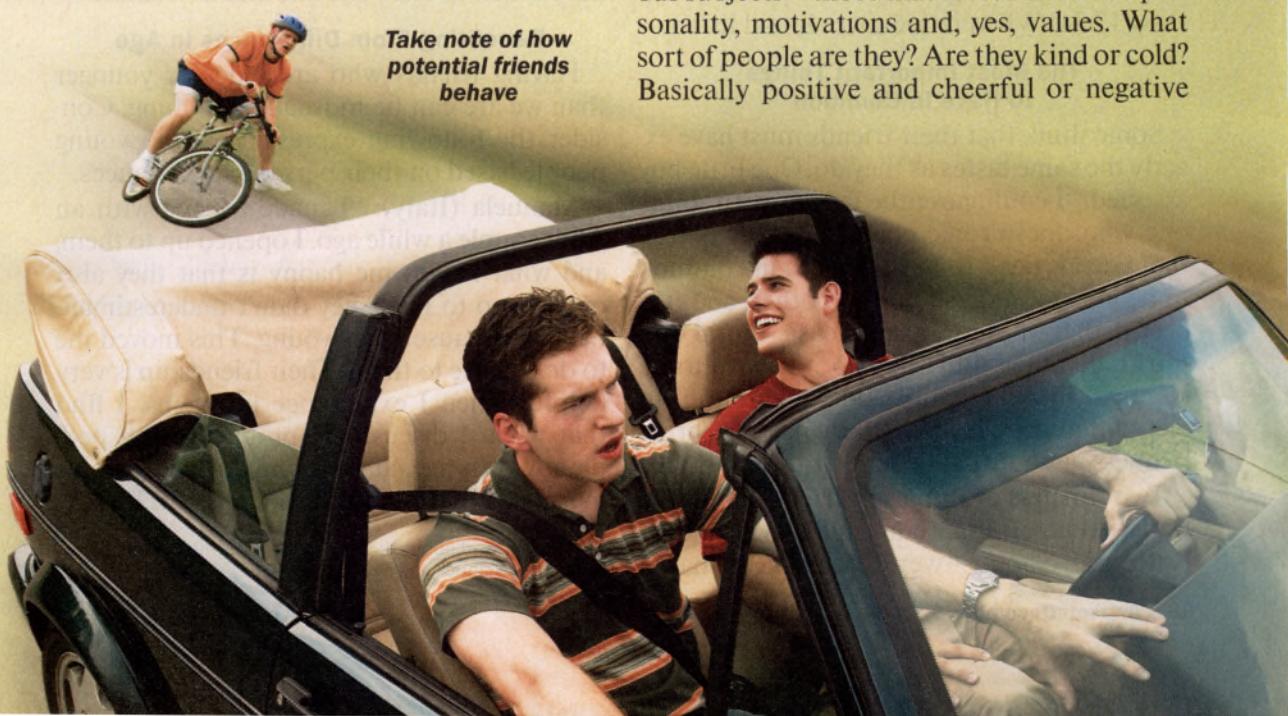
having real friends in the Christian congregation. They have helped me tremendously to keep my balance."

## Sizing Up Potential Friends

If you are interested in making friends with someone you have met, you might want to ask yourself, 'Who are his or her friends?' The type of close associates someone has tells much about the person himself. Also, what opinion do mature and respectable people in the community have of him? In addition, it is wise to consider not only how potential friends treat us but also how they treat others, particularly those from whom they have nothing to gain. Unless a person displays good qualities—such as honesty, integrity, patience, and consideration—at all times and to all people, what guarantee is there that he will always treat *you* well?

Getting to know someone's true character requires patience and skill, as well as time to observe the person in real life. The Bible states: "Counsel in the heart of a man is as deep waters, but the man of discernment is one that will draw it up." (Proverbs 20:5) We need to talk to potential friends about serious subjects—those that reveal their true personality, motivations and, yes, values. What sort of people are they? Are they kind or cold? Basically positive and cheerful or negative

**Take note of how potential friends behave**





***Unselfish friendships thrive despite differences in age and background***

and cynical? Unselfish or self-serving? Trustworthy or disloyal? If a person talks critically about others to you, what will prevent him from talking negatively about you behind your back? "Out of the abundance of the heart the mouth speaks," said Jesus. (Matthew 12:34) When it does, we should listen.

#### **The Most Important Things to Have in Common**

Some think that their friends must have exactly the same tastes as they do. One little boy asserted, "I could never be friends with someone who doesn't like cheesecake." It is true that friends need to have enough in common to be able to understand each other, and it is best if they share the same basic moral and spiritual values. But they do not have to be identical in personality and background. In fact, differences in life experience can bring richness and mutual benefit to a friendship.

Two timeless examples of friendship in the Bible—that of Jonathan and David and of Ruth and Naomi—were based on a shared

devotion to God and to his principles.\* Significantly, in both cases the friendship transcended great differences in age and background. They thus teach us something else about friendship: Young ones and older ones have much to offer one another as friends.

#### **Benefiting From Differences in Age**

Having friends who are older or younger than we are can be mutually enriching. Consider the following expressions from young people based on their personal experiences.

Manuela (Italy): "I made friends with an adult couple a while ago. I opened up to them, and what makes me happy is that they also opened up to me. They didn't underestimate me just because I was young. This moved me to draw close to them. Their friendship is very helpful when I experience problems. I find that when I discuss my problems with people my own age, at times my girlfriends give me advice that isn't well thought out. But my

\* You can read about these friendships in the Bible books of Ruth, First Samuel, and Second Samuel.

# A Note to Parents

Like so many other lessons, learning about friendship begins at home. Ideally, family life will supply most of a very young child's needs for companionship. Even under such circumstances, a child's thinking, feelings, and behavior are powerfully affected by his contact with others. Consider, for example, how quickly many young children of immigrants learn to speak a new language only through contact with other children.

As parents, you have the privilege of helping your children choose friends wisely. Young children and adolescents are not yet fully equipped to make such judgments without parental guidance. However, there is a problem. Many young people feel closer to fellow young ones than to their parents or to any older ones.

One factor that turns teens to their peers rather than to their parents, some experts believe, is that many parents doubt their own moral authority. Parents must shoulder their God-given responsibility to reach out to and stay involved with their children. (Ephesians 6:1-4) But how? Family therapist Dr. Ron Taffel meets many parents who are at a loss as to how to deal with their adolescent children. He writes that many "succumb to a series of media-hyped child-rearing fads" instead of actually parenting their children. Why do they resort to this? "They don't know their own children well enough to relate directly to them."

It doesn't have to be that way. Parents must understand that children will look to their friends if they are not getting what they need at home. And what is that? "They need what young people have always needed: nurture, appreciation, security, clarity in rules and expectations and a sense of belonging," says Taffel. "The tragedy of our times is that most adolescents do

not get these basic needs met by adults and do not feel truly 'at home' within their own families."

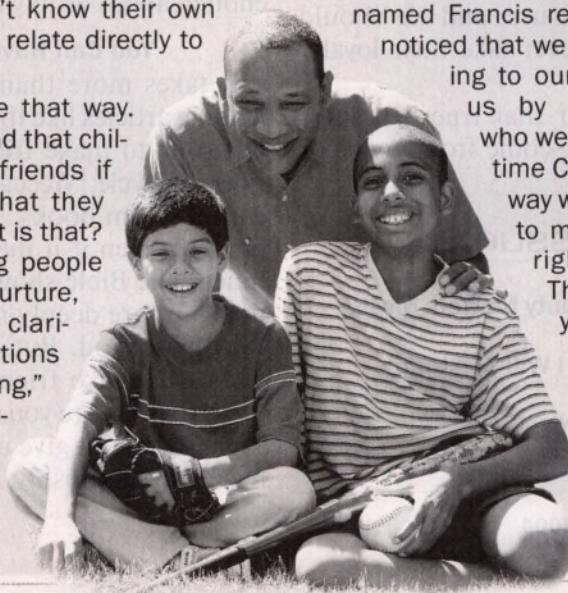
How can you help your children in regard to friendship? The first step is to consider your own way of life and friendships. Are the goals and life-style you and your friends pursue noble and unselfish? Spiritual and not materialistic? "Actions speak louder than words, and your children are bound to pick up the attitudes and actions they observe in you, your friends, and your friends' children," notes Douglas, a Christian elder and father.

