

Awake!

APRIL 2009



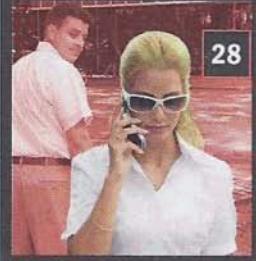
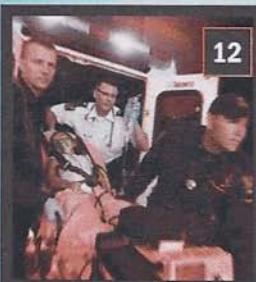
**Under Pressure
In School and Out**

Awake!

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Taken by courtesy of
City of Toronto EMS



Who Answers Your Call for Help?

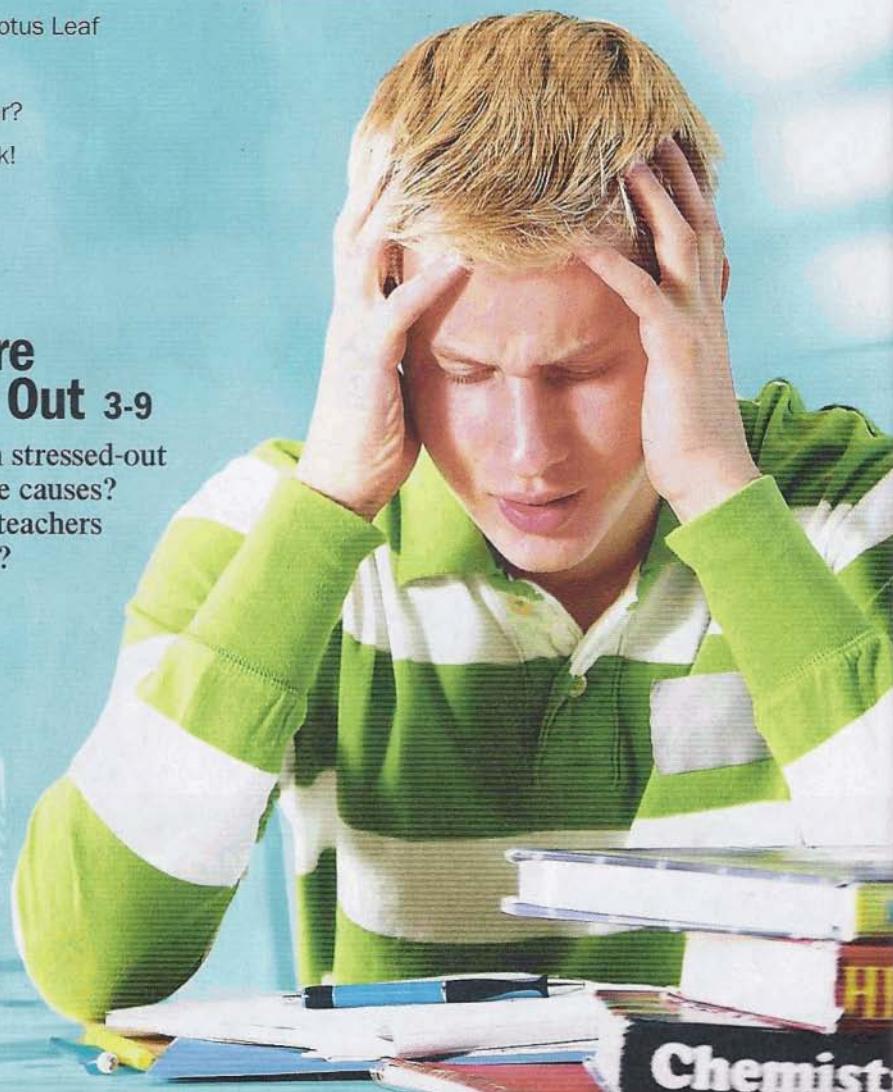
What kind of training do paramedics receive? What is their role in an emergency? A Canadian paramedic answers.

Marital Fidelity—What Does It Really Mean?

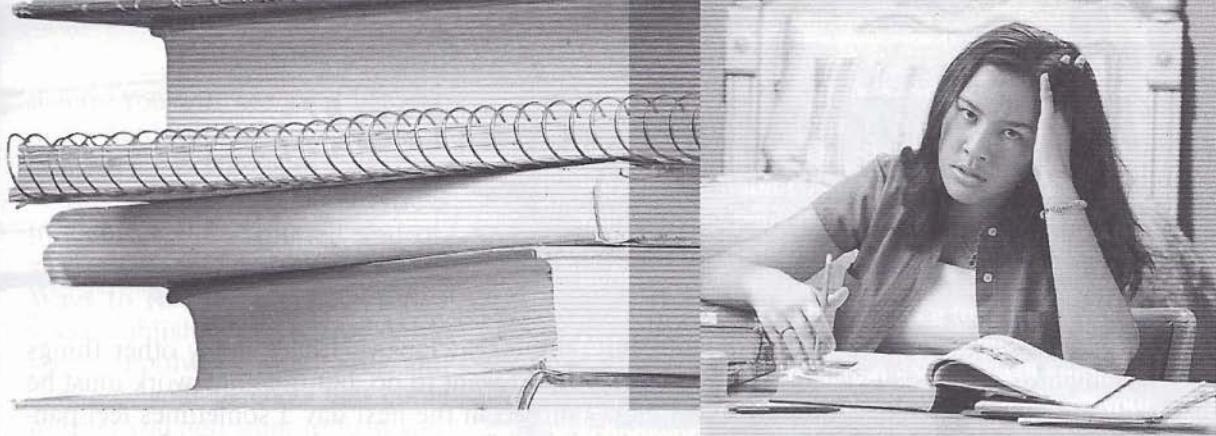
Are sexual fantasies harmless? How can you avoid infidelity?

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Why are many children stressed-out in school? What are the causes? What can parents and teachers do to help the students?



Chem



Stressed-Out Students

SEVENTEEN-YEAR-OLD Jennifer maintained a grade average among the highest in her class. She took part in many extracurricular activities and had the respect of her teachers and counselors. But in the year before her graduation, she started having severe headaches and frequent bouts of nausea. She feels that the long hours of intense concentration she spent on her schoolwork along with lack of sleep made her physically ill.

Jennifer is not alone. The number of students facing high levels of stress in school seems to be increasing, with some seeking psychiatric help. As a result, a group of American educators has instituted a program to loosen up the high-pressure atmosphere in schools. The program is called Challenge Success.

If you are a student, perhaps like Jennifer you are dealing with stress. Or if you are a parent, you may see the unrelenting pressure your son or daughter faces to succeed in school. Is there an effective source of guidance that students and their parents can turn to for help?

'I Have Too Much to Do!'

OLYMPIC weight lifters do not try to set records every day. They regularly work out with smaller weights and in this way gain strength for the big lifts. If they constantly pushed themselves to the limit, they would put dangerous stress on their muscles and joints and risk their career.

In like fashion, as a student, you probably work hard in school. And when you receive difficult assignments or prepare for exams, you are willing and able to make an even greater effort.* But what if all your days were packed only with schoolwork and other assignments? You might find it hard to eat properly or get a good night's rest. The constant high level of stress could eventually make you sick. Perhaps that is how you feel now.[#]

Homework That Does Not Stop

"As I go on to higher grades, my homework increases and gets more difficult. Finishing it takes a long time," says Hiroko,[△] a 15-year-old

* For students who are underachievers or who make little effort, see "Young People Ask . . . Could I Be Doing Better in School?" in *Awake!* of March 22, 1998, pages 20-22.

[#] For additional information on this subject, see "Young People Ask . . . What Can I Do About So Much Homework?" in *Awake!* of April 8, 1993, pages 13-15.

[△] Some names have been changed.

student in Japan. "I have many other things that I want to do, but the homework must be turned in the next day. I sometimes feel panicky." Regarding the homework she receives, 14-year-old Svetlana in Russia writes: "Completing my homework has become more difficult. Every year I have more subjects to study and the teachers assign much more material. Also, each teacher considers his subject to be more important than the rest. It is hard to find a balance and get it all done."

Why is so much emphasis put on homework? Eighteen-year-old Gilberto in Brazil writes: "Teachers say that they want to prepare us for the highly competitive job market." Even if that is the case, you might feel overwhelmed by the sheer amount of homework you receive. Perhaps you can reduce stress both by changing the way you view it and by taking practical steps to get organized.

Consider increased homework as training that you need so you can be successful as an adult. Although the time you spend doing homework may seem endless, your school years will end sooner than you think. When you start working to support yourself, you will be glad you finished those difficult assignments.

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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ments. You will 'see good because of the hard work' you put into your schooling.—Ecclesiastes 2:24.

You can alleviate much stress by being self-disciplined and organized. (See the box "Practical Ways to Reduce Stress.") When you establish a pattern of doing your schoolwork punctually and carefully, your teachers may come to trust you and want to help you. Imagine that you have that kind of relationship with one of your teachers. If something unexpected were to come up and you told him or her in advance that you could not complete an assignment on time, don't you think that your teacher would be more inclined to give you a break? One of God's servants named Daniel "was trustworthy and no negligence or corrupt thing at all was found in him." Daniel's diligence in carrying out his work won him the praise and trust of the king. (Daniel 6:4) If you imitate Daniel in the way you handle your school assignments, you may receive extra consideration when you need it.

Will paying attention in class, doing homework, and completing projects on time relieve you of all school-related stress? No, but some of the remaining stress may just come from your own desire to do well. Instead of look-

PRACTICAL WAYS TO REDUCE STRESS

Do you spend a lot of time sorting through papers and notebooks, trying to find what you want? Some people need help to get better organized. Don't be ashamed to ask others for suggestions.

Do you procrastinate? As a test, make an effort to complete an assignment ahead of time. The relief and satisfaction you feel will surprise you and may motivate you to stop putting off your schoolwork.

Do you often find yourself daydreaming during class? Try this for a month: Listen closely to the classroom discussions, and take good notes for later reference. You may be pleasantly surprised at how much easier your homework becomes. That good result will reduce your stress in school.

Have you selected classes that increase the pace of your schooling but that require much more time and effort? Is it vital that you take those classes? Speak with your parents. Get the opinion of someone with a reasonable view of education. You may find that those optional courses add little to your progress toward graduation.

ing for an easy way out of schoolwork, you may end up really wanting to learn and benefit from your classes.

Stress of that kind is positive and desirable. You may, however, face stress that is harmful and needless.

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EXTRACURRICULAR ACTIVITIES Keep Them Running

Imagine someone who always drives his car hard. He approaches stop signs at high speed and screeches to a stop. Then he steps on the accelerator and speeds off with his wheels spinning. What will that wild driver end up doing to his car? He will likely damage the engine and other parts. But before that, he may destroy it in a serious accident.

