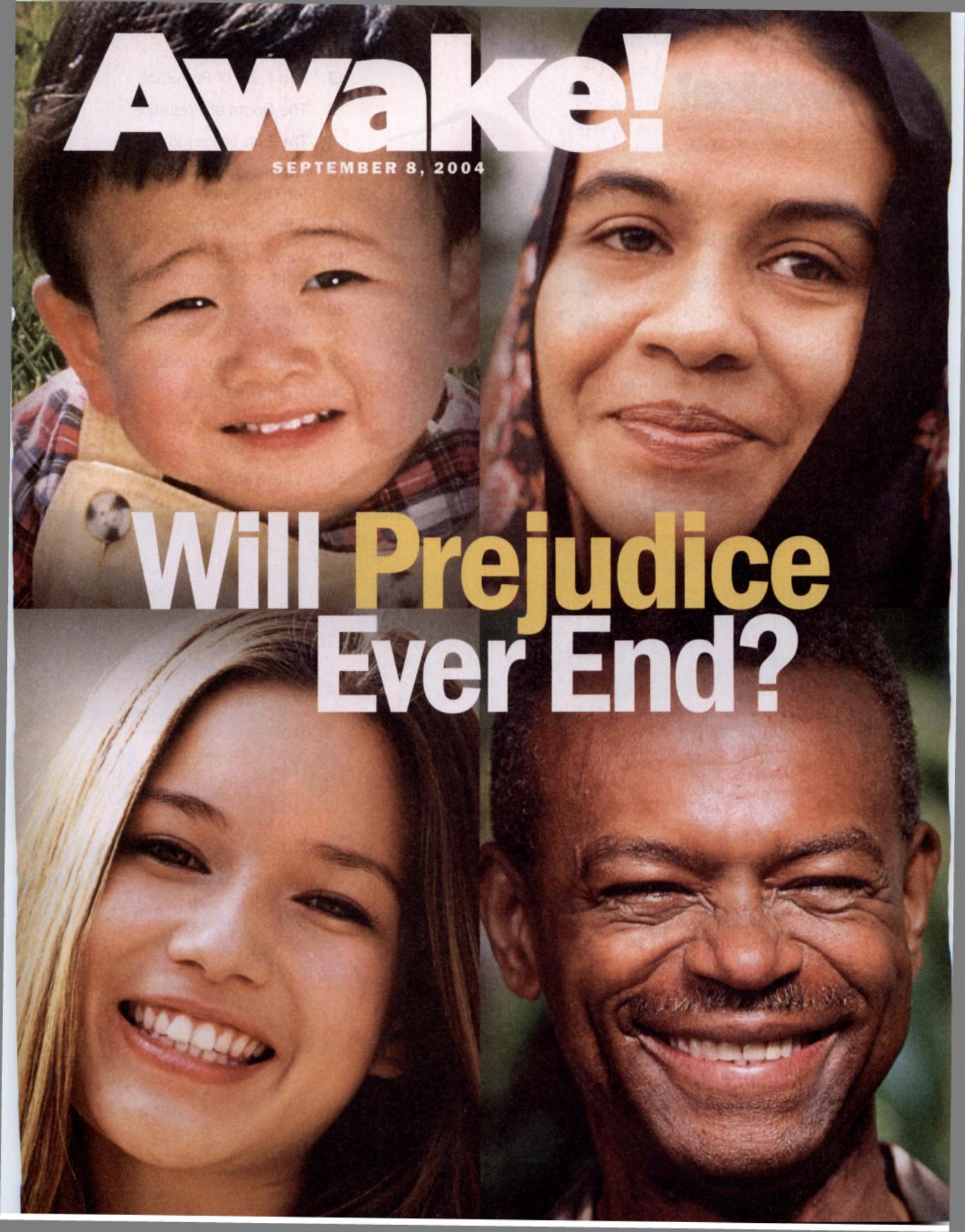


Awake!

SEPTEMBER 8, 2004



Will Prejudice
Ever End?

Awake!

AVERAGE PRINTING 22,530,000
PUBLISHED IN 87 LANGUAGES

How to Train Your Dog 23

You *can* get your dog to obey you!



Is Divorce the Answer? 26

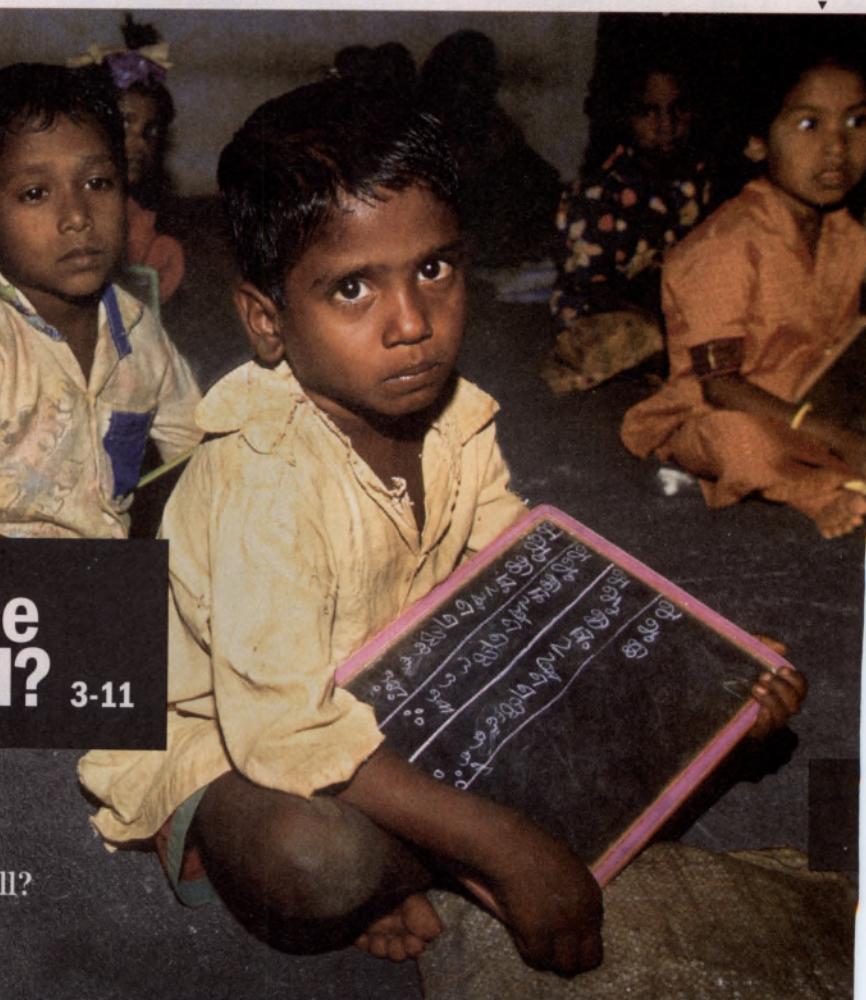
What steps can you take to give your marriage another chance?

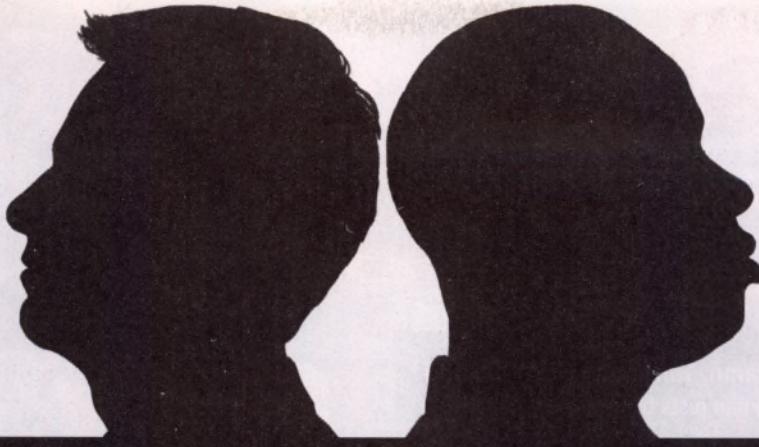
- 3 The Face of Prejudice
- 6 The Roots of Prejudice
- 8 The End of Prejudice
- 12 Youths Who Speak Up for Their Faith
- 14 A Pocket of Paradise
- 18 Natto—Japan's Unique Soybeans
- 20 When Someone You Love Has a Mental Disorder
- 28 Watching the World
- 30 From Our Readers
- 31 From Warriors to Peacemakers
- 32 A Lawyer Seeks Help

© Mark Heffley/Panos Pictures ▾

Will Prejudice Ever End? 3-11

Prejudice divides people and has even led to wars. How can prejudice be conquered once and for all?