Even many animals instinctively and often ferociously protect their young from other dangerous creatures. An expert on bears reports: "Mother bears are legendary for protecting their cubs from all perceived threats." Should human parents do any less? Ruben, from Italy, says: "My parents reasoned with me from the Scriptures. They helped me to understand that it was better to avoid certain kinds of company. My first reaction was: 'Look at that! I can't have any friends at all!' But time has proved them right, and thanks to their patience, I was protected."

Also, actively bring your children into contact with people who are good examples and who will help them to set good goals for themselves. A successful and happy young man named Francis remembers: "My mother

noticed that we young ones were keeping to ourselves, so she helped us by inviting friends over who were very active in the full-time Christian ministry. In that way we got to know them and to make friends with them, right in our own home."

Through such efforts on your part, your children's homelife can become a fertile seedbed in which good friendships germinate and grow.



*(Continued from page 10)*

older friends have experience, discernment, and a certain balance that we young ones have not yet acquired. With their help I manage to make better decisions."

Zuleica (Italy): "At gatherings we include not only young ones but also some who are older than we are. Personally, I have noticed that when older and younger ones get together, we all feel really encouraged at the end of the evening. We enjoy ourselves because everyone sees things differently."

Older ones, you too can reach out to younger ones. As shown by the foregoing comments, many younger ones greatly appreciate your depth of experience and enjoy your company. Amelia, a widow in her 80's, says: "I take the initiative to keep in touch with the younger ones. Their energy and vitality uplift my spirits!" The good results of such mutual encouragement can be far-reaching. Many happy young adults give much of the credit for their success to friends of their youth who were at least a little older and who served as good examples and gave them good advice.

### **Improving Your Friendships**

To have good friendships, you don't necessarily have to make new friends. If you already have worthy companions, why not see what you can do to strengthen your friendship with them? Longtime friends are a particularly precious treasure, and we should treat them as such. Never take their loyalty for granted.

Above all, remember that true happiness—and true friendship—come from giving of

yourself, your time, and your resources. The rewards are more than worth the effort and sacrifices involved. However, if you think only of yourself when choosing friends, you will never succeed. So when considering potential friends, do not restrict yourself to those you look up to or those from whom you can gain something. Reach out to those whom others might overlook or who may have difficulty making friends themselves. Gaëlle, from France, says: "When we are getting a group together to do something and we know of young people who are lonely, we invite them along. We say: 'You don't want to stay home all by yourself. You can come with us. Let's get to know one another.'"—Luke 14:12-14.

On the other hand, when good people extend friendship, do not be quick to refuse it. Elisa, in Italy, notes: "Perhaps a bit of resentment can well up inside you when you feel you have been left out in the past. You may start thinking, 'After all, friendships are not so important to me.' So you close up, solitude sets in, and you just think about yourself. Instead of looking for friends, you create a barrier." Rather than letting unfounded fears or selfish interest cause you to avoid making new friends, open up to others. We have reason to be deeply grateful when people care enough about us to want to be our friends.

### **You Can Have True Friends**

It takes more than wishing, waiting, and reading articles like these to have true friends. Learning to make friends is like learning to ride a bicycle. We cannot learn either skill entirely from books. We have to get out and practice, even if it means falling down a few times. The Bible shows that the firmest relationships are deeply rooted in shared friendship with God. But God cannot bless our efforts to make friends if we do not make those efforts. Are you determined to have real friends? Do not give up! Pray for God's help, reach out unselfishly, and be a friend.

## **In Our Next Issue**

- **What Kind of Beauty Matters Most?**
- **It Is Written That I Will See Him**
- **What if He Says No?**

# Crossword Puzzle

## Clues Across

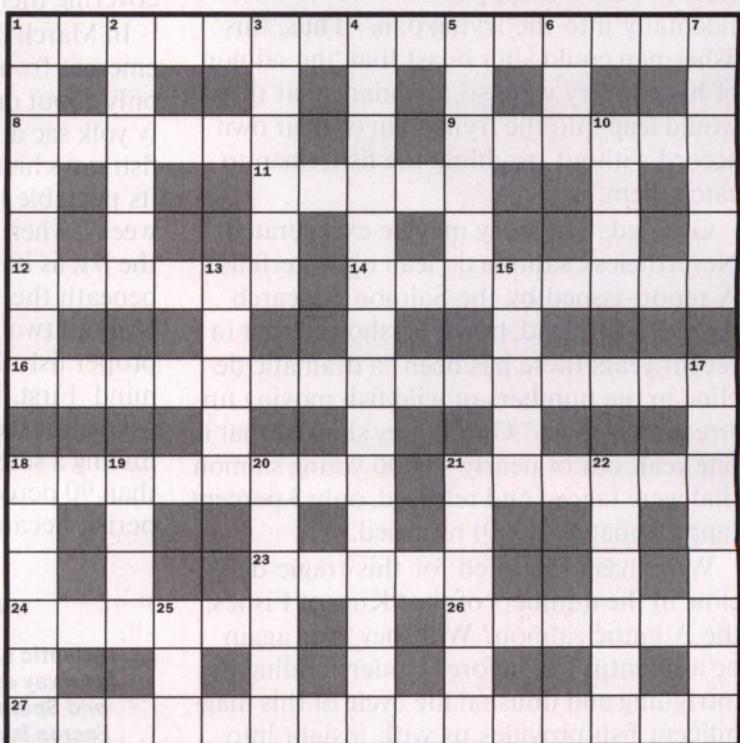
- Although Jude had intended to write his Christian brothers about the salvation they held in common, he found it necessary to write them to do this regarding their faith [5 words] (Jude 3)
- It was en route to this village that Cleopas and his companion were joined by the materialized Jesus Christ (Luke 24:13-32)
- The Biblical account says that God wrote the Ten Commandments on two stone tablets by means of this (Exodus 31:18)
- Concur (Matthew 18:19)
- An uncle of Moses and Aaron (1 Chronicles 23:12, 13)
- Among the “many foreign wives” that Solomon took were women of this nationality (1 Kings 11:1)
- Despite Jesus’ many miracles, his brothers were not doing this in regard to him [2 words] (John 7:5)
- Absalom’s underhanded political campaign resulted in his doing this to “the hearts of the men of Israel” (2 Samuel 15:6)
- The type of birds that gathered at the ruins of Edom following its desolation (Isaiah 34:15)
- One of David’s mighty men (2 Samuel 23:29)
- The symbolic hailstones that fell when the seventh angel poured out his bowl of God’s anger were of this largest Hebrew unit of weight (Revelation 16:21)
- When someone is expelled from the Christian congregation, even doing this with that person is forbidden (1 Corinthians 5:11)
- John’s description of the likeness of the symbolic locusts [2 words] (Revelation 9:7)

## Clues Down

- The burden of physical or mental distress (2 Corinthians 1:8)
- In a vision, Ezekiel caught sight of apostate Hebrew women weeping over this false deity (Ezekiel 8:14)
- Agur, the writer of Proverbs chapter 30, requested that he not

be reduced to poverty so that he would not be tempted to steal and do this to God’s name (Proverbs 30:8, 9)

- Since Jehovah is the Creator of heaven and earth, no man can build him a house to serve as this [4 words] (Isaiah 66:1)
- As a sign that he would heal Hezekiah and do this for Jerusalem, Jehovah caused the sun’s shadow to retreat ten steps on the stairs of Ahaz (Isaiah 38:5-8)
- Where the neighborly Samaritan took the beaten and half-dead man whom he found on the road to Jericho (Luke 10:34)
- The prescribed form of head-gear worn by the high priests of Israel (Exodus 28:37)
- This second-named son of Naphtali was among those who went with Jacob to Egypt (Genesis 46:24)
- To surpass in accomplishment (Genesis 49:4)
- The waste that is removed when a butchered animal is being dressed (Isaiah 5:25)
- People held against their will by others (2 Kings 14:14)
- On two occasions, Abraham claimed that Sarah was this to him (Genesis 12:19; 20:2)
- The mountain on which the maledictions for breaking God’s Law would be pronounced (Deuteronomy 11:29)
- One of the kingdoms that provided the sons of Ammon with fighting men for use against King David (2 Samuel 10:6)
- The home of Israel’s first king, Saul (1 Samuel 10:24-26)
- The king who threw Daniel into the lions’ pit (Daniel 6:9, 16)
- A female sheep (Isaiah 53:7)



Crossword Solutions Page 27

# THE ATLANTIC **SALMON** **A “King” in Trouble**

**SALMON** are famous for their ability to leap *up* waterfalls as they make their way upstream to spawn. One story tells of a fisherman who noticed that “great numbers of salmon failed in their efforts to surmount the [waterfall]” where he fished. Some even landed on the riverbank at the foot of the falls. He lit a fire on an exposed rock near the foot of the falls and put a frying pan on it. “After their unsuccessful effort,” it is reported, “some of the unhappy salmon would fall accidentally into the frying-pan.” Thus, this fisherman could later boast that ‘the salmon of his country were so abundant that they would leap into the frying pan of their own accord without troubling the fisherman to catch them.’