In a similar way, many students drive their bodies and minds relentlessly, before and after school. In her book *Doing School*, Denise

No matter how strong you are, there is a limit to what you can do in a day

Clark Pope wrote the following about several students she had met: "Their school days started early, a full hour or two before most adults began their work days, and often ended late at night, after soccer practice, dance rehearsals, student council meetings, paid job responsibilities, and homework time."

When students keep such a fast pace day after day, they set themselves up for prob-

lems. Because of intense stress, they may suffer from stomach ailments and headaches. As constant fatigue weakens their immune system, they may fall sick. Then the fast pace comes to a crawl and they may have quite a struggle to regain their strength. Has something like that been happening to you?

It is fine to work hard toward worthwhile goals, but no matter how strong you are, there is a limit to what you can do in a day. The Bible offers this sound counsel: "Let your reasonableness become known to all men." (Philippians 4:5) Two definitions of the word "reasonable" are "not extreme or excessive" and "possessing sound judgment." A reasonable person makes decisions that are not harmful to himself or others. He manifests maturity, which is invaluable in today's unstable world. So to conserve your health, be reasonable—eliminate some of the less-essential activities to which you have committed yourself.

Pursuing Wealth

To some young people, however, reasonableness seems a hindrance rather than a help in reaching their goals. Such students believe that the key to success is a high-paying job and the riches that such a job

AN IMAGINARY WALL OF PROTECTION

"The valuable things of the rich [man] are his strong town, and they are like a protective wall in his imagination." (Proverbs 18:11) In ancient times, people depended on high walls for protection against attack. But think of living in a city surrounded by a wall that only existed in your mind. As hard as you tried to convince yourself otherwise, that wall would provide no defense against your enemies.

Like people living in such an exposed place, young ones

who pursue riches are headed for disappointment. Are you a parent? You would do well to help your child avoid the trap of materialism and not take up life in a city with an imaginary wall.

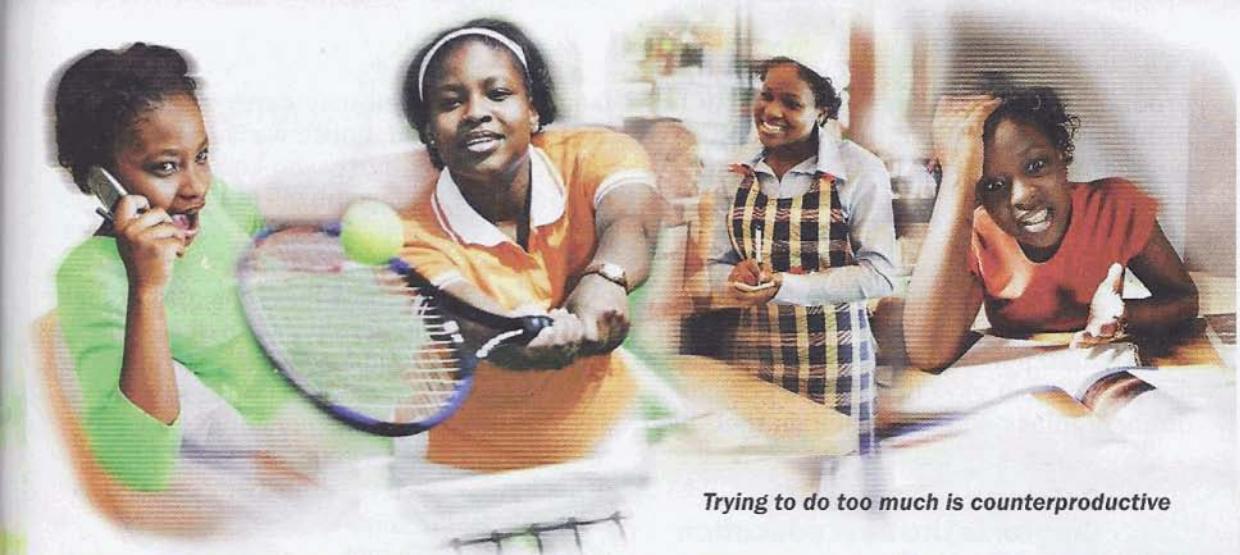
The following Bible-based truths can help you reason with your son or daughter:

■ **Great wealth often brings far more problems than it solves.** "The plenty belonging to the rich one is not permitting him to sleep."—Ecclesiastes 5:12; 1 Timothy 6:9, 10.

■ **With good planning, a person does not need wealth to be happy.** "The plans of the diligent one surely make for advantage."—Proverbs 21:5; Luke 14:28.

■ **A moderate income that covers one's needs leads to contentment.** "Give me neither poverty nor riches."—Proverbs 30:8.*

* More information regarding the snare of materialism can be found in Awake! of April 8, 2003, pages 20-21.



Trying to do too much is counterproductive



*View homework NOT
as a problem but as part
of your job training*

produces. Pope encountered that kind of thinking among some of the young people she met. She observed: "These students wished they could get more hours of sleep and improve their health, but their busy schedules, including school, family, and work obligations, did not allow this change. Similarly, they wished they could spend more time with friends, pursue other activities, or take a few days off, but most believed they could not do these things and still maintain their high

Gaining knowledge of your Creator is the best education you can acquire

grades. They recognized that they needed to make a choice, and for them, future success was more important than present happiness."

Such hard-driving students do well to consider what a wise man once said: "Will a person gain anything if he wins the whole world but loses his life? Of course not! There is nothing he can give to regain his life." (Matthew 16:26, *Today's English Version*) With those words Jesus Christ warned that the goals we may strive to reach in this world are not worth the physical, emotional, and spiritual price required to attain them.

In her book *The Price of Privilege*, psychologist Madeline Levine wrote of "the fact that money, education, power, prestige, and material goods offer no protection against unhappiness or emotional illness." Pope, cited earlier, made this observation: "I see so many kids and parents striving for perfection—according to a flawed definition of success." And she added: "We should be striving to be healthy—mentally and physically and spiritually."

Some things are far more important than money. These include emotional and physical well-being, a good conscience, and friendship with our Creator. These are priceless gifts from God. If you lose them in the pursuit of

fame or riches, you may never regain them. With that in mind, notice what Jesus taught: "How happy are those who know their need for God, for the kingdom of Heaven is theirs!" —Matthew 5:3, *The New Testament in Modern English*.

Many young people have come to accept that truth. While they do their best in school, they know that academic excellence and material riches do not produce lasting happiness. They recognize that the pursuit of such goals brings them unnecessary stress. Those students have learned that satisfying "their need for God" is the foundation for a truly happy future. The publishers of this magazine or Jehovah's Witnesses in your area will be pleased to show you how to be happy as you satisfy your need for God.



How Can Parents Help?

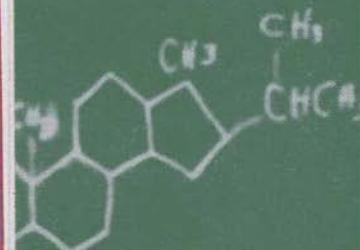
ONE educational organization in the United States challenges high school students: "Show your willingness to push yourself to the limit." Driven to reach their goals, some young people go beyond the limit of their stamina. Madeline Levine, mentioned in the preceding article, wrote: "Between accelerated academic courses, multiple extracurricular activities, premature preparation for high school or college, special coaches and tutors engaged to wring the last bit of performance out of them, many kids find themselves scheduled to within an inch of their lives." Students in that position can suffer physical and emotional harm.

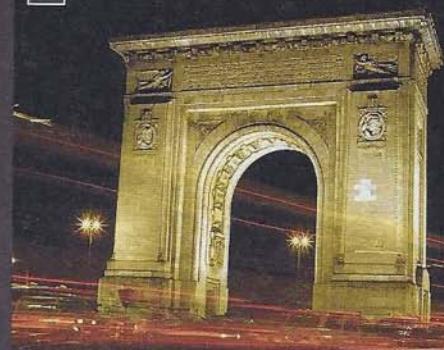
If you are concerned about the stress your child faces in school, go to the school yourself. Talk with the teachers, counselors, and administrators. Tell them what you observe. You have the right to do so.

The Bible encourages parents to pay close attention to their children's development. Moses told parents in the nation of Israel: "You must inculcate them [God's laws] in your son and speak of them when you sit in your house and when you walk on the road and when you lie down and when you get up."—Deuteronomy 6:7.

Intense interest in your child's education is not an intrusion. It shows that your child has your loving support. And that can go a long way in reducing your young one's stress at school.

Talk about your child's stress level with his teachers and counselors



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Bucharest A City With Two Faces

BY AWAKE! WRITER IN ROMANIA

AT FIRST SIGHT, the skyline of Bucharest seems dominated by a single structure—the **Palace of Parliament** (1), known during the Communist era as the House of the People. This austere building, among the largest in the world, is one of the city's main tourist attractions.

In some ways the palace represents the modern face of Bucharest. But local feelings about the massive building are ambivalent. Residents hope that visitors will also appreciate their city's other face—the attractive architecture of its past.

The Capital of Yesteryear

In 1862, Bucharest was proclaimed capital of the state of Romania. During the second half of the 19th century, the city developed rapidly. One after another, impressive yet graceful public edifices designed by French architects appeared along the leafy avenues. Because of Bucharest's many parks, gardens, and squares, it came to be called a garden city. Bucharest was also among the first cities in the world to be illuminated with oil-burning street lamps. In 1935 the **Arch of Triumph** (2), inspired by the Arc de Triomphe on the Champs-Élysées in Paris, was erected on beautiful Kiseleff Avenue. The city's picturesque appearance might have made a Frenchman feel at home. In fact, Bucharest was even nicknamed Little Paris of the East.

After World War II, Bucharest, under Communist rule, experienced dramatic change. About a third of the downtown area, which encompassed many historic architectural monuments, was razed to make room for apartment blocks. During 1960 and 1961 alone, some 23,000 apartments were built. In 1980, planning began for the House of the People. It was eventually equipped with hundreds of chandeliers and a bomb shelter

300 feet below ground. With its more than 3,875,000 square feet of floor space, 12 stories, and 1,100 rooms, it is three times the size of France's Palace of Versailles. Vast areas in the old part of town were cleared to construct the palace and the grand boulevard—wider than the Champs-Élysées—that sweeps up to the facade of the building. To those who knew Bucharest as it was before, the city became virtually unrecognizable.

For many local residents, the palace's imposing presence is a grim reminder of its builder—the late dictator Nicolae Ceaușescu. Driven by the desire to erect a monument to himself, he marshaled almost 700 architects and tens of thousands of workers, who toiled on the project in three shifts around the clock. When his regime collapsed in 1989, the building was still unfinished, although by then it had already cost more than a billion dollars.