The Face of Prejudice

“Drive out prejudices through the door, and they will return through the window.” —Frederick the Great, King of Prussia.

RAJESH lives in Paliyad, a village in India. Like other untouchables, he has to walk 15 minutes to carry water to his family's home. "We're not allowed to use the taps in the village that the upper castes use," he explains. When he was in school, Rajesh and his friends could not even touch the football that the other children played soccer with. "We played with stones instead," he says.

"I sense that people hate me, but I don't know why," says Christina, a teenager from Asia who lives in Europe. "It's very frustrating," she adds. "I usually react by isolating myself, but that doesn't help either."

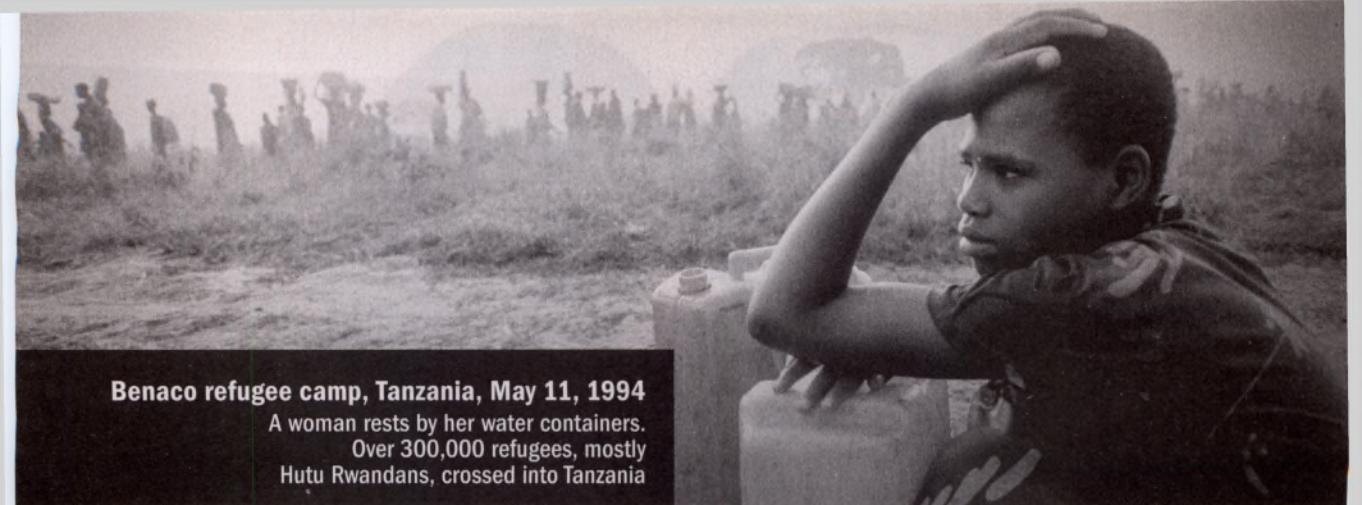
"I first learned about prejudice at the age of 16," says Stanley, from West Africa. "Total strangers told me to get out of town. Some people from my tribe had their houses burned down. My father's bank account was frozen. As a result, I began to hate the tribe that was discriminating against us."

Rajesh, Christina, and Stanley are victims of prejudice, and they are not alone. "Hundreds of millions of human beings continue to suffer today from racism, discrimination, xenophobia and exclusion," explains Koichiro Matsuura, director general of the United Nations Educational, Scientific, and Cultural Organization (UNESCO). "Such dehumanizing practices, fed by ignorance and prejudice, have triggered internal strife in many countries and brought immense human suffering."

If you have never been a victim of prejudice, you might find it hard to comprehend how traumatic it is. "Some live with it in silence. Others return prejudice with more prejudice," observes the book *Face to Face Against Prejudice*. In what ways does prejudice damage lives?

If you belong to a minority group, you might find that people avoid you, give you hostile glances, or make disparaging remarks about your culture. Employment opportunities may be scarce unless you accept menial work that nobody else wants. Perhaps it is hard to get suitable housing. Your children

◀ Central Tamil Nadu, India
Untouchable children in a village school



Benaco refugee camp, Tanzania, May 11, 1994

A woman rests by her water containers.
Over 300,000 refugees, mostly
Hutu Rwandans, crossed into Tanzania

Photo by Paula Bronstein/Liaison

might feel isolated and rejected by classmates at school.

Worse still, prejudice can incite people to violence or even to murder. Indeed, the pages of history are filled with harrowing examples of the violence that prejudice can spawn—including massacres, genocides, and so-called ethnic cleansings.

Prejudice Through the Centuries

At one time Christians were prime targets of prejudice. Shortly after Jesus' death, for example, a wave of cruel persecution was directed against them. (Acts 8:3; 9:1, 2; 26:10, 11) Two centuries later professed Christians faced cruel mistreatment. "If there is a plague," wrote the third-century writer Tertullian, "the cry is at once, 'The Christians to the Lions.'"

Starting in the 11th century with the Crusades, however, Jews became the unpopular minority in Europe. When the bubonic

plague swept through the Continent, killing about a quarter of the population in just a few years, the Jews were an easy target for blame, since they were already hated by many. "The plague gave this hatred an excuse, and the hatred gave people's fear of the plague a focus," writes Jeanette Farrell in her book *Invisible Enemies*.

Eventually, a Jewish man in the south of France "confessed" under torture that Jews had caused the epidemic by poisoning the wells. Of course, his confession was false, but the information was heralded as truth. Soon entire Jewish communities were slaughtered in Spain, France, and Germany. It seems no one paid attention to the real culprits—the rats. And few people noticed that Jews died of the plague just like everyone else!

Once the fire of prejudice is set ablaze, it can smolder for centuries. In the mid-20th century, Adolf Hitler fanned the flames

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.

The Traits of Prejudice

In his book *The Nature of Prejudice*, Gordon W. Allport outlines five types of behavior spawned by prejudice. A person who is prejudiced usually displays one or more of these.

1. Negative remarks. A person speaks disparagingly about the group that he dislikes.

2. Avoidance. He shuns anyone who belongs to that group.

of anti-Semitism by blaming the Jews for Germany's defeat in World War I. At the end of World War II, Rudolf Hoess—the Nazi commander of the Auschwitz concentration camp—admitted: "Our military and ideological training took for granted that we had to protect Germany from the Jews." In order to "protect Germany," Hoess supervised the extermination of some 2,000,000 people, most of them Jews.

Sadly, as further decades have passed, atrocities have not ended. In 1994, for example, tribal hatred erupted in East Africa between the Tutsi and Hutu, leaving at least half a million people dead. "There were no sanctuaries," reported *Time* magazine. "Blood flowed down the aisles of churches where many sought refuge.... The fighting was hand to hand, intimate and unspeakable, a kind of bloodlust that left those who managed to escape it hollow eyed and mute." Even chil-

Semimonthly Languages: Afrikaans, Albanian, Arabic, Cebuano, Croatian, Czech,¹ Danish,² Dutch, English,³ Estonian, Finnish,⁴ French,⁵ German,⁶ Greek, Hungarian, Iloko, Indonesian, Italian,⁷ Japanese,⁸ Korean,⁹ Latvian, Lithuanian, Norwegian, Polish, Portuguese,¹⁰ Romanian, Russian, Serbian, Slovak, Slovenian, Spanish,¹¹ Swahili, Swedish,¹² Tagalog, Ukrainian

¹ Audiocassettes also available.