Granted, that story may be exaggerated. Nevertheless, salmon do leap up waterfalls. A report issued by the Salmon Research Agency of Ireland, however, showed that in recent years there has been “a dramatic decline in the numbers of wild fish moving upstream to spawn.” One survey showed that in one year, out of nearly 44,000 young salmon that were tagged and released, only 3 percent (approximately 1,300) returned.

What has accounted for this tragic decline in the numbers of the “King of Fishes,” the Atlantic salmon? Will they ever again be as plentiful as before? Understanding the intriguing and unusual life cycle of this magnificent fish provides us with insight into

the causes of and possible solutions to the problem.

## Early Life

Life for a salmon begins between November and February in the gravel bed of a freshwater stream. The male fends off intruders while the female excavates several small hollows up to 12 inches deep. Together they lay and fertilize several thousand eggs in each hollow. The female then protects the eggs by covering them with gravel.

In March or April, a peculiar-looking fish emerges from the egg. Called an *alevin*, it is only about one inch long and has an ungainly yolk sac attached underneath. Initially the fish stays hidden under the gravel, feeding off its portable food supply. After four or five weeks, when its yolk sac has been absorbed, the *fry*, as it is now called, wriggles out from beneath the stones into the main stream. It is about two inches long and now looks like a proper fish. There are only two things on its mind. First, finding a new food source—small insects and plankton—and second, finding a safe place to live. At this stage more than 90 percent of the salmon fry perish because of lack



*Atlantic salmon travel from rivers as far away as the United States, Russia, and Spain to feeding grounds off the Faeroe Islands and Greenland before returning home to spawn*

United States

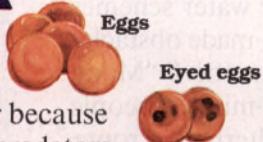


Adult

## A WONDROUS LIFE CYCLE



Spawning



Eggs

Eyed eggs

of food or space or because they are eaten by predators, such as trout, kingfishers, herons, and otters.

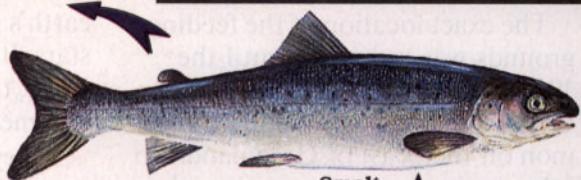
"After a year or so," says Michael, who has studied salmon and other fish for some time, "the salmon gets to be about three or four inches long. It is now called a *parr* and has a distinctive marking of dark patches along each side of its body. When its length reaches about six inches, the dark markings give way to a uniform brilliant silver. Now some remarkable and complicated changes occur that set the salmon apart from most other fish."

Michael continues: "Between May and June, the fish, now called a *smolt*, is prompted by some inter-



Alevin

Parr



Smolt



Parr



Fry



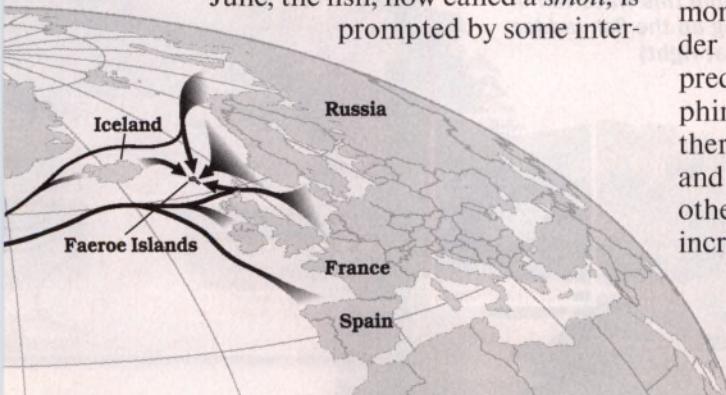
Alevin

nal signal and joins thousands of others in an exodus downstream to the estuaries."

But surely a freshwater creature cannot survive in the sea, can it? When asked that question, Michael replies: "Usually it cannot, but complex changes occur around its gills, which enable it to filter out the salts found in seawater. When the changes are complete, the smolt, which is small enough to fit into the palm of your hand, sets off on an epic journey."

### Life at Sea

Why does such a small fish leave its familiar river? Where does it go? The young salmon needs to get to its feeding grounds in order to become fully mature. If it avoids predators, such as cormorants, seals, dolphins, and even killer whales, it will arrive there and feed on certain large zooplankton and sand eels, as well as herring, capelin, and other fish. After a year its weight will have increased 15-fold—from a few ounces to five



or six pounds. If it stays in the ocean for five years, its weight could reach 40 pounds or more. A few have been known to exceed 100 pounds!

The exact location of the feeding grounds was unknown until the 1950's, when commercial fishermen began catching large numbers of salmon off the coast of Greenland. Another major feeding ground was later discovered around the Faeroe Islands, north of Scotland. More feeding grounds have since been discovered. There are even reports of salmon feeding under the Arctic ice! With the discovery of these feeding grounds, the troubles really began for the Atlantic salmon. Huge fisheries were built in Greenland and the Faeroe Islands. Thousands of tons of fish were caught by commercial fishermen, and suddenly the numbers returning to breed in the freshwater rivers plummeted. Realizing the seriousness of this problem, governments set various restrictions and quotas for fishermen. This has helped to protect the salmon while at sea.

#### **The Return From the Sea**

Eventually the mature salmon returns to the river where it was hatched, finds a mate, and the cycle begins again. "What is truly amazing," explains Michael, "is that this

remarkable fish unerringly navigates thousands of miles of ocean that it has never seen before! How it does this continues to baffle scientists. Some say that salmon navigate using the earth's magnetism, ocean currents, or even the stars. It is thought that once it is back in the estuary, the salmon recognizes its home river by its 'smell,' or its chemical composition."

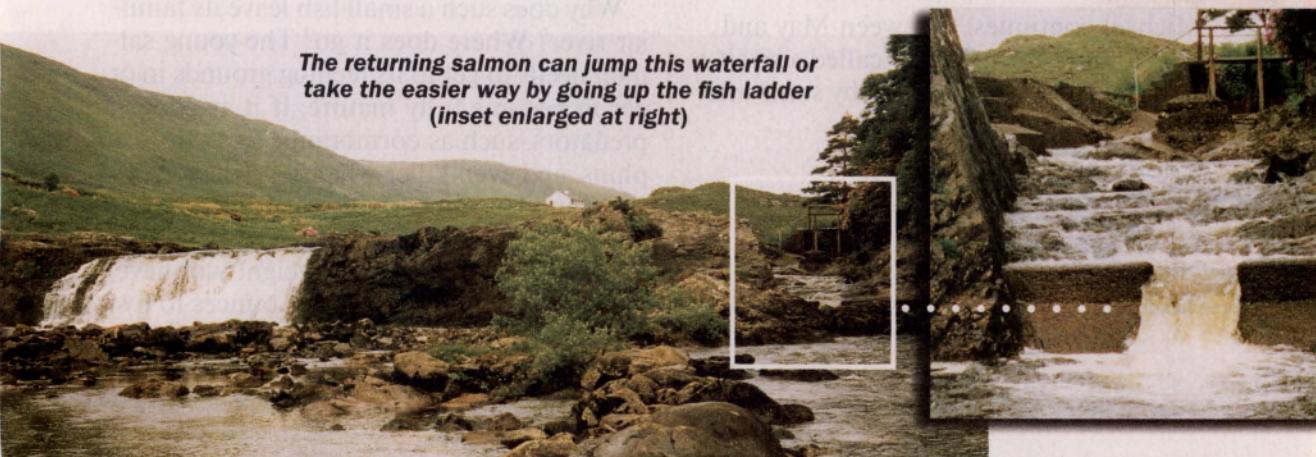
"They adapt to freshwater life once more," says Michael, "and enter the river. This homing instinct is so strong that even if waterfalls or rapids are in the way, these salmon, now much bigger and stronger, will stubbornly struggle to get over each hurdle."