Another Face

In the portion of the old town that remains, a very different face of the city can be seen. There you can still admire the elegant architecture of old Bucharest. And at the **Village Museum** (3)—one of its many museums—you can get a sense of the culturally varied atmosphere of rural Romania. In a tranquil park overlooking a lake, more than 50 peasant homes and other structures from all over Romania were reassembled piece by piece, creating a fascinating collection. Each house is a museum in itself, displaying the tools, trades, and home environment of a Romania very different from today's Bucharest.

There is little demarcation between historic and modern quarters of this city. It is not unusual to see **neighboring structures from widely different epochs** (4). Thus, the two faces of Bucharest stand side by side in a city that embraces both past and present.

Who Answers Your Call for Help?



With the flick of a switch, flashing emergency lights on our ambulance begin to reflect off vehicles and buildings. The siren's piercing wail brings traffic and pedestrians to a halt, enabling us to weave around vehicles in response to a call for help.

FOR more than 20 years, I have been a paramedic, providing prehospital emergency medical care to the sick and injured.* Each workday is like navigating uncharted waters. I have encountered situations varying from the mundane to the extraordinary, and I have seen results ranging from happy endings to unspeakable tragedies.

Impact on the Community

Paramedics are an essential part of the health-care system in Canada. The competent medical care they administer before a person arrives at a hospital can save a life or at least limit the severity of some accidents and illnesses.[#]

* For information on possible conflicts of conscience for a Christian working as a paramedic, see *The Watchtower* of April 15, 1999, page 29, and April 1, 1975, pages 215-216.

[#] In some countries paramedics do not staff ambulances. There, it is the ambulance driver's responsibility to get the patient to the hospital as soon as possible.

In many areas paramedics are available 24 hours a day, 365 days a year. They may be employed by a municipal, commercial, or hospital-based emergency medical service agency. Some work with either an ambulance service or a fire department.

These specially trained men and women spring into action seconds after receiving an emergency call for help. It could come at any moment, without prior warning. Consider what a paramedic is certified to do.

Trained to Save Lives

Although paramedic training and the terms used to describe it differ among jurisdictions in Canada, it is generally classified into four levels—emergency medical responder, primary care paramedic, advanced care provider, and critical care provider. Certification to practice as a paramedic is required by

various levels of government as well as medical authorities.

In my case here in Canada, basic training included many hours in a classroom, in a hospital, and in an ambulance. We learned how to measure vital signs, use oxygen-delivery and ventilation equipment, and perform cardiopulmonary resuscitation (CPR), as well as how to apply bandages, splints, and spinal-immobilization devices.

Then 300 hours of valuable clinical training took place in the emergency, intensive care, and labor-and-delivery units of several hospitals. The first childbirth in which I assisted was a most memorable experience—it was like being part of a miracle! This event and other incidents helped prepare me for the next step of my training, which involved more than 300 hours of real-life experience in an ambulance with the guidance and support of two experienced paramedics. After passing written and practical examinations, I was certified as an emergency medical care assistant, now referred to as a primary care paramedic.

For several years I worked both in rural and urban areas. I quickly learned the value of my new lifesaving skills when a construction worker with chest pain walked into the hospital emergency department. Shortly after arriving, the man went into cardiac arrest. I worked with doctors and nurses who performed CPR and defibrillation and administered drugs. Within minutes, the patient's heartbeat was restored and he began to breathe on his own. He was then transferred to the critical care unit (CCU). The next day, I was sent to the CCU, where a physician introduced me to a man sitting in bed talking with his wife. I did not recognize him until he said: "Remember me? You saved my life yesterday!" That was an incredible feeling.

The last part of my training included working with a physician who accompanied me for a 12-hour shift to monitor my patient care. Finally, I passed both the written and practi-

cal examinations and was certified as an advanced care paramedic.

Paramedics practice under the authority of a medical director, who usually works with a medical advisory committee to develop written treatment protocols, or plans. The emergency medical care that paramedics administer is based on these, or they work

I did not recognize him until he said: "Remember me? You saved my life yesterday!" That was an incredible feeling

through direct radio or telephone communication with a select group of physicians. For this reason, paramedics have been described as the eyes, ears, and hands of a physician. Treatment given in a private home, in public buildings, or at a vehicle-accident scene could range from administering oxygen, medications, and defibrillation to intubation and surgical procedures.—See the box "Paramedic Treatment Skills," on page 15.

Risks and Challenges

Risks and challenges are an inherent part of a paramedic's daily routine. Work is done in all types of weather and, at times, in unsafe locations or circumstances. Even driving to an emergency call can be dangerous.

Exposure to blood, body fluids, and infectious diseases is a constant risk. To protect ourselves, we wear such personal protective

IN OUR NEXT ISSUE

■ Prescription Drug Abuse—How Can You Protect Your Family?

■ Does God Want You to Be Rich?

■ I Fled the Killing Fields and Found Life

equipment as gloves, masks, goggles or face shields, and special suits or gowns as needed.

Caring for patients includes dealing with their family members, their friends, or even strangers, whose emotional reactions can be extreme or unpredictable. It is tragic when a husband and wife who have spent decades of life together are separated by death. It is not easy to inform the surviving mate. On one occasion I had to inform a woman that her husband had died. She reacted by punching

During my career, I have been bitten, spat on, and assaulted in other ways by patients who were unable to control themselves

me and running out of her house and into the street screaming and crying. I was able to catch up with her, and she turned around, grabbed me, hugged me, and then began to cry inconsolably on my shoulder.

Interacting with individuals who are emotionally disturbed or under the influence of alcohol or drugs requires empathy, tact, and compassion. People in such a state can be unpredictable. During my career, I have been bitten, spat on, and assaulted in other ways by patients who were unable to control themselves.

The job is also physically strenuous, routinely requiring heavy lifting, sometimes in a very awkward position. Much time is spent kneeling and bending to care for patients.

Work-related injuries are a reality for us. Injuries to our back, shoulders, and knees are most common. Some injuries are serious enough to end a career. Shift work is also expected and can be physically exhausting.

Caring for people who suffer a life-threatening illness or injury is mentally and emotionally stressful. A paramedic must stay calm, use sound judgment, and make rational decisions in times of crises. Paramedics are eyewitnesses of human suffering and tragedy. They see and care for people who suffer horrific physical injuries. I vividly remember one young man who was crushed in an industrial accident. Virtually unrecognizable below his lower chest, he begged my partner and me not to let him die. Sadly, despite our best efforts and those of a team of physicians and nurses, he died less than an hour later.

Some scenes are truly heartbreakng. We received a call to an early-morning house fire. A husband had just arrived home from work as his wife and three-year-old daughter escaped from their burning home. Three more children, aged four months to five years, and their grandfather were trapped inside until firefighters were able to take them out of the house. I was on one of several teams of paramedics that worked in vain to save their lives.

Perhaps at this point you are wondering why anyone would want to be a paramedic. At times, I have asked myself that same question. I am reminded of Jesus' parable about the neighborly Samaritan who willingly gave of himself to help an injured man. (Luke 10: 30-37) Being a paramedic involves giving of oneself physically and emotionally to answer someone's call for help. For me personally, being a paramedic has been a rewarding profession, but I look forward to the time when I will be unemployed. Why unemployed? Because, as God promises, in the near future no one will say: "I am sick." Furthermore, 'death and pain will be no more.' (Isaiah 33:24; Revelation 21:4)—*As told by a paramedic in Canada.*

2. The walls of Jericho fell down flat before the Israelites charged. 2. The cord that Rahab lowered was scatterd.
3. Achasn stole a garment, a gold bar, and a blue silvher shkeles, not an idol. 4. The attack did not take place at night. 5. Micahiah. 6. He announced Jehovah's judgments against Ahab. 7. That Ahab would fall in battle. Ahab had Micahiah thrown into the house of detention.

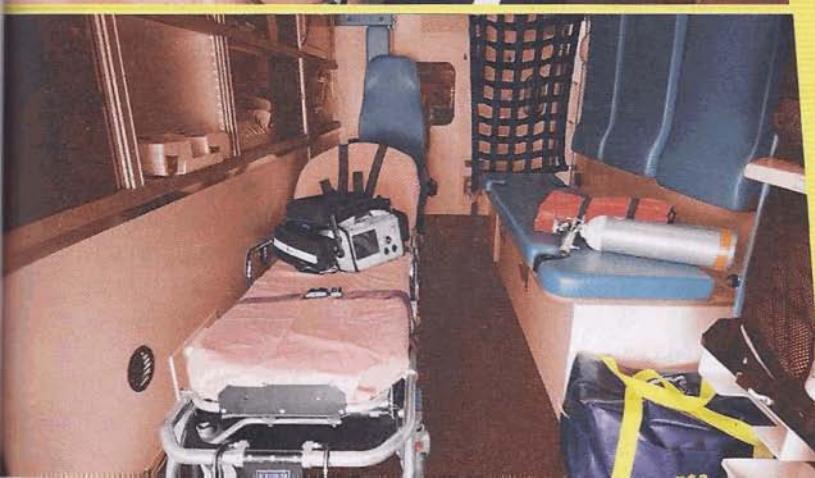
PARAMEDIC TREATMENT SKILLS



A paramedic is trained to ensure that a patient has an **open airway**, or passage, so that air can enter the lungs. This may require intubation, which involves the insertion of a flexible plastic endotracheal tube through the mouth and vocal cords into the trachea, using a laryngoscope. Or it may call for a cricothyrotomy, using a needle, a small catheter, a guide wire, and a scalpel to insert a larger catheter through a patient's neck directly into the trachea. The insertion of a needle and catheter through the chest wall is used to treat the life-threatening complication of a collapsed lung.



Another skill is **intravenous therapy**. A needle is used to insert a catheter into a vein. Thus, solutions such as normal saline can be infused. Alternatively, an intraosseous device can be used to infuse fluid directly into bone marrow.