² 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

3. Discrimination. He excludes members of the maligned group from certain types of employment, places of residence, or social privileges.

4. Physical attack. He becomes a party to violence, which is designed to intimidate the people he has come to hate.

5. Extermination. He participates in lynchings, massacres, or extermination programs.

dren were not spared the horrifying violence. "Rwanda is a tiny place," commented one citizen. "But we have all the hatred in the world."

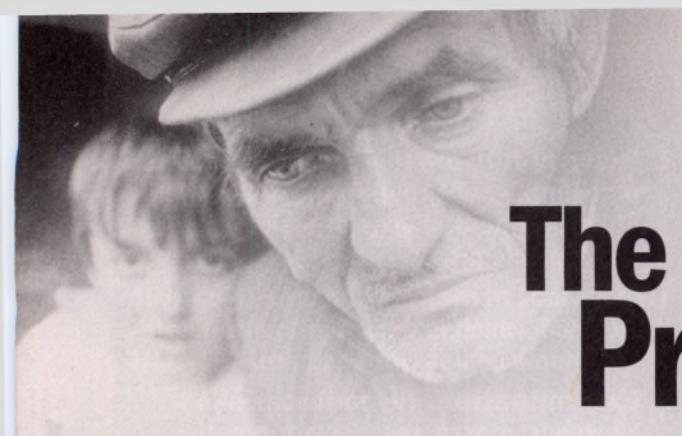
Conflicts surrounding the breakup of the former Yugoslavia led to the death of over 200,000 people. Neighbors who had lived together peacefully for years killed one another. Thousands of women were raped, and millions of people were forcibly expelled from their homes under the brutal policy of ethnic cleansing.

While most prejudice does not lead to murder, it invariably divides people and fosters resentment. In spite of globalization, racism and racial discrimination "seem to be gaining ground in most parts of the world," notes a recent UNESCO report.

Can anything be done to eliminate prejudice? To answer that question, we must determine how prejudice takes root in the mind and heart.

Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations. Unless otherwise indicated, *New World Translation of the Holy Scriptures—With References* is used.

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.



The Roots of Prejudice

PREJUDICE may have a number of causes. Nevertheless, two well-documented factors are (1) the desire to look for a scapegoat and (2) resentment caused by a history of injustice.

As noted in the preceding article, when a disaster occurs, people often search for someone to blame. When prominent people repeat an accusation against a minority group often enough, it becomes accept-

ed and a prejudice is born. To cite a common example, during economic downturns in Western lands, immigrant workers are frequently blamed for unemployment—even though they often take jobs that most local people refuse to do.

But not all prejudice stems from the search for a scapegoat. It may also be grounded in history. "It is not too much to say that the slave trade built the intellectual edifice of racism and cultural contempt for black people," notes the report *UNESCO Against Racism*. Slave traders tried to justify their disgraceful trafficking of human beings by claiming that Africans were inferior. This unfounded prejudice, which was later extended to include other colonized peoples, still lingers.

All over the world, similar histories of oppression and injustice keep prejudice alive. Animosity between Catholics and Protestants in Ireland goes back to the 16th century, when England's rulers persecuted and exiled Catholics. The atrocities perpetrated by so-called Christians during the Crusades still arouse strong feelings among Muslims in the Middle East.

Serbian and Croatian hostility in the Balkans was aggravated by massacres of civilians during the second world war. As these examples show, a history of enmity between two groups can reinforce prejudice.

The Cultivation of Ignorance

The heart of a toddler does not harbor prejudice. On the contrary, researchers note that a child will often readily play with a child of a different race. By the age of 10 or 11, however, he may reject people of another tribe, race, or religion. During his formative years, he acquires a collection of viewpoints that may last a lifetime.

How are these lessons learned? A child picks up negative attitudes—both spoken and unspoken—first from his parents and then from his friends or teachers. Later the neighbors, newspaper, radio, or television might further influence him. Although he likely knows little or nothing about the groups he dislikes, by the time he becomes an adult, he has concluded that they are inferior and untrustworthy. He may even hate them.

With increased travel and commerce, contact between different cultures and ethnic groups has grown in many countries. Nevertheless, the

**Top: Refugee camp,
Bosnia and Herzegovina,
October 20, 1995**

Two Bosnian Serb refugees
waiting for the end of the
civil war

Photo by Scott Peterson/Liaison

Religion—A Force for Tolerance or Prejudice?

In his book *The Nature of Prejudice*, Gordon W. Allport states that "on the average, Church members seem to be more prejudiced than nonmembers." This is not surprising, for religion has often been the cause of prejudice rather than its remedy. For example, clerics incited anti-Semitism for centuries. According to *A History of Christianity*, Hitler once remarked: "As for the Jews, I am just carrying on with the same policy which the Catholic church had adopted for 1500 years."

During the atrocities in the Balkans, Orthodox and Catholic teachings seemed incapable of producing tolerance and respect toward neighbors who professed another religion.

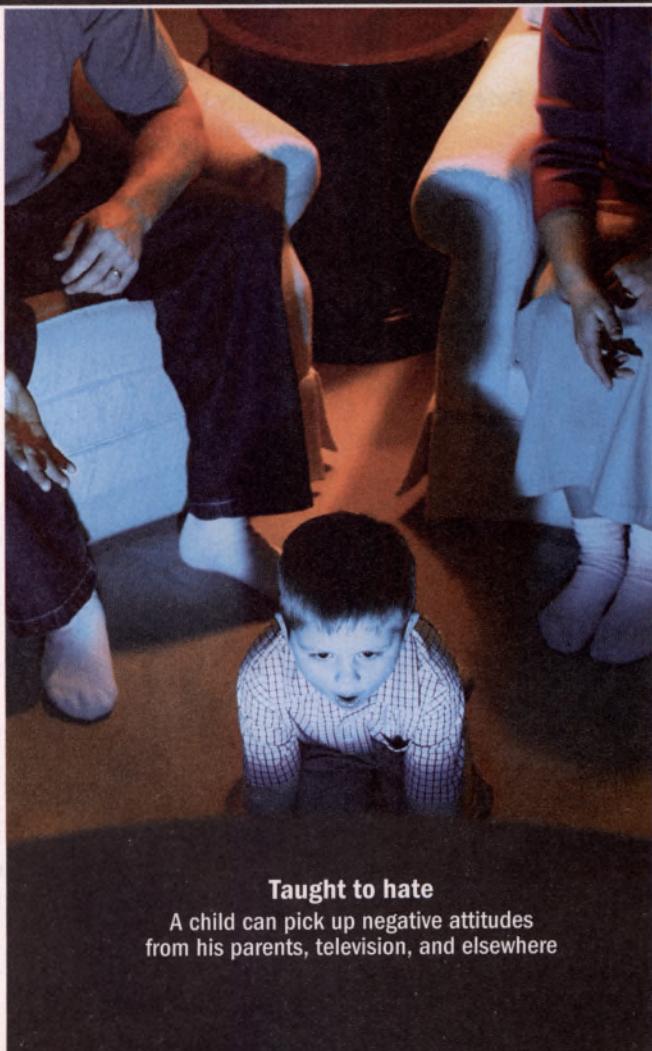
person who has developed a strong prejudice usually clings to his preconceived notions. He may insist on stereotyping thousands or even millions of people, assuming that they all share certain bad qualities. Any negative experience, even if it involves just one person from that group, serves to reinforce his prejudice. Positive experiences, on the other hand, are usually disregarded as exceptions to the rule.