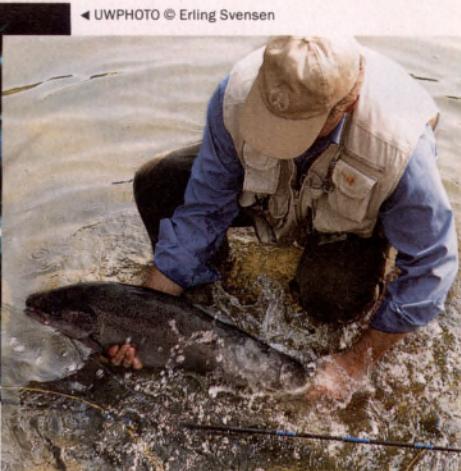
More difficulties confront the returning salmon when it comes across almost unscalable dams, hydroelectric water schemes, or other man-made obstacles. What happens then? "Many conservation-minded people provide an alternative route," says Deirdre, a salmon researcher. "An easier incline is constructed that bypasses the large obstruction. We call this a fish ladder or a fish pass. It enables the salmon to leap safely into the higher waters on its journey to the spawning grounds."

"That does not always work, however," Deirdre continues. "I have seen some salmon ignore the bypass.

***The returning salmon can jump this waterfall or take the easier way by going up the fish ladder (inset enlarged at right)***

Photo: Vidar Vassvik





**Threats to salmon include overfishing and diseases from commercial farms**

They recognize only their original route and try ceaselessly to get over the new man-made obstacle.

Many die of exhaustion or beat themselves to death against the obstruction.”

#### Salmon Farms

Salmon provide nutritious food. Since wild Atlantic salmon are on the decline, commercial salmon farms have been set up. The salmon are kept onshore in freshwater containers until they reach smolt size. Then they are transferred to cage-like structures situated offshore, where they are nurtured until mature and ready to be sold to restaurants and food shops.

Salmon raised in this way are also in trouble. Fish farmers use artificially produced food to feed them. That along with being confined in cages makes the salmon very prone to disease and parasites, such as sea lice. Some of the protective sprays used can be quite potent. “I used to swim beneath some of these fish farms,” says Ernest, a diver, “and it was very noticeable that the seabed was devoid of life around many of those areas.”

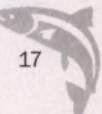
#### A “King” in Trouble

Many wild salmon are caught with offshore nets before ever reaching their home river. The high commercial value of wild salmon encourages some fish-

ermen to take them illegally. The few salmon that manage to get back to the river also have to get past the legal anglers. To protect salmon stocks, various measures have been put in place, such as restricting fishing to designated stretches of river known as beats, imposing expensive levies, and declaring a limited fishing season. Even so, it is estimated that 1 of every 5 salmon will be caught as it makes its way back upriver.

In addition, wild salmon contract various diseases, and these have taken a heavy toll on the salmon population. One of these, known as ulcerative dermal necrosis, causes ulcers on the skin of the fish and eventually death. Industrial pollution and pesticides that find their way into the rivers are other potentially lethal hazards that salmon, as well as all other water creatures, have to combat.

With all these perilous situations to contend with, it is little wonder that the “King of Fishes” is in trouble. Despite the best efforts of many, problems continue for the salmon. Only when the earth’s Creator, Almighty God, stops man from ruining the earth will the balance of nature be restored.—Isaiah 11:9; 65:25.



# THE INTERNET HOW TO AVOID THE DANGERS



**I**N A remote village in India, a farmer checks the price of soybeans in Chicago, U.S.A., to determine the best time to sell his crop. At the same moment, a pensioner smiles as she reads an E-mail from her grandson, a traveler sees the weather forecast at his destination, and a mother finds helpful material for her child's homework—all through the Internet. With an estimated 600 million people connected worldwide, the Internet revolution has transformed the way the world communicates and does business.

Especially has the younger generation, sometimes called the Cyber Generation, embraced the Internet. Increasingly, students use it to replace the library as a primary source of news and research. "In a nutshell, these students are . . . virtually 100 percent connected," said Deanna L. Tillisch, director of a study involving college seniors in the United States. Yes, the Internet is a valuable tool in our modern society.

Generally, the more powerful a tool is, the more dangerous it can be. A gas-powered chain saw can accomplish far more than a handsaw; yet, it must be used carefully. The Internet is likewise extremely powerful and useful, but we must exercise caution when using it, as it also poses serious dangers. Concern about these dangers has caused more than 40 member nations of the Council of Europe to draft an international treaty aimed at the protection of society against cybercrime.

Why all the concern? What are some of the dangers that are of particular concern to Christians? Should they cause you to avoid using the Internet? What guidance does the Bible provide?

### Need for Caution

Centuries ago, the Bible warned of dangers posed by evil men described as "master[s] at evil ideas" and "scheming to do bad." (Proverbs 24:8) The prophet Jeremiah described

them as "wicked men" whose "houses are full of deception." Like birdcatchers, they "set a ruinous trap" to catch men and "gain riches." (Jeremiah 5:26, 27) Technology has provided modern-day "wicked men" with deceptive traps of new dimensions. Let us consider some schemes that can present grave dangers for Christians.

Internet pornography is a 2.5-billion-dollar-a-year industry. The number of pornographic Web pages has grown at the explosive rate of nearly 1,800 percent over the past five years. It is estimated that there are currently over 260 million of such pages, and the number continues to grow at an unprecedented rate. "Pornography is becoming so prevalent on the Internet that it is now difficult to avoid unwanted exposure, and this makes cybersex addiction more likely," said Dr. Kimberly S. Young, executive director of the Center for On-Line Addiction.

The Bible tells us that "each one is tried by being drawn out and enticed by his own desire." (James 1:14) Viewing anyone with a computer as a potential victim, peddlers of pornography employ a variety of tactics to appeal to each one's "own desire," that is, "the desire of the flesh and the desire of the eyes." (1 John 2:16) Their intent is to entice—or as *Vine's Expository Dictionary of Biblical Words* explains, "to lure by a bait"—unsuspecting Internet users whom they "try to seduce." —Proverbs 1:10.

Like wicked men in Bible times, pornographers frequently employ deception. It is estimated that as part of an aggressive effort to attract new customers, some two billion pornographic E-mails are sent each day. Often the unsolicited E-mails have subject lines that make them appear harmless. However, opening one can launch a barrage of immoral images that is difficult to stop. Requests to be removed from the mailing list may result in a deluge of further unsolicited pornographic messages.

## STAY CLEAR OF PORNOGRAPHY!

"Let fornication and uncleanness of every sort or greediness not even be mentioned among you, just as it befits holy people." —Ephesians 5:3.

"Deaden, therefore, your body members that are upon the earth as respects fornication, uncleanness, sexual appetite, hurtful desire, and covetousness."—Colossians 3:5.

"This is what God wills, . . . that each one of you should know how to get possession of his own vessel in sanctification and honor, not in covetous sexual appetite such as also those nations have which do not know God."

—1 Thessalonians 4:3-5.

A birdcatcher carefully places seeds along a path. An unsuspecting bird pecks at one tasty seed after another until *snap!* the trap is sprung. Similarly, curiosity leads some to nibble at sexually stimulating imagery. And the viewers hope that no one is watching them. Finding it arousing, some return to this exciting and powerful imagery with increasing frequency. Shame and guilt may plague them. In time, what was once shocking becomes ordinary. For those inclined to view pornography, the Internet is like fertilizer that causes desires rapidly to grow into sinful actions. (James 1:15) Eventually such individuals may develop "a 'dark side' whose core is anti-social lust devoid of most values," reports Dr. Victor Cline, a clinical psychologist who has treated hundreds of patients who were caught in this snare.