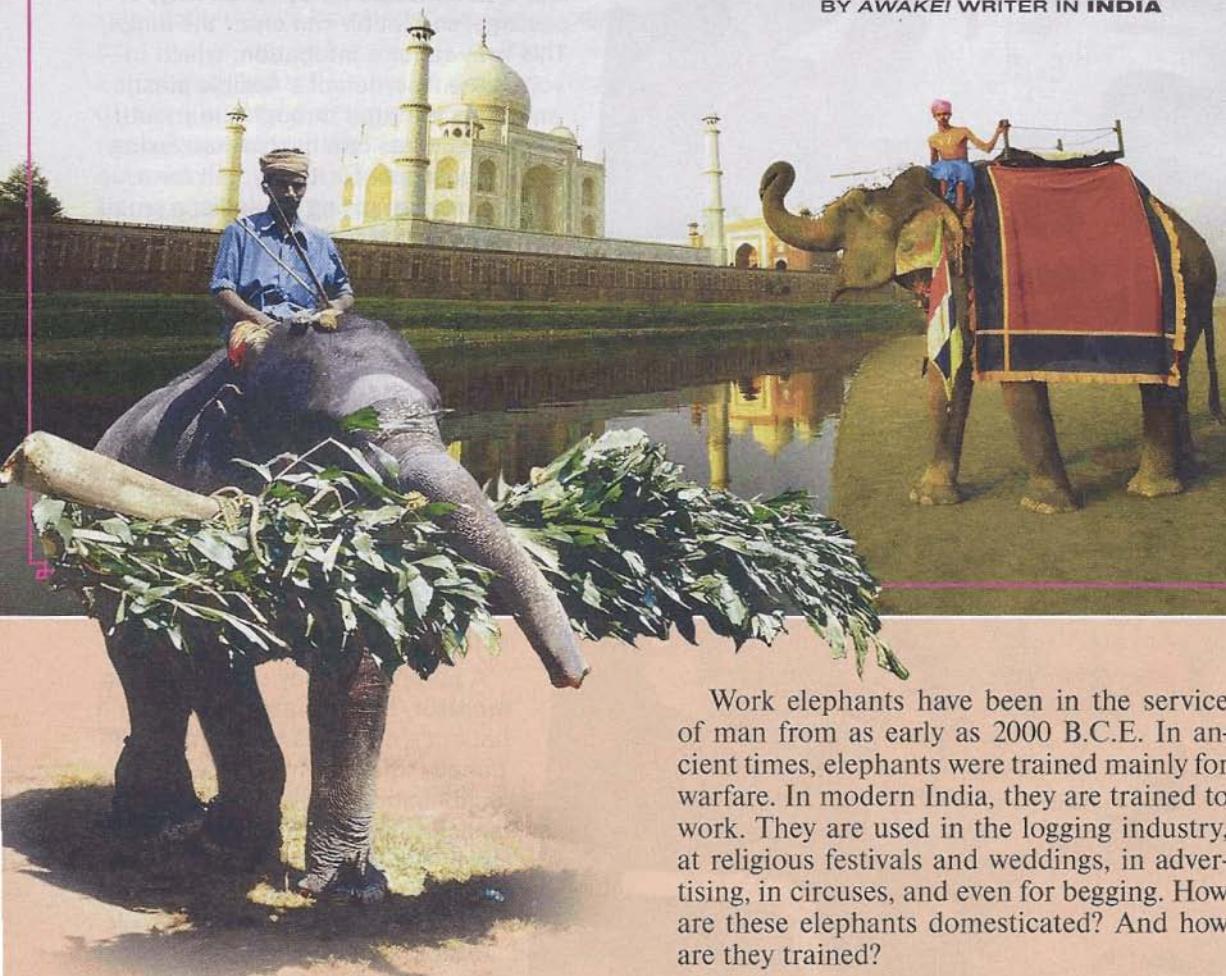


A paramedic may use a **cardiac monitor/defibrillator** to monitor a patient's electrocardiogram. Additionally, the unit may be used for defibrillation (delivering an electric shock to restore normal heart rhythm and function in cardiac arrest) or for cardioversion (delivering a synchronized electric shock to slow a dangerously fast heartbeat). The monitor/defibrillator can also be used as a temporary external pacemaker to speed up a heart that is beating too slowly.

All photos: Taken by courtesy of City of Toronto EMS

What It Takes to Drive an Elephant

BY AWAKE! WRITER IN INDIA



AS A mahout, or elephant driver, cooked his meal by the side of the Narmada River, he left his child between the trunk and forefeet of his resting elephant. The child repeatedly tried to move away, but "the recumbent elephant gently curled its trunk around the child and drew him back to where his father had left him," recounts the book *Project Elephant*. "The father continued his cooking and appeared to have absolute confidence that the child was in safe custody."

Work elephants have been in the service of man from as early as 2000 B.C.E. In ancient times, elephants were trained mainly for warfare. In modern India, they are trained to work. They are used in the logging industry, at religious festivals and weddings, in advertising, in circuses, and even for begging. How are these elephants domesticated? And how are they trained?

A Course in Elephant Training

A number of centers in India are equipped to care for elephant calves that have been captured, abandoned, or injured in the wild. One such training center is in Koni, in the state of Kerala. Here the calves are trained to become work elephants. A mahout must first win the trust of a calf. Feeding is an important way to build this trust. A calf recognizes its mahout's voice, and when called for feeding, it will hurry over to receive its milk and millet paste.

Training for work does not usually take place until young elephants reach their early teens. Then they are put to work when they reach the age of 25. In Kerala, government norms require that working elephants be retired at the age of 65.

To drive an elephant safely, the mahout must have good training. According to the Elephant Welfare Association of Trichur, Kerala, a new mahout needs intensive training for at least three months. Such training is not limited to learning to give commands. It also covers elephant science as a whole.

An adult elephant takes longer to train. From outside the enclosure where the elephant is kept, the trainer first teaches his animal to understand verbal commands. In Kerala, a mahout uses some 20 commands and signals to get his elephant to do the needed work. The mahout gives clear and loud commands and, at the same time, prods his elephant with a stick and shows it what to do. When a command is obeyed, the elephant is rewarded with a small treat. When the trainer is sure that his elephant is friendly, he enters the enclosure and caresses it. This interaction reinforces mutual trust. In time, the elephant can be taken outside—with caution, of course, as it still retains some of its wild characteristics. Until it becomes clear that the elephant is fully tamed, it is chained between two trainer elephants when taken out for bathing and for other excursions.

After an elephant grasps verbal commands, the mahout sits on its back and teaches it how to respond to physical commands by prodding it with his toes or heels. To make the elephant move forward, the mahout presses both of his big toes behind the elephant's ears. To make it back up, he presses both of his heels into the animal's shoulders. To avoid any confusion, verbal commands are given by just one mahout. An elephant will understand all the commands within three or four years. Thereafter, it never forgets them. Even though an elephant has a brain that is small

in proportion to its body, it is a very intelligent animal.

Elephant Maintenance

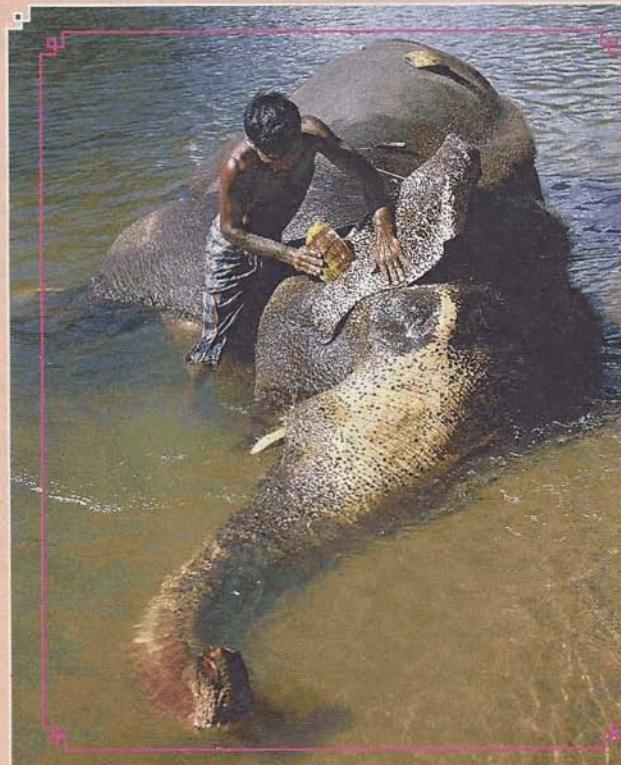
An elephant needs to be kept healthy and in good spirits. A daily bath is important. At bath time, the mahout uses stones and neatly cut coconut husks to scrub his charge's thick yet soft and sensitive skin.

Then comes breakfast. The mahout prepares a thick paste of wheat, millet, and horse gram, a type of fodder. The main course includes bamboo, palm leaves, and grass. The elephant is delighted if raw carrots and sugar cane are added as well. Elephants spend most of their time eating. They need about 300 pounds of food and some 40 gallons of water every day! To stay good friends with his pachyderm, the mahout has to satisfy these needs.

The Results of Abuse

The gentle Indian elephant cannot be driven or made to work beyond a certain point.

The mahout scrubs his elephant's thick yet soft and sensitive skin



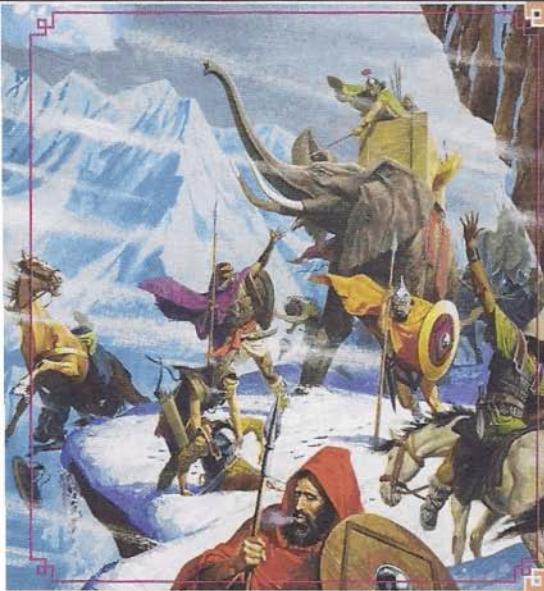
Elephants may turn on mahouts who inflict punishment, verbal or otherwise. India's *Sunday Herald* newspaper spoke of one tusker—that is, a male elephant with tusks—that "went be[r]serk . . . following ill-treatment by the mahouts. The elephant which was reacting to the beating meted out to it by the mahout went on a rampage . . . and had to be tranquilized." In April 2007, *India Today International* reported: "In the past two months alone, more than 10 tuskers have run amok at festivals; since January last year, 48 mahouts have been killed by the raging beasts." Such displays often occur during the period known as musth. This is an annual physiological phenomenon connected with the mating season, during which the testosterone level of healthy adult male elephants rises. The result is aggressive and erratic behavior toward other bull elephants and humans. Musth can last from 15 days to three months.

Another situation in which an elephant can get agitated is when it is sold and a new

mahout takes over. Its attachment to the old mahout is evident. To effect a smooth transition, the previous mahout usually travels with it to its new home. There, both handlers work together until the new one gets used to the moods of the elephant. When a mahout dies and a new one takes over, problems can be even greater. However, the elephant eventually comes to recognize and accept the new situation.

Even though some people might fear this mighty land animal, a well-trained elephant will obey a kind master. When kindness reigns, the elephant need not even be chained when his mahout is temporarily absent. All the mahout needs to do is place one end of his stick on the elephant's foot and the other end on the ground and ask the animal not to move. The elephant obediently stands still with the stick in place. As illustrated in the introduction, the cooperation between an elephant and its mahout can be both surprising and touching. Yes, a good driver can trust his elephant.