Breaking Free

Although most people condemn prejudice in principle, few escape its clutches. In fact, many who are deeply prejudiced would insist that they are not. Others say it does not matter, especially if people keep their prejudices to themselves. Yet, prejudice *does* matter because it hurts people and divides them. If prejudice is the child of ignorance, hatred is frequently its grandchild. Author Charles Caleb Colton (1780?-1832) pointed out: "We hate some persons because we do not know them; and we will not know them because we hate them." Nevertheless, if prejudice can be learned, it can also be unlearned. How?

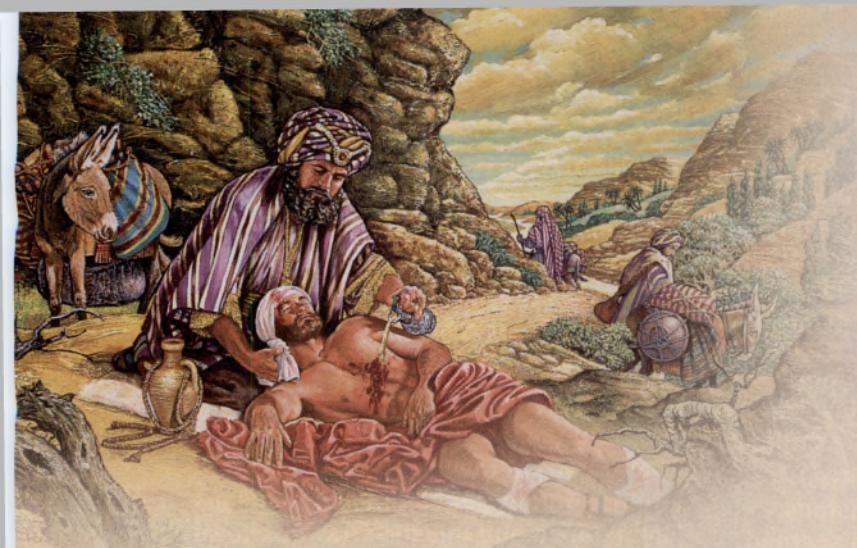
Likewise, in Rwanda, church members slaughtered fellow believers. The *National Catholic Reporter* pointed out that the fighting there involved "a real and true genocide for which, unfortunately, even Catholics are responsible."

The Catholic Church itself has recognized its record of intolerance. In the year 2000, Pope John Paul II asked forgiveness for "deviations of the past" at a public Mass in Rome. During the ceremony, "religious intolerance and injustice towards Jews, women, indigenous peoples, immigrants, the poor and the unborn" were specifically mentioned.



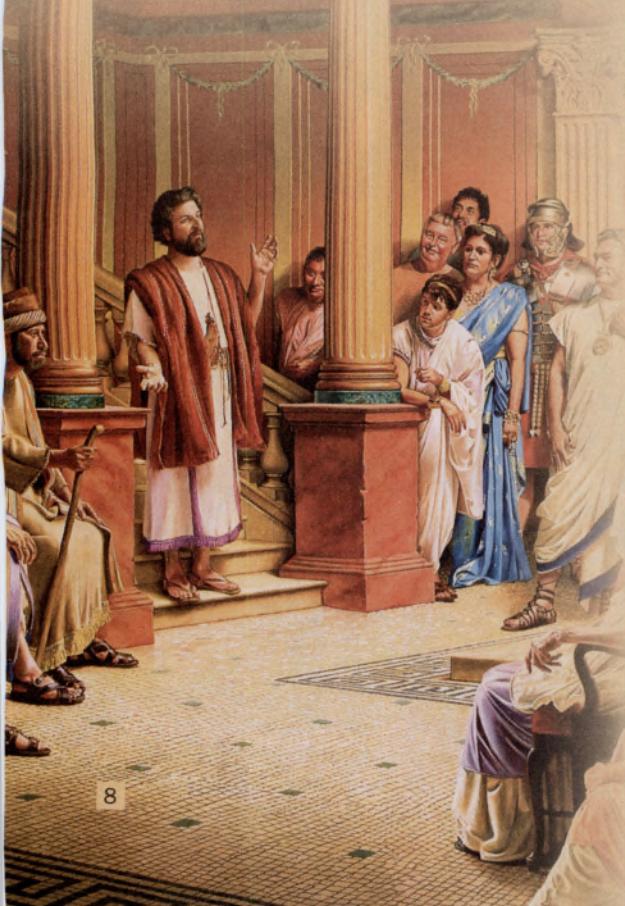
Taught to hate

A child can pick up negative attitudes from his parents, television, and elsewhere



**In his parable of a good Samaritan,
Jesus taught us how to overcome
prejudice**

**At the home of Cornelius,
Peter said: "For a certainty I perceive
that God is not partial"**



The End of

CAN we recognize tendencies toward prejudice in ourselves? For example, do we draw conclusions as to the character of a person based on his skin color, nationality, ethnic group, or tribe—even though we do not know that person? Or can we value each person for his or her unique qualities?

In Jesus' day people who lived in Judea and Galilee generally had "no dealings with Samaritans." (John 4:9) A saying recorded in the Talmud no doubt expressed the feeling of many Jews: "May I never set eyes on a Samaritan."

Even Jesus' apostles may have harbored a degree of prejudice against Samaritans. On one occasion they were not received kindly by a Samaritan village. James and John asked if they should call down fire upon the unresponsive people. By his rebuke, Jesus showed them that their attitude was improper.—Luke 9:52-56.

Later, Jesus related a parable of a man who had been set upon by robbers during his journey from Jerusalem to Jericho. Two religious Jewish passersby were not inclined to help the man. A Samaritan, however, stopped and bandaged the man's wounds. Then he arranged for the man's care so that he could recover from

Prejudice

his injuries. That Samaritan proved himself a real neighbor. (Luke 10:29-37) Jesus' parable may have helped his listeners to realize that their prejudice blinded them to the good qualities in others. A few years later, John returned to Samaria and preached in many of its villages—perhaps including the village that he once wanted to have destroyed.—Acts 8:14-17, 25.

The apostle Peter also had to act impartially when an angel directed him to speak about Jesus to Cornelius, a Roman centurion. Peter was not used to dealing with non-Jews, and most Jews had no love for Roman soldiers. (Acts 10:28) But when Peter saw God's direction in the matter, he said: "For a certainty I perceive that God is not partial, but in every nation the man that fears him and works righteousness is acceptable to him."—Acts 10:34, 35.

The Motive for Fighting Prejudice

Prejudice violates a fundamental principle that Jesus taught: "All things, therefore, that you want men to do to you, you also must likewise do to them." (Matthew 7:12) Who would want to be despised simply because of his birthplace, skin color, or background? Prejudice also violates God's standards of impartiality. The

Bible teaching unites people of different backgrounds

Jehovah's Witnesses practice what they have learned





Bible teaches that Jehovah “made out of one man every nation of men, to dwell upon the entire surface of the earth.” (Acts 17:26) All men, therefore, are brothers.

Christina

“Meetings at the Kingdom Hall build up my self-confidence”

Jasmin

“People show me love. They make me feel special rather than despised”

**Simon,
a construction
volunteer**

“We learned to get along well with one another”

Moreover, God judges each person individually. He does not condemn a person for what his or her parents or ancestors did. (Ezekiel 18:20; Romans 2:6) Even oppression by another nation is not a valid cause for hating individuals from that nation, who likely bear no personal responsibility for the injustice. Jesus taught his followers to ‘love their enemies and pray for those persecuting them.’—Matthew 5:44, 45.

Thanks to such teachings, first-century Christians were helped to conquer their prejudices and become a unique international brotherhood. They called one another brothers and sisters and considered themselves to be such, even though they came from a host of different cultures. (Colossians 3:9-11; James 2:5; 4:11) The principles that powered this transformation can produce the same benefits today.

Fighting Prejudice Today

Virtually all of us have preconceived ideas, but these do not have to lead to prejudice. “Prejudgments become prejudices only if they are not reversible when exposed to new knowledge,” says the book *The Nature of Prejudice*. Often, prejudice can be overcome when people get to know one another. However, notes the same source, “only the type of contact that leads people to *do* things together is likely to result in changed attitudes.”