### The Dangers of Chat Rooms

Internet chat rooms can be time wasters and are increasingly associated with relationship breakdowns. Expressing frustration over the amount of time his wife spends on-line, one man wrote: "When she gets in from work,

the PC goes on and it can be five or more hours before she logs off. Our marriage is suffering as a result." Yes, time spent on the Internet is time spent away from your mate and family.

Angela Sibson, chief executive of the marriage guidance service Relate, says that the Internet "is a gateway to other relationships. They can be very potent and break up existing relationships." What starts as a friendly on-line conversation in a chat room can quickly become something more serious. Intent on engaging in immoral relations, those "cunning of heart" use "smoothness of the tongue" to tell potential victims what they want to hear. (Proverbs 6:24; 7:10) Nicola, a 26-year-old victim from the United Kingdom, explains: "It was like a love bombardment. He kept saying how wonderful I was and I fell

for it." Dr. Al Cooper, editor of *Sex and the Internet: A Guidebook for Clinicians*, says that we need to "warn people about the slippery slope that starts with online flirting and too often ends in divorce."

Children are even more vulnerable to exploitation and harm by "computer-sex offenders." Using "crookedness of speech" and "deviousness of lips," pedophiles target inexperienced children. (Proverbs 4:24; 7:7) Engaging in a practice known as grooming, they shower the child with attention, affection, and kindness to make the youngster feel special. They seem to know everything a child is interested in, including that one's favorite music and hobbies. Minor problems at home are accentuated in order to drive a wedge between the child and his or her family. To fulfill their evil desires, predators may even send

## BEWARE OF INTERNET CHAT ROOMS!

A female police detective specializing in Internet crime invited *Awake!* to see the dangers of Internet chat rooms. She entered a chat room, posing as a 14-year-old girl. After just a few seconds, a number of individuals made contact. The strangers asked such questions as: "Where are you from?" "Are you a girl or a boy?" "Can we talk?" Several responses were from suspected sexual predators whom the police were tracking. That shows how easily a pedophile can get into a chat room with your child!

Some parents think that children are safe when using chat rooms because their conversations are accessible by everyone in the chat room while the discussion is taking place. However, once in a chat room, you can be invited to have a one-on-one conversation. Referring to this prac-

tice, sometimes called whispering, the United Kingdom's Internet Taskforce on Child Protection warns: "This is like stepping out of a party full of people into a private room and having a separate conversation with a stranger."

It is also important for parents to understand that most pedophiles want to do more than chat with a child. A paper prepared by the Internet Crime Forum reports: "Contact initiated in chat rooms may well be developed through other media, such as email and (mobile) phone." A report from the U.S. Federal Bureau of Investigation states: "While talking to a child victim on-line is a thrill for a computer-sex offender, it can be very cumbersome. Most want to talk to the children on the telephone. They often engage in 'phone sex' with the children and often seek to set up an actual meeting for real sex."



their target victim a ticket to travel cross-country. The results are frightening.

### Bible Principles Can Safeguard You

After assessing the dangers, some people have concluded that it is better for them to avoid using the Internet altogether. However, it must be acknowledged that only a small percentage of sites on the Internet pose a danger and that most users have not experienced serious problems.

Thankfully, the Scriptures provide guidance to "safeguard" us from danger. We are encouraged to acquire knowledge, wisdom, and thinking ability. Such qualities will 'keep guard over us' to 'deliver us from the bad way.' (Proverbs 2:10-12) "But wisdom itself—from where does it come?" asked God's ancient servant Job. The answer? "The fear of Jehovah—that is wisdom."—Job 28:20, 28.

"The fear of Jehovah," which "means the hating of bad," is the basis for developing godly attributes. (Proverbs 1:7; 8:13; 9:10) Love and reverence for God, along with a healthy respect for his power and authority, result in our hating and avoiding the bad things he hates. Clear thinking ability, coupled with godly knowledge, helps us recognize dangers that can poison our mind, heart, and spirituality. We come to abhor selfish and greedy attitudes that can wreck our family and destroy our relationship with Jehovah.

So if you use the Internet, be aware of the dangers. Be resolved to keep God's commandments, and avoid flirting with trouble. (1 Chronicles 28:7) Then, if Internet dangers confront you, you will wisely flee from them. —1 Corinthians 6:18.

To accomplish this, computer-sex offenders will give out their phone number. Should your child call them, caller ID will reveal the child's phone number. Other predators have toll-free numbers or tell the child to call collect. Some have even sent the child a cell phone. Offenders may also send letters, photographs, and gifts.

Children are not the only ones succumbing to the dangers of chat rooms. Using smooth speech to tell women what they wanted to hear, one man recently made six women in the United Kingdom fall in love with him at the same time. One of the victims, Cheryl, an attractive 27-year-old postgraduate student, said: "I just can't explain

it now. It became so intense it took over my whole life."

"Women find cyberspace comforting because they are not being judged by their looks," said Jenny Madden, the founder of Women in Cyberspace. "But they also leave themselves very open to manipulation because there is a tendency, in chat rooms particularly,

to give away a lot about yourself very quickly."

"All I have to do is turn on my computer and I have thousands of women to choose from," said one man questioned for a University of Florida research study conducted by Beatriz Avila Mileham. She stated: "The internet will soon become the most common form of infidelity, if it isn't already." "We are hearing from therapists around the country reporting online sexual activity to be a major cause of marital problems," said Dr. Al Cooper, editor of the book *Sex and the Internet: A Guidebook for Clinicians*.

In view of these sobering facts, it is wise to take sensible precautions when using the Internet. Talk to your children, and teach them how to protect themselves from danger. Equipped with proper knowledge, you can avoid the dangers of the Internet. —Ecclesiastes 7:12.





# Beautiful AND Delicious!

**V**ISIT a flower garden, and your senses are immediately rewarded. You enjoy the sight of the flowers' colors, their shapes, and their intricate designs. You smell their fragrances. You feel the varied textures of their petals. But what about your sense of taste? Can you also find pleasure in the taste of flowers? In some countries, people have enjoyed the flavor of edible flowers for centuries. If you have one of the following available in your flower or vegetable garden, maybe you too would enjoy the experience.\*

### The Romantic Rose

Around the world, the rose (genus *Rosa*) is probably the best-known and the most appreciated flower. Besides the primary species, there are thousands of man-made hybrids. Since flavor is affected by such factors as soil and temperature, it is advisable to taste a petal of the rose or any other flower before you decide to use the flower as food. You will probably notice that the base of the petal is somewhat bitter. If it is, cut out that part, or if you are serving the complete flower, eat only the outer part.

The list of dishes that can be enriched by roses is practically endless. Try them in salads, maybe with some mild cheese and chopped nuts. Use smashed petals of red roses as an extra ingredient in your favorite sauce to add flavor and color. And what about

giving your spaghetti the final touch of rose petals cut into strips? Roses will also enhance the flavor of ice cream and your favorite beverage.

### The Squash Blossom

Records of the squash blossom (*Cucurbita pepo*) being used for food in the Americas date back to the 16th century, and it seems that Native Americans used to eat only male flowers (those grown on long and slender stems) in order to allow female flowers (those with a very small squash behind them) to reproduce. Before cooking the flowers, remove the outside prickly leaves. Pistils can be taken off or left on. In entrées and soups, the mild flavor of squash blossoms goes well with olive oil, tender corn, and the squash itself. For a stronger flavor, sauté the blossoms with some onion, garlic, herbs, and spices of your choice. You can also stuff the flowers with a mixture of cheese, onion, and herbs. Then close the end, and dip the blossoms in an egg mixture of whisked egg whites to which yolks have been added. Finally, dip the blossoms in bread crumbs, deep-fry them, and enjoy their unique flavor!

### The Colorful Garden Pansy

Bicolored or tricolored garden pansies (*Viola witrockiana*) have characteristic dark spots on the petals, which give them an unusual appearance. According to the *Encyclopædia Britannica*, the garden pansy is usually

\* The botanical names are included for exact identification.



Rose



Squash blossom



Pansy



Daylily

thought to be a cultivated form of the wild pansy, or Johnny-jump-up (*Viola tricolor*), colored purple, white, and yellow. This wildflower is also edible, but according to the book *Edible Flowers—From Garden to Palate*, it “may be toxic in large amounts.” It greatly enhances the flavor and appearance of vegetable and fruit salads. Use the entire flower, adding it right before serving and after adding any vinaigrette. You can also serve it on your favorite soup.