MAN AND ELEPHANT—A LONG HISTORY



Man's domestication of elephants has a long history. Perhaps the most famous example in antiquity is that of Hannibal, a Carthaginian general. In the third century B.C.E., the North African city of Carthage was fighting Rome in a century-long series of battles known as the Punic Wars. Hannibal assembled an army in the city of Cartagena, Spain, with the plan of marching on Rome. He first crossed the Pyrenees to enter what is now France. Then, in what *Archaeology* magazine terms "one of the boldest military maneuvers in history," his army of 25,000 men—accompanied by 37 African elephants and scores of pack animals loaded with supplies—crossed the Alps into Italy. They had to contend with cold, snowstorms, rockslides, and hostile mountain tribes. That journey was extremely strenuous for the elephants. Not one of them survived Hannibal's first year in Italy.

THE MAN WHO MAPPED THE WORLD

BY AWAKE! WRITER IN BELGIUM

In the early part of 1544, Gerardus Mercator found himself in a cold, dark prison cell. He felt he was facing certain death. Why did this happen to the greatest cartographer of the 16th century? To find out, let us first take a closer look at his life and times.

MERCATOR was born in 1512 in Rupelmonde, a small port near Antwerp, Belgium. He received his education at the university of Louvain. After graduating, he studied the teachings of Aristotle, and before long, he was troubled by his inability to reconcile the views of Aristotle with the teachings of the Bible. Mercator wrote: "When I saw that Moses' version of the Genesis of the world did not fit sufficiently in many ways with Aristotle and the rest of the philosophers, I began to have doubts about the truth of all philosophers and started to investigate the secrets of nature."

Since he did not want to become a philosopher, Mercator gave up further university studies. However, his quest to find evidence to uphold the Biblical creation account occupied his mind for the rest of his life.

Turning to Geography

In 1534, Mercator began to study mathematics, astronomy, and geography under the mathematician Gemma Frisius. Furthermore, Mercator may have learned the art of engraving from Gaspar Van der Heyden, an engraver and globemaker. At the beginning

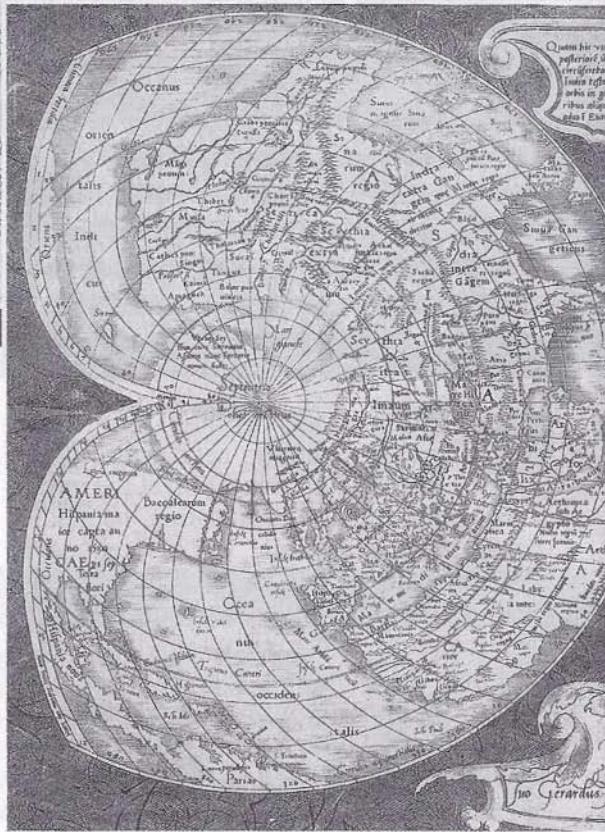
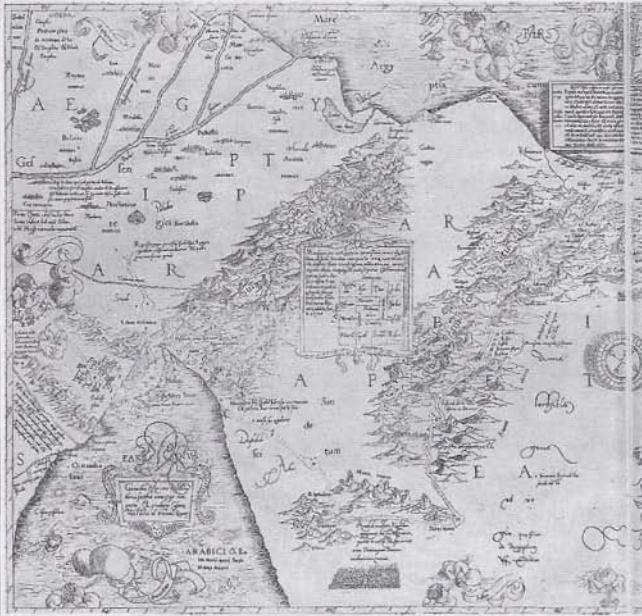


of the 16th century, cartographers used heavy Gothic, or black-letter, type, which limited the space available for written information on maps. However, Mercator adopted a new style of cursive writing from Italy called italic, which proved to be beneficial in globemaking.

In 1536, Mercator worked as an engraver with Frisius and Van der Heyden in the production of a terrestrial globe. Mercator's beautiful cursive handwriting contributed to the success of the project. Nicholas Crane, a modern biographer of Mercator, writes that while another cartographer "had managed to fit fifty American locations onto a wall-map as wide as a man was tall, Mercator reduced sixty onto a sphere whose diameter was two handspans"!

A Cartographer Is Born

By 1537, Mercator made his first "solo production"—a map of the Holy Land, which he made to contribute to a "better



understanding of both testaments.” In the 16th century, maps of the Holy Land were hopelessly inaccurate, some with fewer than 30 place-names—and many of them in the wrong location. Mercator’s map, however, identified more than 400 places! Further, it showed the route followed by the Israelites on their journey through the desert after the Exodus. Because of its accuracy, the map was much admired by many of Mercator’s contemporaries.

Encouraged by his success, Mercator published a world map in 1538. Before that time, mapmakers knew little about North America, calling it the Unknown Distant Land. Although the geographical name “America” already existed, Mercator was the first to apply that name to both North and South America.

Mercator lived at a time when the world’s oceans were being explored and many new lands were being discovered. Sailors passed on contradictory information, making the task of mapmaking almost impossible, as cartographers had to fill in the gaps. Nevertheless, in 1541, Mercator achieved his goal of

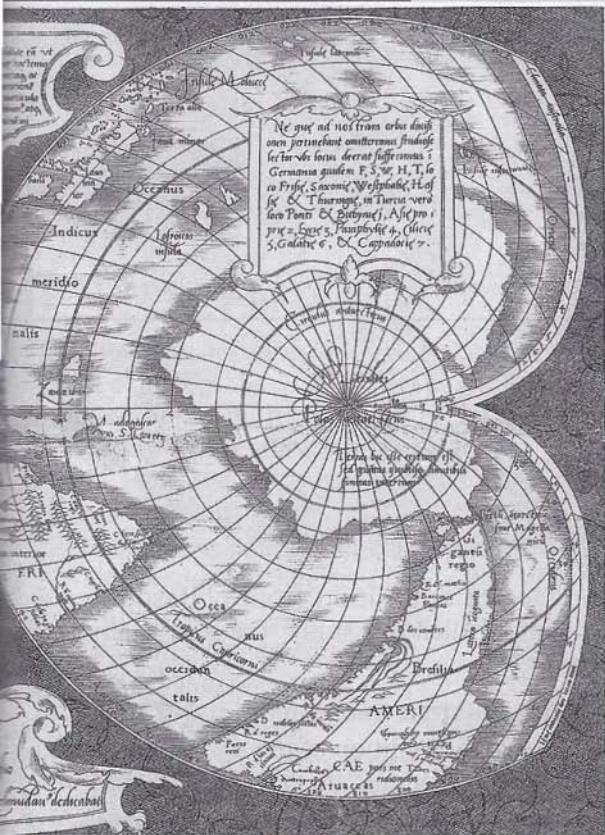
making “a more complete globe than [had] been done so far.”

Accused of Heresy

In Louvain, where Mercator lived, there were many Lutherans. By 1536, Mercator sympathized with Lutheranism, and it appears that his wife later became a Lutheran. In February 1544, Mercator was arrested together with 42 other citizens of Louvain on the accusation of writing “suspicious letters.” However, it may also have been because

◀ Mercator's map of the Holy Land, 1537, identified more than 400 places

▼ Mercator's world map, 1538
Note "AMERI CAE" on both
American continents



the publication of his map on the Holy Land had aroused the suspicion of Tapper and Latomus, two theologians from the university in Louvain. Both men had presided at the trial of Bible translator William Tyndale, who had been executed in Belgium in 1536. Perhaps Tapper and Latomus were concerned that Mercator's map of the Holy Land, like Tyndale's translation of the Bible, encouraged Bible reading. In any case, Mercator was imprisoned in the castle of Rupelmonde, his hometown.

MERCATOR—A DILIGENT BIBLE STUDENT

Mercator believed that the earth would become a place of righteousness, peace, and prosperity. He wrote an unpublished commentary on Romans chapters 1-11, in which he refuted the Calvinistic idea of predestination. Interestingly, he also disagreed with Martin Luther and stated that in addition to faith, works are necessary for salvation. Mercator wrote in a letter that sin "comes not from the planets [astrology] nor from any inclination of nature created by God, but only from the free will of man." In his correspondence he rejected the Roman Catholic dogma of transubstantiation, stating that Jesus' words "this is my body" should not be interpreted literally but, rather, spiritually.

Antoinette Van Roesmaels, one of the other people on trial, testified that Mercator had never attended private Protestant Bible readings. However, because she herself had attended such readings, Antoinette was buried alive, to die slowly of suffocation. Mercator was released after seven months of imprisonment, but all his belongings were confiscated. In 1552, Mercator moved to Duisburg, Germany, where he found a more tolerant religious climate.