This was how John, a Nigerian of the Ibo people, overcame his prejudice against the Hausa people. “At

Do I Harbor Prejudice?

Ask yourself the following questions to analyze whether you might unwittingly be harboring certain prejudices:

- 1. Do I assume that people from a certain ethnic background, region, or nation have undesirable traits, such as stupidity, laziness, or stinginess? (Many jokes perpetuate this sort of prejudice.)**
- 2. Do I tend to blame immigrants or people of another ethnic group for my economic or social problems?**

3. Have I allowed my region's historical enmity toward another nation to make me feel animosity toward people from that nation?

- 4. Am I capable of viewing each person I meet as an individual—irrespective of his skin color, culture, or ethnic background?**
- 5. Do I welcome the opportunity to get to know people of a cultural background different from my own? Do I make the effort to do so?**

university," he says, "I met some Hausa students who became my friends, and I discovered that they had fine principles. I worked with one Hausa student on a joint project, and we got on very well; whereas my previous companion, who was an Ibo, did not pull his own weight."

A Tool to Fight Prejudice

According to the report *UNESCO Against Racism*, "education could be a precious tool in the struggle against new forms of racism, discrimination and exclusion." Jehovah's Witnesses believe that *Bible* education is truly the best help in this regard. (Isaiah 48:17, 18) When people apply its teachings, suspicion is replaced by respect and hatred is extinguished by love.

Jehovah's Witnesses have found that the *Bible* is helping them to overcome their prejudices. Indeed, the *Bible* gives them both the motivation and the opportunity to share activities with people of different cultures and ethnic origins. Christina, quoted in the first article of this series, is one of Jehovah's Witnesses. "Our meetings at the Kingdom Hall build up my self-confidence," she says. "I feel secure there because I do not sense that anyone has prejudice toward me."

Jasmin, also a Witness, remembers being first targeted by racism at age nine. She says: "Thursdays have always been the easiest day

of the week for me because on that night I go to the Kingdom Hall. There people show me love. They make me feel special rather than despised."

Volunteer projects sponsored by Jehovah's Witnesses also bring together people from different backgrounds. Simon was born in Britain, although his family comes from the Caribbean. He has faced much prejudice when working as a bricklayer for secular construction companies. But this did not occur during the years he served on volunteer projects with his brothers in the faith. "I have worked with fellow Witnesses from many different lands," Simon relates, "but we learned to get along well with one another. Some of the closest friends I made were people from other countries and other backgrounds."

Of course, Jehovah's Witnesses are imperfect people. Therefore, it may be that they have to keep fighting tendencies toward prejudice. But knowing that God is impartial gives them a powerful incentive to do so.—Ephesians 5:1, 2.

The rewards for fighting prejudice are many. As we mix with people from other backgrounds, our lives are enriched. Furthermore, by means of his Kingdom, God will soon establish a human society where righteousness will dwell. (2 Peter 3:13) At that time prejudice will be conquered forever.

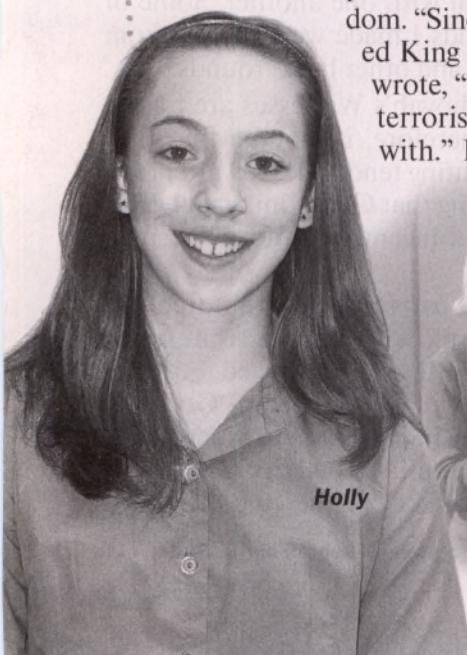
Youths Who Speak Up for Their Faith

MONG Jehovah's Witnesses are many young ones. They love God and strive to live by his standards as set out in the Bible. These youths are proud of their faith, and they freely speak to others about it in school. Consider some examples.

■ When she was in sixth grade, **Holly** and her classmates were given an assignment to write an essay on the question "How would you solve the problem of terrorism without using violence?" Holly took advantage of this opportunity to write about her Bible-based hope for the future. She explained that throughout history "man has dominated man to his injury." (Ecclesiastes 8:9) Then she pointed to the only real hope for mankind—God's Kingdom. "Since Jesus is the appointed King of that Kingdom," she wrote, "all problems, including terrorism, will be done away with." Holly elaborated on

how Jesus will accomplish what no human ruler can. "While on earth," she wrote, "Jesus showed what kind of ruler he would be. He was loving, and he cared for people. He showed the power he had by curing sicknesses and by resurrecting the dead. No human government is able to bring back to life those who have died. But God's Kingdom will." Holly concluded her essay with the statement "The solution is with God, not men."

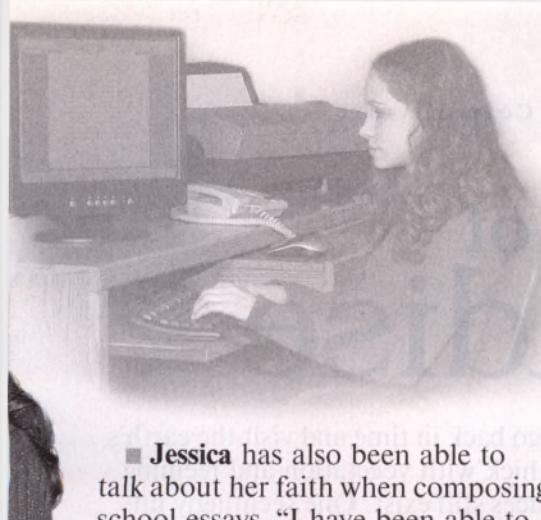
At the bottom of the report, the teacher wrote: "Wow! Powerful writing, Holly. And very well thought out." The teacher was also impressed with Holly's Scriptural references. This gave Holly the opportunity to talk to her teacher about the Theocratic Ministry School, a weekly speaking and teaching program held by Jehovah's Witnesses. Her teacher gladly accepted a copy of the textbook used in the Ministry School.



Holly



Jessica



■ **Jessica** has also been able to talk about her faith when composing school essays. "I have been able to write three papers regarding my beliefs," she says. "One was about Jehovah's Witnesses and religious rights. The teacher displayed it in the library so that those who wished to could read it. More recently I wrote a paper about my baptism and how important that day was to me. The students circulate rough drafts of their papers to each other, so my classmates had opportunity to read mine. One girl said: 'Good job. It's great to know the duties that come along with being one of Jehovah's Witnesses. Congratulations on your baptism!' Another girl stated: 'Your story was awesome! I'm happy that your faith is so strong!' One boy simply wrote: 'You've got your head on straight. Congratulations.'"

■ When **Melissa** was 11, she had a unique opportunity to speak up about her faith. "The school nurse came to my science class to talk about the immune system. The subject of blood transfusions came up. After class I told my science teacher about one of our videos on blood.

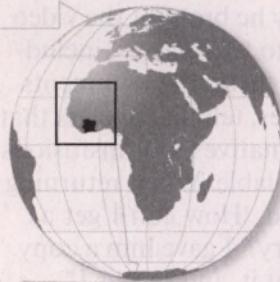
I brought it to school the next day, and my teacher took it home and watched it with his family. The following day he brought the video to school and showed it to two classes, including mine. He then made favorable comments about Jehovah's Witnesses, telling the class that if it were not for us, alternatives to transfusions would not be readily available. When returning the video to me, he asked, 'How can I get a copy for the school library?' I gave him a copy. He was very excited about it, and so was I!"