A third edible flower of the *Viola* genus is the garden violet, or English violet (*Viola odorata*), which goes wonderfully with desserts and beverages. (See the box “Sweet Flowers for Beverages.”) No other flowers of the *Viola* genus are considered edible.

#### The Vivacious Daylily

The long, thin, abundant leaves at the base of the daylily (genus *Hemerocallis*) are characteristic of this plant. Its short-lived flower must not be confused with other flowers of the same family, Liliaceae. Daylilies, whose colors range from yellow to red, have long been used in the kitchen. This flower, lightly cooked, can be served as a vegetable. Another possibility is to combine its petals with ingredients of your choice to make a light paste and then fry it. Garnish it with an entire flower.

### Some Other Edibles

The yucca flower (genus *Yucca*), which grows especially in arid or semiarid climates, is rich in vitamins and calcium. Eat only the petals; you may have to give them a light boil to take away any bitterness. Lemon blossoms (*Citrus limon*), orange blossoms (*Citrus sinensis*), and the mint flower (genus *Mentha*) are excellent additions to beverages, salads, and desserts.\*

Without a doubt, flowers are a gift to our senses and an important ingredient in our enjoyment of life. Truly they give us additional reasons to thank our loving Creator.

\* These are not the only edible flowers, but *thoroughly* investigate the edibility of any others before eating them.



Lemon blossoms

### ■ SWEET FLOWERS FOR BEVERAGES

Place a petal or a small flower in each compartment of your ice-cube tray before pouring in bottled or filtered water. Freeze as usual. Use these ice cubes in your favorite beverage.—Adapted from *El Cultivo de Hierbas* (Herb Culture).

### ■ CANDYING FLOWERS

Whisk an egg white, and paint a fine coating onto each clean, dry flower, using a fine paintbrush. Be sure to cover all the petals completely. Using a sieve, carefully sprinkle superfine sugar over the petals. Shake off excess, and lay the flowers out to dry for several hours.

—Adapted from *Cook's Thesaurus*.



### ■ IMPORTANT CAUTIONS

Some flowers are poisonous. Identify the edible ones positively. When in doubt, do not eat them.

Do not eat any flower that has been treated with pesticides or any other chemical. (This would often be true of flowers bought



from florists, garden centers, and some nurseries.) Eat only flowers grown organically and far from roadways.

Flowers should not be eaten by people who have asthma or a plant-related allergy.

Like fruits and vegetables, flowers must be washed and disinfected, especially when they are to be eaten raw.

# Collecting

## A Hobby That Requires Balance

••• BY AWAKE! WRITER IN AUSTRALIA •••

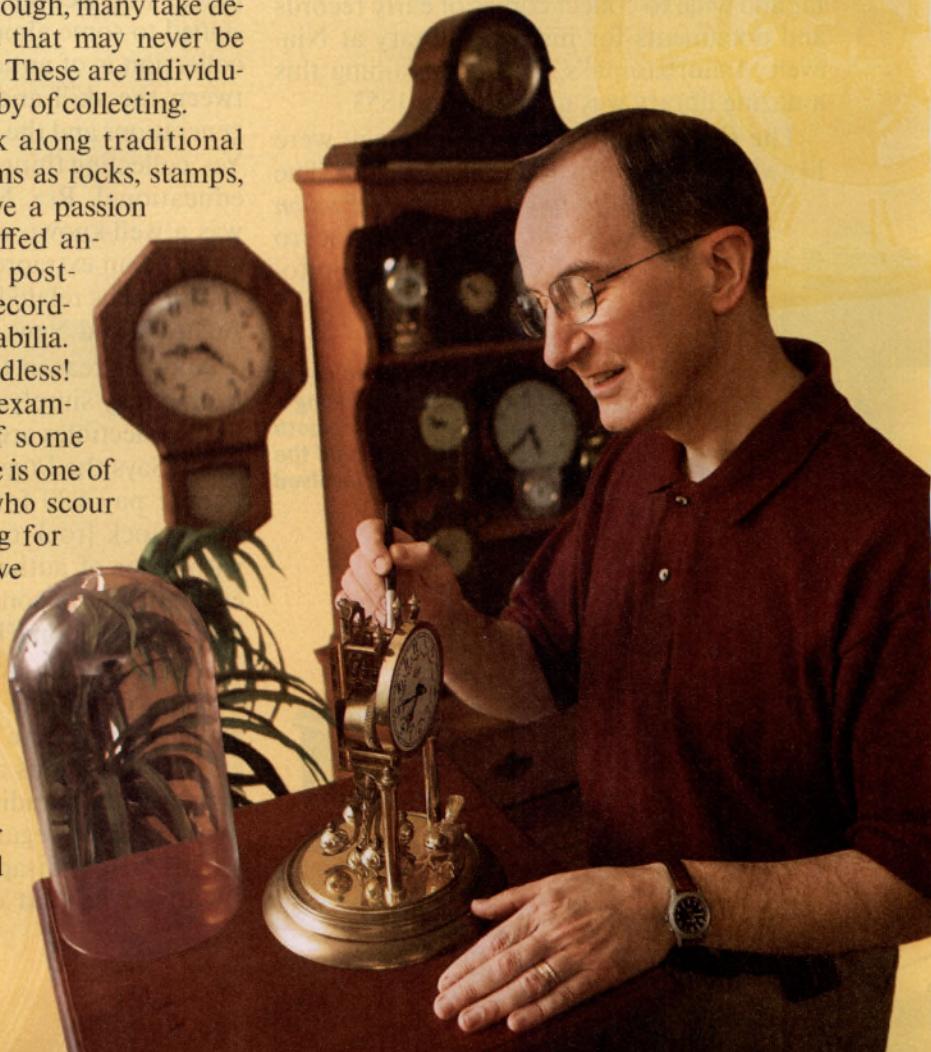
DO YOU sometimes find yourself accumulating items that you say "one day" just might be useful? Well, if that day fails to materialize, in time you will likely discard things that serve no practical purpose. Interestingly, though, many take delight in collecting things that may never be useful in a practical way. These are individuals who have made a hobby of collecting.

Some hobbyists work along traditional lines, collecting such items as rocks, stamps, or old coins. Others have a passion for collecting dolls, stuffed animals, spoons, medals, postcards, antiques, music recordings, or vacation memorabilia. The possibilities are endless! One U.S. attorney, for example, has a collection of some 200,000 railroad nails! He is one of hundreds of hobbyists who scour the countryside looking for old railroad nails that have a date stamped on the head.

*Harper's Magazine* observes: "It is amazing the things people collect—teeth and toupees, skulls and cookie jars, trolley-car tickets, hair and fans and kites and forceps, dogs and coins,

canes, canaries and shoes, . . . buttons and bones, hatpins and forged signatures and first editions and gas masks."

Then there are collectors who have a taste for the bizarre. Take the case of a Russian



countess who collected bedpans that had belonged to the rich and famous. A Japanese regent had a collection of 5,000 dogs—housing them in lavishly appointed kennels. According to *Harper's Magazine*, one wealthy collector gathered thousands of fleas “preserved in spirits in individual vials, marked with the place of origin and with the name of the host, animal or human, on which the flea had been found.”

Extreme cases notwithstanding, the idea of collecting things is hardly peculiar to modern times. Amassing large collections of books and manuscripts, for example, is a very ancient pursuit. The book *Light From the Ancient Past* tells of how Assyrian King Ashurbanipal (seventh century B.C.E.) sent his scribes far and wide to collect copies of early records and documents for his royal library at Nineveh. Ashurbanipal’s palace containing this amazing library was unearthed in 1853.

The Greek and Roman aristocracy were likewise well-known for collecting art. The book *Collecting—An Unruly Passion* states: “At the time of Cicero and Caesar, Rome epitomized

victorious extravagance and conspicuous consumption.... Art dealers occupied entire city blocks. Some of the richest citizens even had their own private museums.”

### What Is the Fascination of Collecting?

Why do people today make a hobby of collecting things? *The Encyclopedia Americana* says: “People pursue hobbies for many reasons but mainly for fun. Hobbies are relaxing and offer a change from daily routines.” Yes, many simply find that spending time perusing their collection of cherished items is enjoyable.