The First Atlas

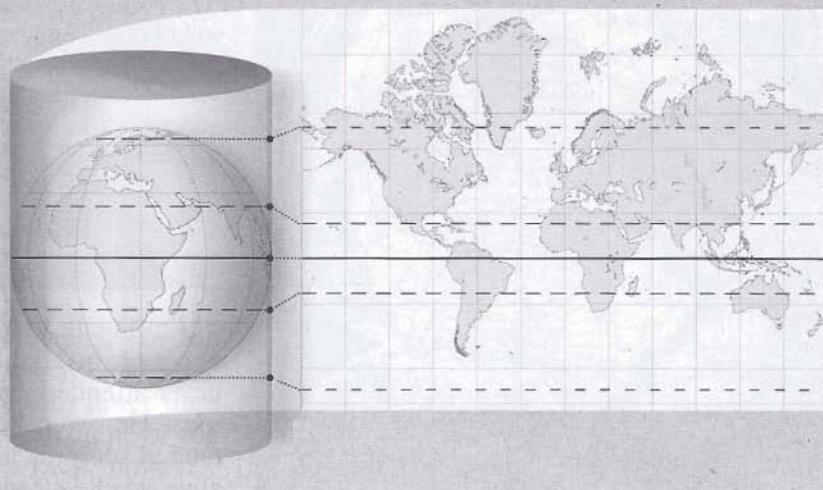
Mercator continued to defend the Biblical account of creation. He devoted most of his life to making a synthesis, or overview, of the entire creation "of heaven and earth, from the beginning of times to the present," as he put it. This work contained both chronological and geographical information.

In 1569, Mercator published a list of the most important historical events from the creation onward—the first part of his synthesis, entitled *Chronologia*. His aim was to help his readers understand their place in time and history. However, because Mercator had included in his book Luther's protest against

THE MERCATOR PROJECTION

Have you ever tried to flatten the skin of an orange? Of course, it is impossible to do so without distorting it. That example illustrates the problem faced by mapmakers—how to project a globe (the earth) on a flat map. Mercator solved the problem by introducing a system that is now known as the Mercator projection. In this method the lines that form the degrees of latitude from the equator to the poles are spaced proportionally. Although this approach distorts distances and sizes (especially to the north and south), it was a major breakthrough in cartography. Mercator's wall map of the world of 1569 was a masterpiece that greatly contributed to his fame as a cartographer. Actually, his projection is still used in ocean maps and by the modern Global Positioning System.

The Mercator projection can be compared to a cut-open cylinder on which the world is flattened out



indulgences in 1517, *Chronologia* was put on the Catholic Church's index of prohibited books.

In the years that followed, Mercator devoted much time to drawing and engraving the plates for the maps of his new geography. In 1590, Mercator suffered a stroke that left him unable to speak and paralyzed his left side, making it extremely difficult for him to continue his work. He was, however, determined not to leave his life's work unfinished, and he continued with it until he died in 1594 at the age of 82. Mercator's son Rumold completed five unfinished maps. The complete collection of Mercator's maps was published in 1595. It was the very first collection of maps to bear the name atlas.

Mercator's *Atlas* contained a study of the first chapter of Genesis, in which the authenticity of God's Word was defended in

the face of opposition from philosophers. Mercator called this study "the goal of all my labour."

"The Greatest Geographer of Our Day"

An enlarged edition of the *Atlas*, published by Jodocus Hondius in 1606, was printed in many languages and became a best seller. Abraham Ortelius, a 16th-century cartographer, praised Mercator as "the greatest geographer of our day." More recently, writer Nicholas Crane described Mercator as "the man who mapped the planet."

Mercator's legacy is still part of our daily lives. For example, whenever we consult an atlas or switch on a Global Positioning System, we are benefiting from the labors of Mercator, a remarkable man who all his life sought to know his time and place in God's creation.

How can I make Bible reading enjoyable?

How often do you read the Bible? Daily Weekly
 (Check one) Other

Complete the following sentence.

*When I don't enjoy Bible reading,
 it's usually because I am ...* Bored
 Confused Distracted
 (Check all that apply) Other

HOW TO READ THE BIBLE



Before you read . . .

- Make sure your surroundings are quiet so that you can concentrate.
- Pray for understanding.

While you read . . .

- Use maps and depictions of Bible accounts to help you visualize Bible scenes.
- Consider the setting, and analyze details.
- Consult footnotes and cross-references.
- Ask yourself such questions as:

FACTS: When did this occur? Who spoke these words? To whom were the words addressed?

MEANING: How would I explain this to someone else?

VALUE: Why did Jehovah God include this account in his Word? What does it reveal about his personality or way of doing things? What lessons can I apply to my life?

After you read . . .

- Do further research. Use tools produced by Jehovah's Witnesses, such as *Insight on the Scriptures* and "All Scripture Is Inspired of God and Beneficial," if available in your language.
- Pray again. Tell Jehovah what you learned and how you plan to use it. Thank him for his Word, the Bible.

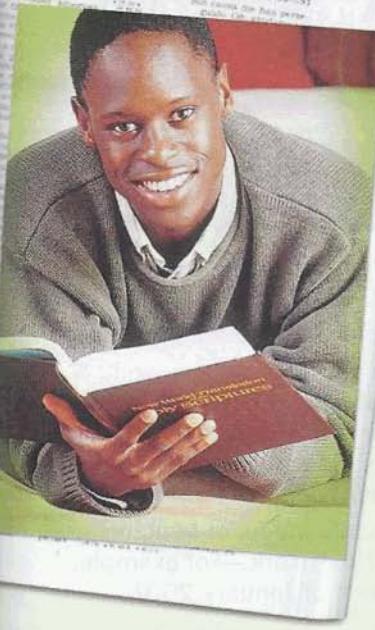
ARE you less than thrilled about reading the Bible? If so, you might agree with 18-year-old Will, who says, "The Bible *can* seem boring." However, he adds, "*That's only if you don't know how to read it.*"

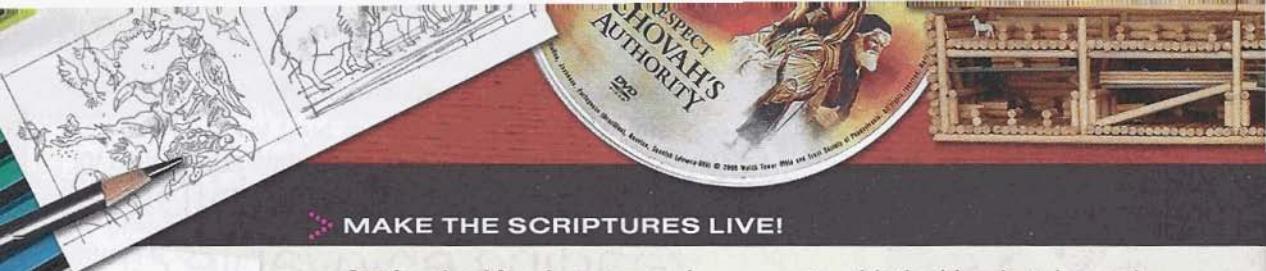
Why learn *how* to read the Bible? Well, would you like to know more about how to

- make good decisions?
- have real friends?
- cope with stress?

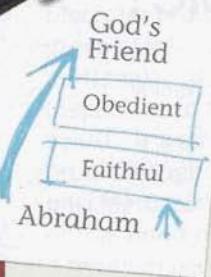
The Bible contains gems of wisdom on those subjects and more. Granted, finding these gems may take effort. But expending that effort is a lot like going on a treasure hunt: The more challenging the search, the more exciting the discovery!—Proverbs 2:1-6.

How can you discover treasures in the Bible? The cutout to the right will give you an idea of how to read the Bible and—on the reverse side—in what order to read it. Also, try the suggestions on the following pages that appeal to you.





► MAKE THE SCRIPTURES LIVE!



IN WHAT ORDER WILL YOU READ THE BIBLE?



Options . . .

- Read from cover to cover.
- Read chronologically, either in the order in which the books were written or the order in which events occurred.
- Each day, read from a different section of the Scriptures.

Monday: Action-packed history (*Genesis to Esther*)

Tuesday: Jesus' life and teaching
(*Matthew to John*)

Wednesday: Early Christianity (*Acts*)

Thursday: Prophecy and moral guidance
(*Isaiah to Malachi, Revelation*)

Friday: Moving poetry and song
(*Job, Psalms, Song of Solomon*)

Saturday: Wisdom for living
(*Proverbs, Ecclesiastes*)

Sunday: Letters to the congregations
(*Romans to Jude*)

Whatever order you choose, be sure to keep track of what you read! Put a ✓ next to each chapter after you finish it, or in some other way make a record of the chapters that you've read.

acts with the blessings he or she received.—Proverbs 28:20.

- Draw pictures to illustrate the account.
- Draw a storyboard, a series of simple pictures to illustrate a sequence of events. Describe what's happening in each scene.
- Build a scale model of structures, such as Noah's ark.—For example, see *Awake!* of January 2007, page 22.
- Read aloud with friends or family members. Suggestion: Assign one person to read the narration. Others can take on character parts.
- Select an account, and turn it into a news story. Report the event from several perspectives by including "interviews" with the main characters and eyewitnesses.
- Take an account in which a character made an unwise decision and imagine a different ending! For example, consider Peter's denial of Jesus. (Mark 14:66-72) How could Peter have better responded to the pressure?
- Watch or listen to recordings of Bible dramas.
- Write your own drama. Include lessons that can be learned from the account.—Romans 15:4.

IDEA: Perform this drama with a small group of your friends.



Clip this, and keep it in your Bible!

TO GET MOTIVATED

- Set a goal! Write below a date by which you would like to start your Bible-reading program.
- Choose a portion of the Bible that interests you. (See the box "In What Order Will You Read the Bible?") Then write below which part of the Bible you will read first.
- Begin with a small amount of time. Even 15 minutes of Bible reading is better than no time at all. Write below how much time you can set aside for this activity.

Suggestion: Keep a study Bible. Write notes in it. Mark verses that are especially meaningful to you.

WHAT YOUR PEERS SAY

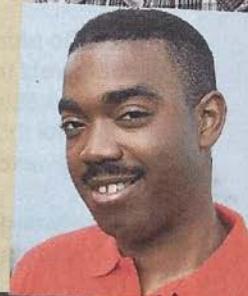
"I try to read a little of the Bible each night before I go to bed. This gives me something good to think about as I fall asleep."—Megan.



"I focus on one verse for 15 minutes. I'll read every footnote, look up every cross-reference, and do additional research. Sometimes I don't finish a verse in one sitting, but I get so much out of my reading with this method!"—Corey.



"Once, I read the Bible in 10 months. With that pace I saw connections between different parts of the Bible that I'd never noticed before."—John.



YOU GET TO CHOOSE!

Pick an event. The Bible is packed with real-life drama. Pick an account that interests you, and read it from beginning to end.

Suggestion: For ideas on how to get even more out of the account, see page 292 of the book *Questions Young People Ask—Answers That Work*, Volume 2, published by Jehovah's Witnesses.

Pick a Gospel. Read Matthew (the first Gospel written), Mark (noted for being fast-moving and action-packed), Luke (which gives special attention to prayer and to women), or John (which covers very little of what is stated in the other Gospels).