Holly, Jessica, and Melissa are among many young Witnesses of Jehovah who follow the Bible's admonition to remember their Creator. (Ecclesiastes 12:1) Are you doing that too? If so, you can be assured that you are making Jehovah's heart rejoice.—Proverbs 27:11; Hebrews 6:10.



Melissa

When you youths speak about your faith to schoolmates and teachers, it gives a powerful witness about Jehovah God and his purposes. It strengthens your faith as well, and it develops in you a wholesome pride in having the privilege of being among God's servants. (Jeremiah 9:24) Witnessing at school also serves as a protection. Jessica describes it this way: "One benefit of speaking up about my beliefs is that students do not try to pressure me into doing things that are not in harmony with what the Bible says."



A Pocket of Paradise

WOULD you like to go back in time and visit the earth's primeval forests, thick with vegetation and teeming with wildlife? Do such places still exist? One seemingly untouched pocket of paradise is the Taï National Park, located in the southwest corner of Côte d'Ivoire, near the Liberian border.

Taï National Park is the largest remaining portion of the virgin tropical rain forest that once stretched across present-day Côte d'Ivoire, Ghana, Liberia, and Sierra Leone. The park includes more than half the existing rain forest in West Africa. Thanks to protective and innovative measures taken since 1926, this biological gem has been preserved. Come with us as we take a closer look at the rich diversity found in this park.

The Diverse Rain Forest

As we walk in the forest, to the accompaniment of a chorus of birdsong and monkey calls, we gaze in awe at the ancient trees with massive trunks towering up to 200 feet above us. Our guide tells us that more than half of the 1,300 plant species in this 1,400 square miles of park are exclusive to this region of West Africa.

The vegetation here is luxuriant and highly diversified. Many species of timber trees grow in the dense forest, notably mahogany, ebony, *dabéma*, and makore. We have to take giant steps over tree roots, as some of them protrude three feet from the forest floor and spread out for 50 feet. Animals sometimes seek refuge among these root systems to evade predators or to find protection during rainstorms.

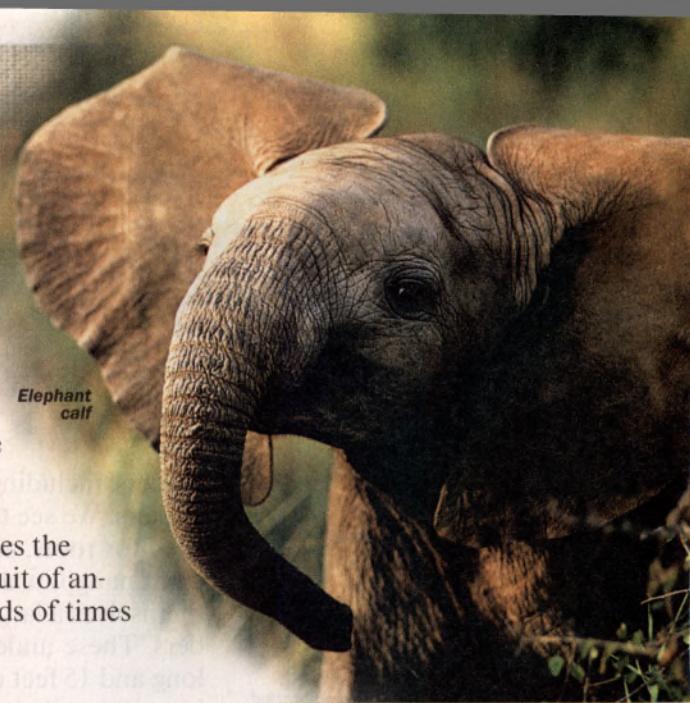
The upper tree branches form a continuous canopy, thus keeping light from reaching the forest floor and hindering the growth of smaller plants. However, hanging lianas—woody vines—and epiphytes grow here. Some vines climb the trees for support, entwine them, and at times even strangle them. Our guide shows us a strangler fig tightly encircling



Parc National de Taï



Protruding tree roots



Elephant calf

an immense tree trunk. In time, the host tree will yield to the fig and die.

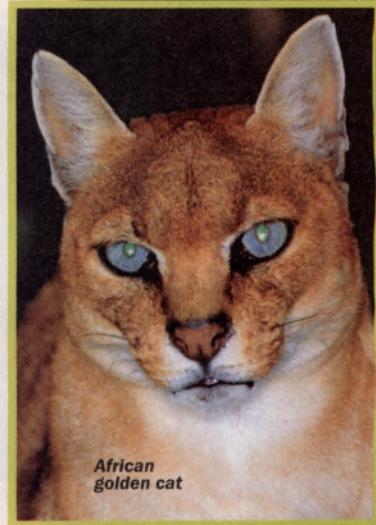
Taï Park is a rich source of medicine and food. Our guide tells us that the Kru tribe uses the bark of the fever tree to treat malaria. The fruit of another tree contains a protein that is thousands of times sweeter than table sugar.

Teeming With Wildlife

Suddenly we hear the leaves rustling high above us. The sound is caused by a large band of noisy Diana and mona monkeys. They are screeching out their alarm calls and leaping from branch to branch. A mona monkey, with its comical white-streaked face, watches us as intently as we watch it! Monkeys, chimpanzees, and birds thrive on the many fruits and nuts available in the tree canopy. One can often observe monkeys and birds noisily feeding from the same fruit tree.

There are 50 species of mammals found in Taï Park, and many of them are common to this region. Buffalo and forest elephants live here, as do bongos, bush pigs, duikers, giant forest hogs, leopards, and pygmy hippopotamuses. Among the smaller animal residents are the civet cat, the golden cat, the forest genet, the mongoose, the pangolin, and the nocturnal galago.

Our guide identifies many animal tracks, such as those of the duiker, a small antelope. In the forest there are seven species of



African golden cat

African buffalo



Zebra duiker



Bay duiker



Hadedah
ibis



Blue plantain eaters



West African river eagle



Narina
trogon



Blue-breasted
kingfisher

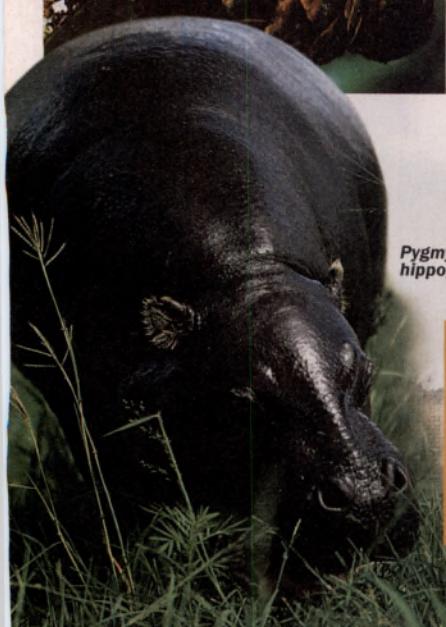
Long-tailed
pangolin

duikers, including the rare Jentink's, zebra, and Ogilby's duikers. We see tracks where giant forest hogs have foraged for roots, and we inspect the habitat of the scaly, giant pangolin, an ant and termite eater. A pair had dug themselves a large hole in the forest floor with two chambers. These underground chambers are up to 130 feet long and 15 feet deep. The pangolin feeds at night, roaming many miles and then returning home just before dawn. It rips open termite nests with its rakelike claws and uses its sticky tongue to extract the insects.

Our guide locates a band of chimpanzees that range in this eight-square-mile area. There are more than 2,000 chimpanzees in the park. We had heard that they use stones or branches that they carry with them to crack nuts. We are thrilled when we spot a chimp sitting on the forest floor about 20 feet from us, banging away at a nutshell with a branch.