An article in Australia’s *Canberra Times* newspaper further suggests that a hobbyist’s collection “can bring back memories of places and people that the mind had consigned to some almost lost region. When the collection is of antiques, a bridge is built between the skill and aspirations of previous generations and the appreciation of our own.” Yes, collecting things can be enlightening and educational. Rex Nan Kivell, for instance, was a well-known collector in Australia. He amassed an extraordinary collection of some 15,000 items related to the earliest history of Australia and New Zealand.

Another reason for the popularity of collecting may simply be that many people believe collectibles are a sound financial investment. Says the *Utne Reader*: “Why else would people pay \$80 for a set of ‘original 1969 Woodstock [rock concert] tickets,’ complete with letter of authenticity, when they didn’t even attend the concert?... Pop culture collecting has become big business.”

A word of caution, however. The article in *The Canberra Times* warns: “Collecting is not all pleasure. There are pitfalls. Not all sellers are scrupulous and there are many fakes and forgeries parading as something valuable, with scant regard for propriety or morals.” How disappointing it would be to discover that one’s “investment” is a



*It is wise to count the cost of pursuing a hobby, considering both the time and the expense involved*

worthless fake! The words of Proverbs 14:15 are thus quite practical for collectors: "Any-one inexperienced puts faith in every word, but the shrewd one considers his steps."

### A Need for Balance

Collecting can also occupy too much time, energy, and money. One woman collector described her habit as "an unbearable restlessness." Alastair Martin, a lifelong collector, even admitted that some collectors "are on the eccentric side."

In his book *Collecting—An Unruly Passion*, Werner Muensterberger said: "Observing collectors, one soon discovers an unrelenting need, even hunger, for acquisitions. . . . It is not even the phenomenon of collecting as such which may seem strange to the outsider, but rather the spectacle many collectors make of themselves, their emotional involvement in the pursuit of objects, their excitement or distress in finding or losing them, and their at times peculiar attitudes and behavior."

Should a Christian allow his fascination with any hobby to become so consuming that he goes to unwise or embarrassing extremes? No, for the Bible exhorts us to "keep balanced." (1 Peter 1:13, footnote) And while a hobby can be enjoyable, it is simply not one of "the more important things" that should concern a godly person. (Philippians 1:10) Take a lesson from King Solomon. Using his vast resources, he had an impressive collection of homes, vineyards, trees, and livestock. "Anything that my eyes asked for I did not keep away from them," confessed Solomon. But did devoting his life to such things bring him deep satisfaction? Solomon answers: "I, even I, turned toward all the works of mine that my hands had done and toward the hard work that I had worked hard to accomplish, and, look! everything was vanity and a striv-ing after wind."—Ecclesiastes 2:3-11.

How can you prevent your interest in collecting from overshadowing more impor-

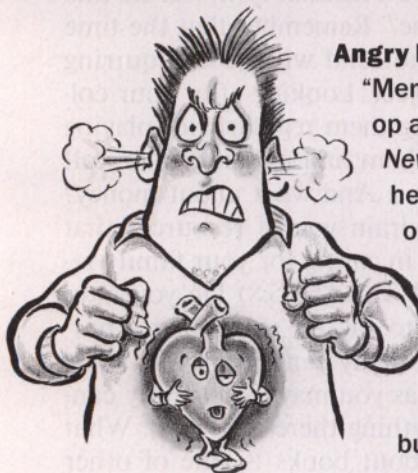
tant concerns? You might ask yourself, 'How much time can I reasonably invest in this hobby or pastime?' Remember that the time involved does not end with just acquiring the desirable object. Looking after your collectibles, cleaning them regularly, displaying them, admiring them, and securing them—all of that takes time. And what about money? Will the hobby drain you of resources that you need to use in caring for your family responsibilities? (1 Timothy 5:8) Do you have the self-control to say no to making a purchase when you really cannot afford it? For that matter, try as you may, you simply cannot collect everything there is to own. What Solomon said about books is true of other collectibles: "To the making of many books there is no end, and much devotion to them is wearisome to the flesh." (Ecclesiastes 12:12) So Christian balance is needed.

As noted earlier, collecting has been called "an unruly passion." But it does not have to be. If collecting is kept in its place and done with balance and moderation, it can be a relaxing, enjoyable, and perhaps even educational pastime.

### Crossword Solutions

P	U	T	U	P	A	H	A	R	D	F	I	G	H	T
E	M	M	A	U	S	S	E	N	N	U	B	E	R	
S	M	A	G	R	E	E	F	I	N	G	E	R		
S	U	I	I	E	N	N	N	A	A	U	B			
U	Z	Z	I	E	L	S	I	D	O	N	I	A	N	
R	X	X	T	T	F									
E	X	E	R	C	I	S	I	N	G	F	A	I	T	
S	T	E	A	L	I	I	N	G	G	L	E	D	E	
I	B	S	P	P	I	I	A	O	O					
S	A	H	E	L	E	B	R	A	T					
T	A	L	E	N	T	A	E	A	T	I	N	G		
E	W	W	O	O	C	A	U	U	E	E				
R	E	S	E	M	B	L	E	D	H	O	R	S	E	

# Watching the World



## Angry Mind, Weak Heart

"Men prone to angry tantrums or sulky hostility are more likely to develop an irregular heart rhythm called atrial fibrillation," reports the *Daily News of New York*. Researchers found that men who say they are hot-headed or quick-tempered or who lash out at others when frustrated or become furious when criticized are 30 percent more likely to develop an irregular heart rhythm. The director of the study, Elaine Eaker, says: "There has been a perception that you can dissipate the negative health effects of anger by letting it out instead of bottling it up.... But that is definitely not the case in the men in this study—they were at higher risk not only of atrial fibrillation, but of death from all causes."

## Child Abuse in Mexico

According to Mexico City's justice department, "1 in every 8 girls and 1 in every 10 boys are victims of sexual abuse in Mexico City," reports *El Universal* newspaper. The justice department is distributing pamphlets that warn parents about sexual abuse and recommend the course of action that should be taken in the event of actual abuse. The recommendations include the following: (1) Believe and support your child when he or she reports being sexually abused. (2) Explain to the child that he or she is not responsible for what happened. (3) Inform the child that what happened is against the law and that it is necessary to report it to the police so that it will not happen again.

## Tattoo Removal

"Some surveys show that 80 to 90 per cent of people with tattoos want them removed at some point in their lives," says Canada's *Vancouver Sun*. "Because there's been an increase in the number of tattoos people are getting, there has been a coinciding increase in the desire for removal," notes one dermatologist. A typical example is 27-year-old Dan, who had a bright-green emblem removed from his arm. He says: "It just doesn't represent who I am any more." But even with modern laser treatment, tattoo removal can be painful, expensive, and time-consuming. "Removal of even a small tattoo can cost up to \$1,400," says the paper. It adds: "More modern, multicoloured tattoos, especially if they are large, are almost impossible to remove."

## Deadly Fuel

"Smoke from indoor cooking fires kills one person every 20 seconds in the developing world," reports *Down to Earth* magazine of New Delhi, India. "The figure is much more than the number of people killed by malaria, and [the] same as deaths due to unsafe water and lack of sanitation." The use of coal and biomass fuel, combined with poorly ventilated rooms, often exposes households to 100 times the suggested tolerable levels of pollutants. These contaminants have also been linked to lung cancer, asthma, tuberculosis, and chronic bronchitis. Experts from the Intermediate Technology Development Group, a research organization, claim that people who are too poor to afford cleaner fuels could still reduce their exposure to dan-

gerous fumes by as much as 80 percent by using well-designed chimney stoves or smoke hoods. Of the 1.6 million people who die every year of indoor air pollution, nearly a million are children.

### Working Seniors

A growing number of Canadians over 65 years of age—the common age of retirement in Canada—are remaining in the work force, reports *The Globe and Mail*. The number of senior citizens has increased by 11 percent over five years, but the number of working seniors has grown by almost 20 percent. Why are so many postponing retirement? "People are healthier today," says Statistics Canada analyst Doreen Duchesne. "They live longer." Financial needs and boredom are also cited as reasons for the trend. Ac-

cording to the report, 6 percent of people over 80 years of age continue to work, with farming ranked as the most common occupation for seniors, followed by clerical and sales-related jobs.