Suggestion: Before reading, briefly look up information about the Bible book and its writer so that you can better understand what makes that Gospel unique.

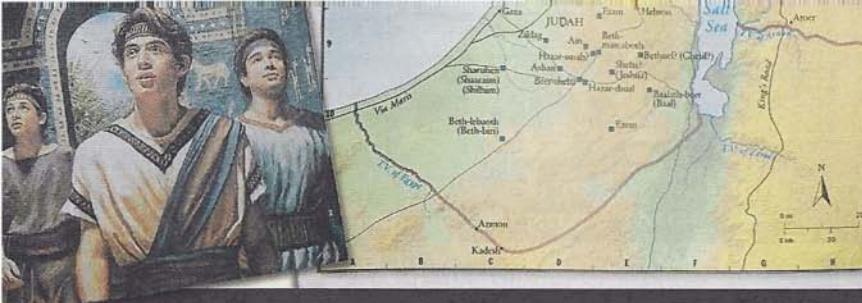
Pick a psalm. For example:

If you feel alone and friendless, read Psalm 142.

If you're discouraged over your weaknesses, read Psalm 51.

If you question the value of God's standards, read Psalm 73.

Suggestion: Keep a list of psalms you've read that are particularly encouraging to you.



DIG DEEPER

- **Consider the setting.** Examine the timing, location, and circumstances surrounding a passage.

Example: Read *Ezekiel 14:14*. About what age may Daniel have been when Jehovah mentioned him as a good example alongside Noah and Job?

Clue: Ezekiel chapter 14 was recorded just five years after Daniel was exiled to Babylon—likely as a teenager.

The hidden gem: Was Daniel too young for Jehovah to notice his faithfulness? What good decisions led to blessings for him? (*Daniel 1:8-17*) How can Daniel's example help you to make good decisions?

- **Analyze details.** Sometimes just a word or two is significant.

Example: Compare *Matthew 28:7* with *Mark 16:7*. Why did Mark include the detail that Jesus would soon appear to the disciples "and Peter"?

Clue: Mark was not an eyewitness of these events; evidently, he got his information from Peter.

The hidden gem: Why must Peter have felt reassured to hear that Jesus wanted to see

him again? (*Mark 14:66-72*) How did Jesus prove himself a real friend to Peter? How can you imitate Jesus and be a real friend to others?

- **Do further research.** Consult Bible literature for explanations.

Example: Read *Matthew 2:7-15*. When did the astrologers visit Jesus?

Clue: See *The Watchtower* of January 1, 2008, page 31, published by Jehovah's Witnesses.

The hidden gem: How, evidently, did Jehovah provide materially for Jesus' family while they were in Egypt? How can trust in God help you to cope with stressful circumstances?
—*Matthew 6:33, 34*.

More articles from the "Young People Ask" series can be found at the Web site
www.watchtower.org/ype

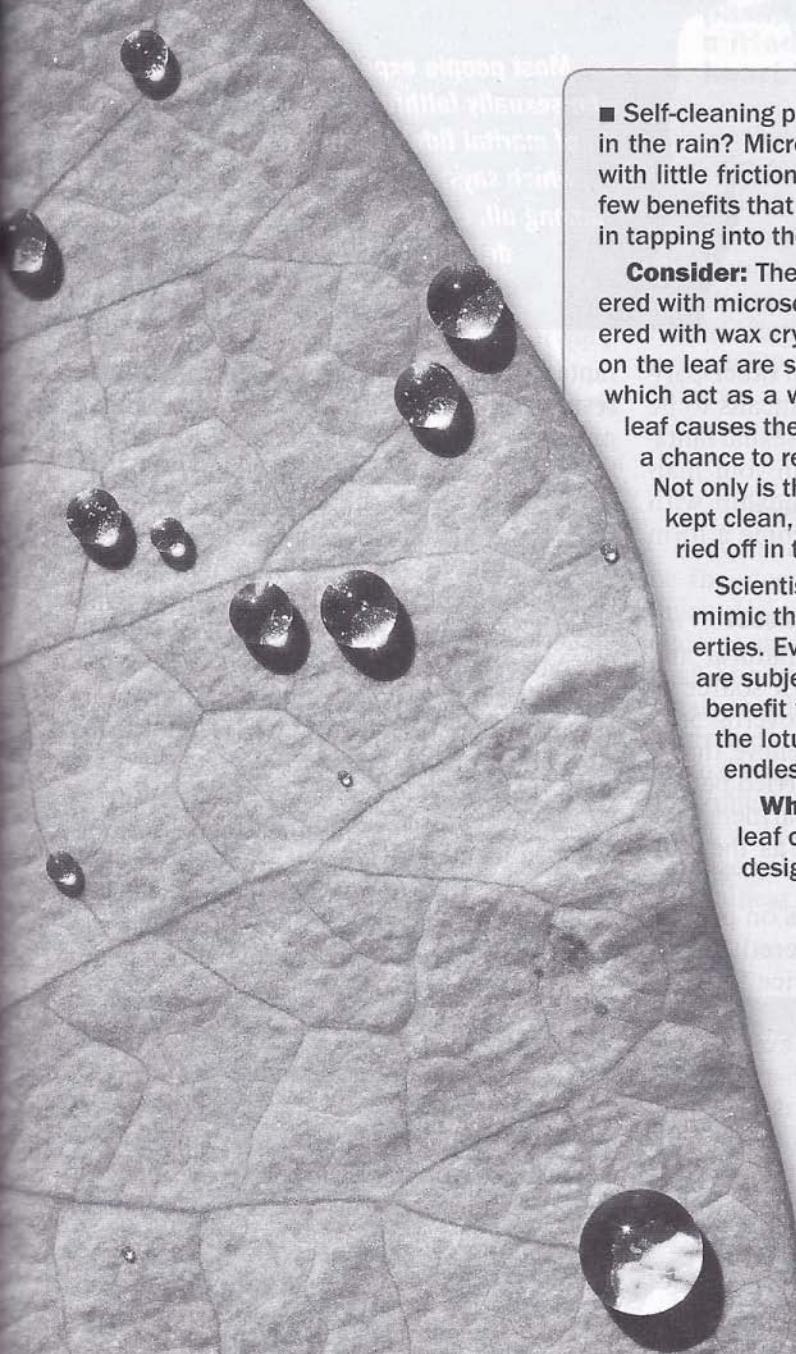
If you have access to the Internet, you can read the Bible online at www.watchtower.org/e/bible

TO THINK ABOUT

It's been said that what you get out of an endeavor depends largely upon what you put into it.

- How is that true when it comes to reading the Bible?
- When can you make time for personal Bible reading?

The Water-Repellent Lotus Leaf



■ Self-cleaning plastic cups? Windows that stay dry in the rain? Microscopic machines that operate with little friction? Scientists say these are just a few benefits that could come our way if we succeed in tapping into the secrets of the lotus leaf.

Consider: The surface of the lotus leaf is covered with microscopic bumps that are, in turn, covered with wax crystals. Droplets of water that fall on the leaf are suspended on these structures, which act as a water repellent. The slope of the leaf causes the water to roll off before it even has a chance to reach the leaf's surface. The result? Not only is the lotus leaf kept dry but it is also kept clean, as dirt and dust particles are carried off in the droplets.

Scientists want to develop materials that mimic the lotus leaf's water-repellent properties. Even microscopic machines, which are subject to damage from water, would benefit from a design similar to that of the lotus leaf. "The potential uses are endless," reports *Science Daily*.

What do you think? Did the lotus leaf come about by chance? Or was it designed?



Marital Fidelity

WHAT DOES IT REALLY MEAN?

Most people expect marriage mates to be sexually faithful to each other. This view of marital fidelity agrees with the Bible, which says: "Let marriage be honorable among all, and the marriage bed be without defilement."—Hebrews 13:4.

IS REFRAINING from sex with other partners the full extent of what it means to be faithful in marriage? What about sexual fantasies involving someone other than your marriage mate? Could a close friendship with someone of the opposite sex become a form of "infidelity"?

Are Sexual Fantasies Harmless?

The Bible presents sex as a natural and wholesome part of married life, a source of mutual joy and satisfaction. (Proverbs 5:18, 19) But many modern experts believe that it is normal—even healthy—for a married person to fantasize about other sexual partners. Are such fantasies harmless as long as they are not acted upon?

Sexual fantasies typically focus on personal gratification. Such self-centered behavior is contrary to the Bible's advice for married people. Regarding sexual relations God's Word says: "The wife does not exercise authority over her own body, but her husband does; likewise, also, the husband does not exercise authority over his own body, but his wife does." (1 Corinthians 7:4) Following the Bible's counsel prevents sex from becoming a

fantasy-fueled act of lust and selfishness. As a result, both marriage mates enjoy greater happiness.—Acts 20:35; Philippians 2:4.

Fantasies of sex outside of marriage involve mentally rehearsing actions that if carried out would cause great emotional pain to one's mate. Will engaging in sexual fantasies increase the likelihood of committing adultery? The simple answer is yes. The Bible illustrates the link between thoughts and actions: "Each one is tried by being drawn out and enticed by his own desire. Then the desire, when it has become fertile, gives birth to sin."—James 1:14, 15.

Jesus said: "Everyone that keeps on looking at a woman so as to have a passion for her has already committed adultery with her in his heart." (Matthew 5:28) By refusing to dwell on adulterous fantasies, you "safeguard your heart" and protect your marriage.—Proverbs 4:23.

Why Remain Emotionally Faithful?

A successful marriage requires giving "exclusive devotion" to your mate. (Song of Solomon 8:6; Proverbs 5:15-18) What does this mean? While it is normal to have friends or

both sexes outside of marriage, your marriage mate has first claim on your time, attention, and emotional energy. Any relationship that takes what rightly belongs to your mate and gives it to someone else is a form of "infidelity," even if no sexual activity is involved.*

How could such a relationship develop? Someone of the opposite sex may seem more attractive or empathetic than your spouse. Spending time with that one in the workplace or in a social setting can lead to discussing personal matters, including problems or disappointments in your marriage. An emotional dependency can grow. Communication in person, by telephone, or through online chat could become a betrayal of trust. Marriage mates properly expect that certain topics will be discussed only with each other and that their "confidential talk" will be kept private.

—Proverbs 25:9.

Beware of rationalizing that no romantic feelings exist when in fact they may! 'The heart is treacherous,' says Jeremiah 17:9. If you have a close friendship with someone of the opposite sex, ask yourself: 'Am I defensive or secretive about the relationship? Would I be comfortable if my mate overheard our conversations? How would I feel if my mate cultivated a similar friendship?'—Matthew 7:12.

An improper relationship can lead to marital disaster, since emotional closeness paves the way for eventual sexual intimacy. As Jesus warned, "out of the heart come . . . adulteries." (Matthew 15:19) However, even if adultery does not result, the damage caused

* It is important to note, however, that only sexual relations outside the marriage constitute grounds for Scriptural divorce.