A Bird Watcher's Delight

The next day we travel by canoe on the Hana River. As our guides quietly paddle, they identify the many bird species that we encounter. We hear the black-casqued hornbill, noted for its piercing call and for the noise its wings produce in flight. Seven of the many species of hornbill live in Taï Park. In all, there are more than 200 bird species found here. These include six species of kingfisher, along with falcons, touracos, parrots, pigeons, doves, francolins, sunbirds, and flycatchers. The rare and richly colored narina trogon has



Pygmy
hippopotamus



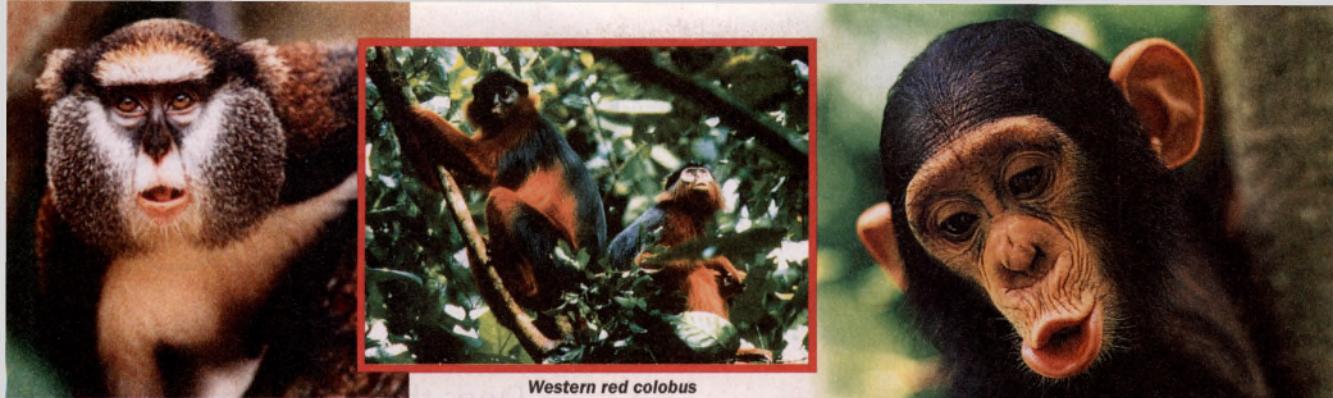
Tree frog



Dark
mongoose

Nile monitor lizard ▶

Ibis: © Joe McDonald/Visuals Unlimited; Kingfisher: Keith Warmington; Hippo: © NHPA; Anthony Barnstrop; Narina trogon: © &H Harris; all other photos: Parc National de Taï



Mona monkey

Western red colobus

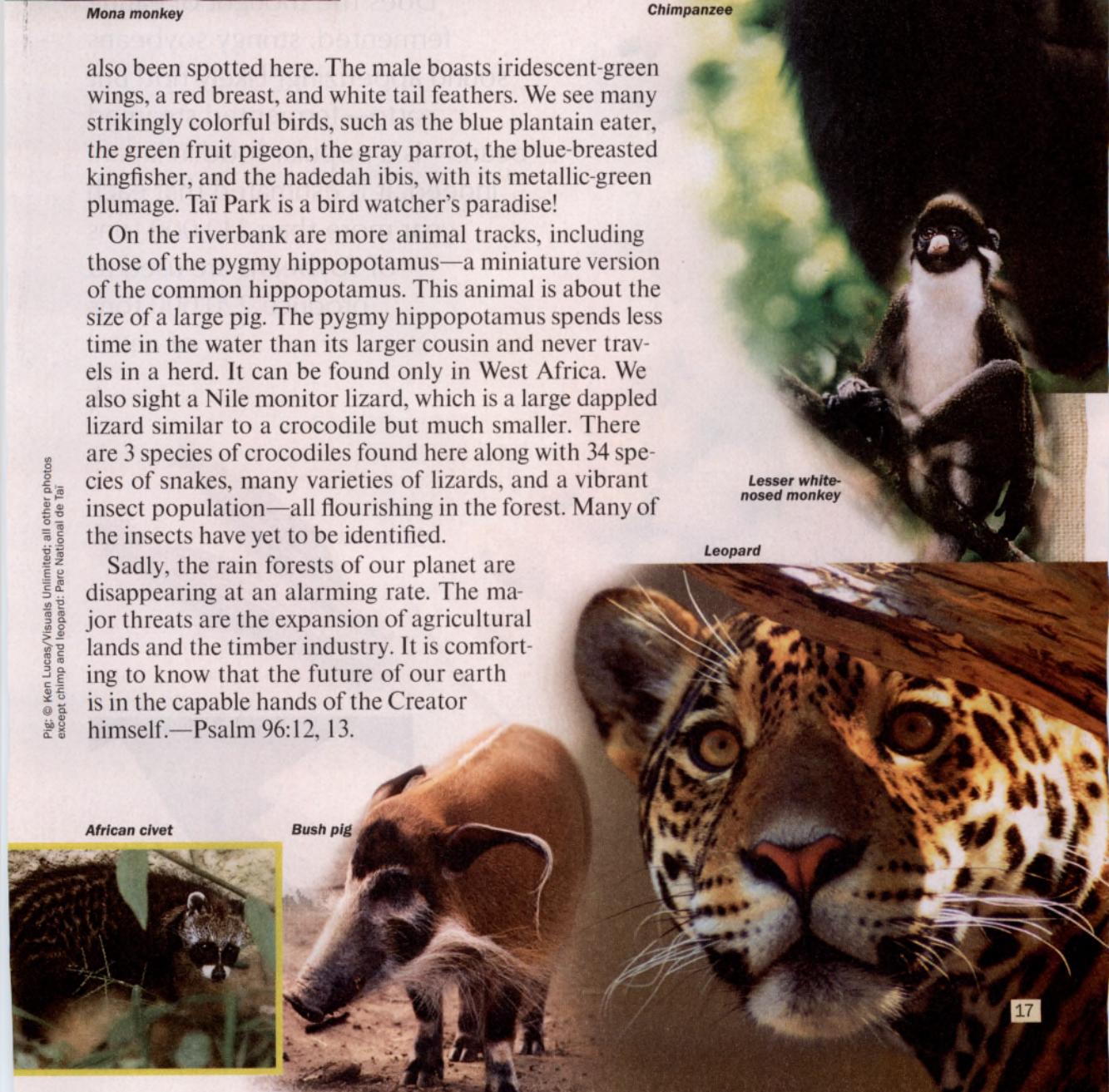
Chimpanzee

also been spotted here. The male boasts iridescent-green wings, a red breast, and white tail feathers. We see many strikingly colorful birds, such as the blue plantain eater, the green fruit pigeon, the gray parrot, the blue-breasted kingfisher, and the hadedah ibis, with its metallic-green plumage. Taï Park is a bird watcher's paradise!

On the riverbank are more animal tracks, including those of the pygmy hippopotamus—a miniature version of the common hippopotamus. This animal is about the size of a large pig. The pygmy hippopotamus spends less time in the water than its larger cousin and never travels in a herd. It can be found only in West Africa. We also sight a Nile monitor lizard, which is a large dappled lizard similar to a crocodile but much smaller. There are 3 species of crocodiles found here along with 34 species of snakes, many varieties of lizards, and a vibrant insect population—all flourishing in the forest. Many of the insects have yet to be identified.

Sadly, the rain forests of our planet are disappearing at an alarming rate. The major threats are the expansion of agricultural lands and the timber industry. It is comforting to know that the future of our earth is in the capable hands of the Creator himself.—Psalm 96:12, 13.

Pig: © Ken Lucas/Visuals Unlimited; all other photos except chimp and leopard: Parc National de Taï



African civet

Bush pig

By Awake!
writer in Japan

Natto

Does the thought of eating fermented, stringy soybeans sound appetizing? Likely not! But *natto*—fermented steamed beans—is a popular food in Japan. Indeed, it is estimated that each year more than 110,000 tons of soybeans are used to produce 220,000 tons of *natto*.



Japan's Unique Soybeans

ACCORDING to legend, about a thousand years ago the warrior Minamoto Yoshiie found and tasted boiled soybeans that had been left on straw and had fermented. That was the discovery of *natto*. It is believed that by the end of the Edo period (1603-1867), *natto* had become a regular part of Japanese cuisine in some areas.