### Europe in a Cloud of Smoke

The number of people smoking in the European Union has now reached 40 percent of the population, reports the Spanish newspaper *El País*. The European country with the highest percentage of smokers is Greece, where 44 percent of the population smoke. Greece's annual production of 40,000 tons of tobacco also makes it the largest tobacco producer in Europe. Among European countries with the lowest percentage of smokers, including occasional smokers, is Portugal, with

just over 29 percent. Yet, tobacco prices in Portugal are the cheapest in the European Union. One possible cause of this low percentage of smokers is that since 1982, Portuguese law has banned tobacco advertisements as well as smoking in public places.

### The Most Translated Book

The Bible continues to be the most translated book in the world. It is found in its entirety or in part in 2,355 of the approximately 6,500 languages that exist. The Bible is now available in 665 languages in Africa, followed by 585 in Asia, 414 in Oceania, 404 in Latin America and the Caribbean, 209 in Europe, and 75 in North America. The United Bible Societies are presently assisting in Bible-translation projects in some 600 languages.

### Marriage and Divorce in Britain

In Britain, "a third of the unmarried people say it is 'extremely unlikely' that they will get married," reports London's *Daily Telegraph*. Jenny Catlin, an analyst for Mintel International Group, says: "This clearly shows the chang-

es in attitudes towards marriage." She adds: "It is now much more acceptable to live with your partner and to have children, without ever tying the knot." For those who do wish to marry, the soaring cost—now an average

of \$28,600—makes the option of holding the wedding abroad increasingly popular. More than 10 percent of British couples now choose exotic locations for their wedding. With fewer guests and cheaper catering, this can cost about a third of the price at home. While weddings are decreasing, divorce rates are soaring. "There are now five times as many elderly divorcées as there were 30 years ago, and it is feared that the figure will continue to rise," says the *Telegraph*.



# From Our Readers

**Pets** Many thanks for the series "Pets—How Do You View Them?" (February 22, 2004) I particularly appreciated the way the articles were written, showing love and consideration toward animals. I will give a copy of the magazine to my veterinarian. Articles like these may move animal lovers to draw closer to Jehovah.

**O. M., Italy**



I have recently started to live alone, and so I am raising two kittens. I get much joy from them, but I also see the importance of not attributing human characteristics to them. This article has helped me to understand the necessity of having balance when it comes to pets.

**K. O., Japan**

I can't thank you enough. Three weeks ago I put my 13-year-old pet dog to sleep. It was one of the most difficult decisions I have ever had to make. That morning I reread the series on pets. It was compassionate, understanding, and helpful.

**S. G., United States**

I am working for a man who is known for his contributions to the modern pet food industry. I left the series about pets out on my typing stand. When I went out for lunch, he saw the magazine, read it, and liked it so much that he wants to receive *Awake!* regularly.

**L. W., United States**

The articles were excellent and helped me to put my feelings for my pets into perspective. I might mention that when a person brings a cat or a dog into his home, he should consider having it spayed or neutered. One reason so many dogs and cats are destroyed each year is that there are not enough adoptive homes to place them in.

**C. B., United States**

**"Awake!" responds:** Thank you for bringing this point to the attention of our readers.

Your article stated that in God's new world, "all animals, both domestic and wild, will be at peace with one another." Is it reasonable to believe that predatory animals will no longer exist?

**D. B., Canada**

**"Awake!" responds:** Since man's fall into sin, many things on our planet have been out of balance. It remains to be seen exactly how the Bible's prophecies mentioning harmony among animals in Paradise will be fulfilled. But we have the utmost confidence that our Creator will remove from our planet all that is harmful.—Psalm 37:10, 11.

**Walking** Thank you for the article "Why Take a Walk?" (February 22, 2004) It is good to know that one reduces the risk of suffering from heart disease and stroke simply by walking! The article made me realize that I have had a sedentary life-style for too long. I will follow the advice to take walks regularly.

**L. B., Sweden**

**Telephone Sex** I would like to express my gratitude for the article "Young People Ask . . . What's So Wrong With Telephone Sex?" (February 22, 2004) I have had the bitter experience of having to deal with this grave problem. The consequences were spiritually harmful, leading to more serious sins and the loss of privileges in the Christian congregation. May Jehovah's wisdom be with you as you provide articles that help us stay spiritually strong.

**J. H., Spain**



Agata



Marlena

# "EVERYBODY SHOULD READ THIS BOOK"

BY AWAKE! WRITER IN POLAND

Beginning in the summer of 2003, the book *Learn From the Great Teacher* was released in scores of languages at conventions throughout the world. As in other places, in Poland the response to receiving this beautifully illustrated book was remarkable. Although it is designed especially for young children, letters from teenagers and adults have indicated that the book has wide appeal. Here are some excerpts.

"My name is Agata, and I am eight. When I got this book, I immediately felt how much Jehovah cares about me. The chapter I like most is number 7, 'Obedience Protects You.' I have not always obeyed my parents, but now I know I have to change because Jehovah loves obedient children."

Marlena, a 13-year-old girl, writes with admiration: "I know that this publication is meant for younger children, but I believe it appeals to everybody. Reading it strengthens my faith in Jehovah and Jesus. Even complicated things are explained in a simple way. I just can't put it down. And these pictures! The questions accompanying them will arouse the curiosity of young hearts! The book is wonderful, so I am reading it carefully. Thank you very much."

Justyna, a 15-year-old girl, says how absorbing she has found the book to be: "The chapters I have read have fascinated me so much that I want to give you my heartfelt thanks for this beautiful and instructive gift. I think that everybody should read this book—even older people."

The examples given in it  
Justyna are simple and understandable enough, it

seems to me, for even a one-year-old child. And the pictures speak for themselves. Any way, it is impossible to express in words what I feel when I am reading the book."

Eunika too expresses her gratitude for this publication. Although she is 19, she read the new book eagerly and says that she found it to be "practical for teenagers." She also writes: "It contains valuable advice for everyday life—at home, at school, and in the congregation. Thank you for this gift."

Maria, a happy mother of one-year-old Oliwia, having observed her daughter's reaction to the colorful pictures, says: "I want to thank you from the bottom of my heart for this unique help for teaching children. Our Oliwia can-

not take her eyes off the book. She sits on our laps and wants us to tell her what is in this or that chapter. She took a special liking to the picture on page 83, showing two girls of different skin color embracing. Other pictures look so real that she touches them, hugs them, and smiles at them."

Maria also emphasizes the educational value of the book: "It addresses serious issues concerning sex (pages 58-60) and child abuse (pages 170-1). It is a fine help for parents who want to rear their children wisely in today's evil world where so many dangers lurk."

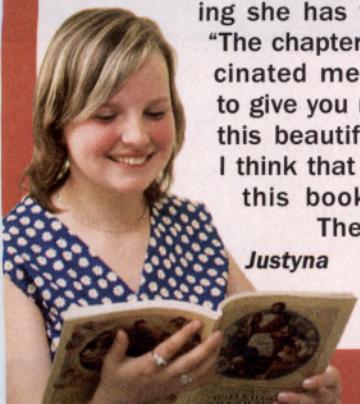
It is the hope of the publishers of *Learn From the Great Teacher* that the book will also help you and your children to benefit from the teachings delivered to mankind almost 2,000 years ago by the Great Teacher, Jesus Christ.



Eunika



Maria and Oliwia



# HELP FOR FAMILY PROBLEMS



A woman in Veracruz, Mexico, was given an *Awake!* magazine that addressed a problem existing in her family. "It interested me very much," she wrote, "because I could identify with the subject." Her letter to the branch office of Jehovah's Witnesses continued: "This information will be of help to me and also to my husband and children."

The woman added this request: "I would like to know more about Jehovah's Witnesses and the location of the nearest congregation. I want to attend with my family because I believe that we need to draw closer to God." Featured on the last page of the issue of *Awake!* that had so impressed the woman was the book *The Secret of Family Happiness*. So she requested a copy.

In that book there is something for every member of the family—husbands, wives, parents, children, grandparents—yes, everyone. Among its instructive chapters are "Train Your Child From Infancy," "Help Your Teenager to Thrive," "Protect Your Family From Destructive Influences," and "Maintain Peace in Your Household."