—Matthew 19:9.

by loss of trust can be extremely difficult to repair. A wife named Karen* said: "When I discovered that Mark was secretly talking on the phone several times a day with another woman, my heart was broken. It is very hard to

"Everyone that keeps on looking at a woman so as to have a passion for her has already committed adultery with her in his heart."—Matthew 5:28

believe that they were not involved sexually. I am not sure that I will ever trust him."

Keep friendships with members of the opposite sex within appropriate boundaries. Do not ignore the presence of improper feelings or rationalize impure motives. If you sense that a relationship threatens your marriage, act quickly to limit or end it. The Bible says: "Shrewd is the one that has seen the calamity and proceeds to conceal himself."—Proverbs 22:3.

Protect Your One-Flesh Bond

Our Creator intended that marriage should be the closest relationship between two humans. He said that husband and wife "must become one flesh." (Genesis 2:24) The one-flesh bond involves more than sexual intimacy. It includes a close emotional bond, which is strengthened by unselfishness, trust, and mutual respect. (Proverbs 31:11; Malachi 2:14, 15; Ephesians 5:28, 33) Applying these principles will help to protect your marriage from damage caused by mental and emotional unfaithfulness.

* Names have been changed.

HAVE YOU WONDERED?

- Can sexual fantasies lead to actions?—James 1:14, 15.
- Could a close friendship with someone of the opposite sex threaten your marriage?—Jeremiah 17:9; Matthew 15:19.
- How can you strengthen your marriage bond?—1 Corinthians 7:4; 13:8; Ephesians 5:28, 33.

Christmas "Cheer"?

About 20 percent of divorce proceedings in Australia are begun right after the Christmas and New Year period, says Sydney's *Sunday Telegraph*. "We see a lot of people having fights or breakdowns and coming to our doors as soon as our offices re-open," says divorce lawyer Barry Frakes. "People have expectations that Christmas will be perfect like it is on TV shows and in advertising." When their lives do not fit this "stereotype," he adds, they seek a divorce. Yet, according to Angela Conway, spokeswoman for the Australian Family Association, "divorce rarely solves long-term problems or brings the peace and happiness that people think it will." She recommends: "It's worth sticking to your marriage and trying to make it work."

"Birthing Houses" Save Lives

Peru has put great effort into reducing its maternal mortality rate. In order to encourage Andean women to receive professional medical care at a clinic rather than give birth at home, 390 "birthing houses" have been opened in Peru over the last decade.

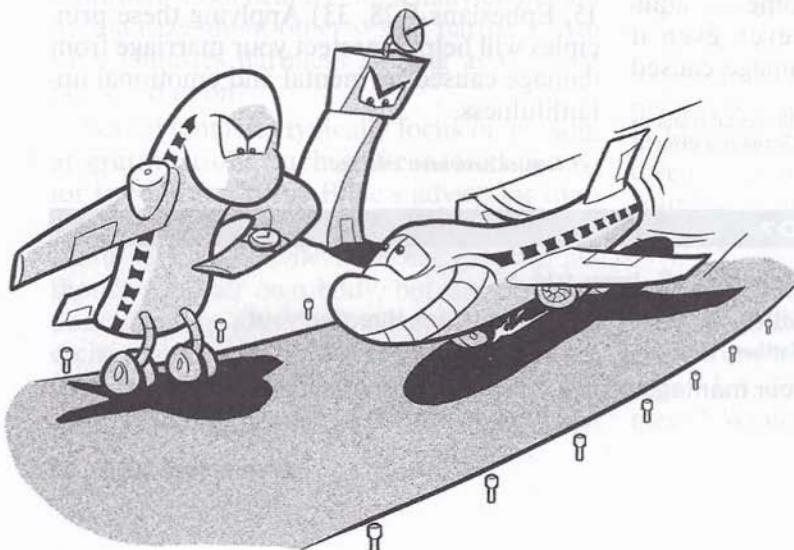
■ In efforts to cope with 2.2 million percent inflation, Zimbabwe knocked ten zeros off its bank notes in August 2008. A \$10-billion note was thus revalued at one "zimdollar."—AGENCE FRANCE PRESSE, ZIMBABWE.

■ "More than 12,000 homicides by gun were reported in the United States in 2005. But the number of people who are wounded and survive gunshot assaults is much greater—nearly 53,000 were treated in emergency rooms in 2006."

—THE SEATTLE TIMES, U.S.A.

A pregnant woman and her family can stay at one of these houses—each one conveniently located next to a clinic—until it is time for the birth. One attraction of these clinics, says a Reuters news report from Cuzco, is that they blend "modern medicine with indigenous practices," such as "giving birth standing up," which "tends to reduce labor and delivery time . . . and allows the mother to watch the birth better than if she were lying down."

In the 35-year period between 1970 and 2005, one quarter of vertebrate species—fish, amphibians, reptiles, birds, and mammals—became extinct.—SÜddeutsche Zeitung, Germany

**Always Late**

According to a 2008 U.S. Department of Transportation report, some 30 percent of all scheduled airline flights in the United States arrive more than 15 minutes late. Among the worst offenders was a flight from Texas to California, which arrived late 100 percent of the time.

What Is Wrong With This Picture?

Read Joshua 2:15-18; 6:15-21; 7:1, 20, 21. Now look at the picture. What features are incorrect? Write your answers on the lines below.

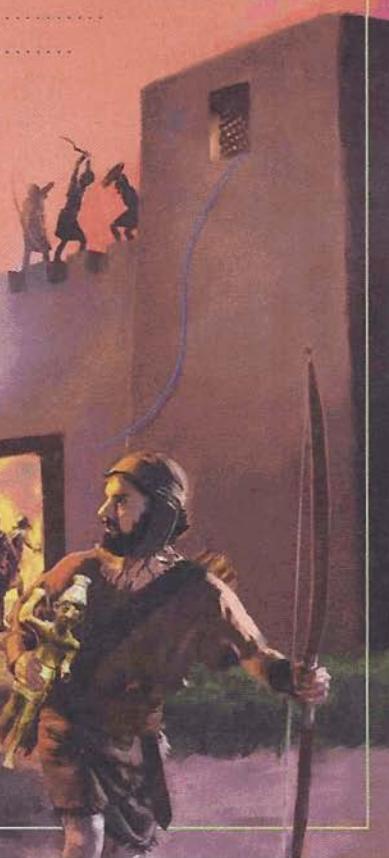
1

2

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FOR DISCUSSION: How important is not taking what belongs to someone else?



What Do You Know About the Prophets?

Read 2 Chronicles 18:1-19:3. Then answer the following questions.

5

What was the name of the prophet that King Ahab hated?

7

What did the prophet tell Ahab, and how did Ahab respond?

6

Why did Ahab hate that prophet?

FOR DISCUSSION: When might you need to imitate the courage of this prophet?

From This Issue

Answer these questions, and provide the missing Bible verse(s).

PAGE 5 **What was Daniel known for?** Daniel 6:_____

PAGE 6 **What should you make known to all men?** Philippians 4:_____

PAGE 28 **What should marriage be before all?** Hebrews 13:_____

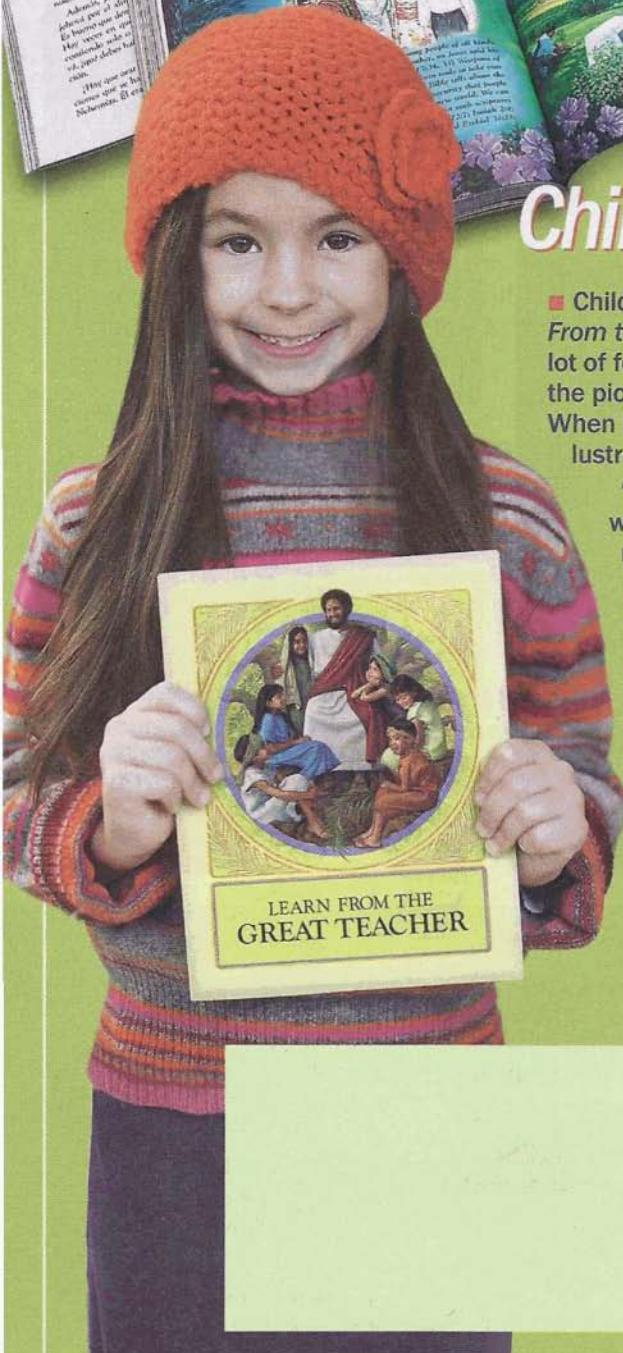
PAGE 28 **Desire, when it becomes fertile, gives birth to what?** James 1:_____



Children's Picture Search

Can you find these pictures in this issue? In your own words, describe what is happening in each picture.





Children Love the Book!

■ Children of all ages are fascinated by the book *Learn From the Great Teacher*. One girl wrote: "The book had a lot of features that I liked. For instance, I really enjoyed all the pictures. The vivid colors catch the reader's attention. When I read the book, I took some time to analyze the illustrations to see how they tie in with the story!"

"Another thing I liked in the book were the words used. They are easy to understand and make reading more enjoyable.

"When I read this book, I was spellbound by the way it discussed some of today's problems and how we can avoid them. Chapters that I really appreciated were 'We Need to Resist Temptations,' 'A Lesson on Being Kind,' and 'Do You Always Want to Be First?'"