How is *natto* made? In the past, bundles made from rice straw were filled with steamed beans and then stored in a warm, humid environment. This resulted in fermentation by *Bacillus natto*, a bacterium that lives in rice straw. During fermentation, proteins and glucide contained in the soybeans decompose, generating the distinctive *natto* strings, which can stretch up to 20 feet!

Nowadays, *natto* is mass-produced in automated factories, where steamed soybeans are sprayed with the ideal amount of *Bacillus natto*. The beans are then transferred to small containers by machine. A conveyor moves them to storage, where preset temperature and humidity levels allow the beans to ferment and mature. After packaging, the *natto* is ready for market.

Natto has a distinct odor that some find repugnant. But the stringy beans are nutritious. During fermentation, vitamins B₂ and K and such minerals as iron, calcium, and potassium are created. In addition, *natto* contains enzymes that aid digestion. *Nattokinase*, an enzyme that dissolves blood clots, has also been found in *natto*.

Natto strings may have other uses besides food. For example, they are processed into

fiber, biodegradable plastic, and resin. The *natto* resin is water retentive.

Fermentation produces heat as well as agents that suppress other bacteria. Thus, when made properly, *natto* lasts a long time. In one experiment, *natto* bacilli were cultivated with enteropathogenic *E. coli* O157, which is known to cause fatal food poisoning. The *E. coli* O157 died. Still, it is recommended that *natto* be kept in a refrigerator and consumed within a week or so because its taste will gradually change. When the fermentation process goes too far, the soybeans fully dissolve and a sharp ammonialike odor develops.

Many people eat *natto* the traditional way—seasoned with soy sauce. Some prefer to add mustard or minced scallions, while others add seaweed or an egg. *Natto* goes well with hot white rice. It can also be served with spaghetti, Japanese noodles, and even soup. Some enjoy it on buttered toast. When served with rice, it is best to mix the beans thoroughly. The more you mix them, the more strings will be produced.

Natto is gaining greater popularity as its nutritional value becomes more widely known. In fact, odorless *natto* is now on the market, welcomed by those who have avoided it because of the smell. By all means, try *natto*.* You too can discover Japan's fermented, stringy soybeans!

* Those taking warfarin for heart problems should be aware that the vitamin-K content in *natto* could interfere with the function of the medication.



When Someone You Love Has a Mental Disorder

IT STARTED as a typical weekday morning for the Johnsons.* The family of four was up and dressed for the day's activities. Gail reminded her 14-year-old son, Matt, that it was past time to catch the school bus. What followed was completely unexpected. Within half an hour, Matt spray-painted a bedroom wall, tried to set fire to the garage, and attempted to hang himself in the attic.

Gail and her husband, Frank, followed the ambulance that took Matt away, desperately trying to make sense of what had just occurred. Sadly, though, this was just the beginning. Many psychotic episodes followed, plunging Matt into the dark world of mental illness. His five-year period of anguish included several suicide attempts, two arrests, placement in seven psychiatric facilities, and countless sessions with mental-health professionals. Confused friends and relatives were often at a loss for what to say or do.

It is estimated that 1 in 4 people worldwide will be afflicted with a mental illness at some point in their life. Considering this staggering statistic, chances are you have a parent, child, sibling, or friend with some form of brain disorder.* What can you do if someone you love has such a condition?

● **Recognize symptoms.** The presence of a mental disorder may not be immediately diagnosed. Friends and family members might attribute the symptoms to hormonal changes, physical ailments, personality weaknesses, or the result of difficult circumstances. Matt's mother had seen some prior signs of trouble in Matt, but his parents thought that his moodiness was part of an adolescent phase that would soon pass. However, significant changes in sleep, diet, or behavior may indicate something more serious. An examination by a professional can lead to effective

* Names have been changed.

[†] Some use the term "brain disorder," as it carries little stigma and readily implies a neurobiological cause.

treatment and improved quality of life for your loved one.

● **Become informed.** People with mental disorders usually have limited capacity to research their own condition. Hence, the information you gather from current and reliable sources can help you to understand what your loved one is going through. It can also help you to talk openly and knowledgeably with others. Gail, for instance, gave Matt's grandparents medical pamphlets that helped them feel more informed and involved.

● **Pursue treatment.** Despite the long-term nature of some mental disorders, with appropriate treatment many sufferers can have stable, productive lives. Unfortunately, many languish for years without getting help. Just as a serious heart condition requires a heart specialist, mental illness needs the attention of those who know how to treat such conditions. Psychiatrists, for example, can prescribe medicine that when taken consistently can help control mood, ease anxiety, and straighten out distorted thinking patterns.*

● **Encourage the sufferer to seek help.** Those with mental disorders may not realize that they need help. You might suggest that the sufferer see a particular doctor, read some useful articles, or have a conversation with someone who has successfully managed a similar disorder. It may be that your loved one is not receptive to your advice. But by all means intervene if someone in your care is at risk of harming himself or others.

● **Avoid placing blame.** Scientists have not yet been able to sort out the complex interaction of genetic, environmental, and social factors that contribute to abnormal brain function. The combination of factors that can contribute to a mental disorder includes brain injury, substance abuse, environmental

* Potential benefits should be considered along with possible side effects. *Awake!* does not endorse any particular medical treatment. Christians should be sure that any treatment they pursue does not conflict with Bible principles.

stressors, biochemical imbalances, and inherited predispositions. It does little good to accuse individuals of what you think they might have done to contribute to an illness. You will want to direct your energies to fostering support and giving encouragement.

● **Have realistic expectations.** If you expect more from a sufferer than he or she can give, it can be disheartening. Conversely, overemphasizing the sufferer's limitations can promote a sense of helplessness in that one. So keep your expectations realistic. Of course, wrong acts should not be tolerated. Like anyone, those with mental disorders can learn from the consequences of their actions. Violent behavior may necessitate legal action or certain restrictions for the protection of the individual or others.

Some Warning Signs of Mental Disorders

If someone you love has any of the following symptoms, he or she may need to consult a medical or mental-health professional:

- Prolonged sadness or irritability
- Social withdrawal
- Extreme emotional highs and lows
- Excessive anger
- Violent behavior
- Substance abuse
- Excessive fears, worries, and anxieties
- Abnormal fear of weight gain
- Significant change in eating or sleeping habits
- Persistent nightmares
- Confused thinking
- Delusions or hallucinations
- Thoughts of death or suicide
- Inability to cope with problems and daily activities
- Denial of obvious problems
- Numerous unexplained physical ailments

● **Stay connected.** Communication is vital, even though at times it may seem that your comments are misconstrued. The responses of someone with a mental disorder can be unpredictable, and his or her emotions may seem inappropriate to the situation at hand. Nevertheless, finding fault with the sufferer's remarks will only heap guilt on top of depression. When words fail, sit quietly and listen. Acknowledge feelings and thoughts without condemning. Strive to remain calm. You and your loved one will benefit if you simply and consistently show that you care. This was true for Matt. A few years later, he expressed his appreciation for those whom he said were "helping me when I didn't want help."

● **Consider the needs of other family members.** When a family must focus on the one in crisis, other members can be neglected. For a time, Matt's sister, Amy, felt that she "lived in the shadow of his illness." She minimized her own accomplishments so as not to divert attention to herself. Meanwhile, it seemed that her parents wanted her to achieve more, as if to compensate for her brother's shortcomings. Some neglected siblings in this situation attempt to command attention by causing trouble. Families in crisis need help to manage competing needs. For example, when the Johnson family was consumed by Matt's

problems, friends in the local congregation of Jehovah's Witnesses helped Amy by giving her extra attention.

● **Promote good mental-health practices.** A comprehensive plan to improve mental well-being should include attention to diet, exercise, sleep, and social activities. Simple activities with small groups of friends are usually less intimidating. Also, remember that alcohol can exacerbate symptoms and interfere with medications. The Johnson family now tries to maintain a routine of mental hygiene that is beneficial for everyone but especially for their son.

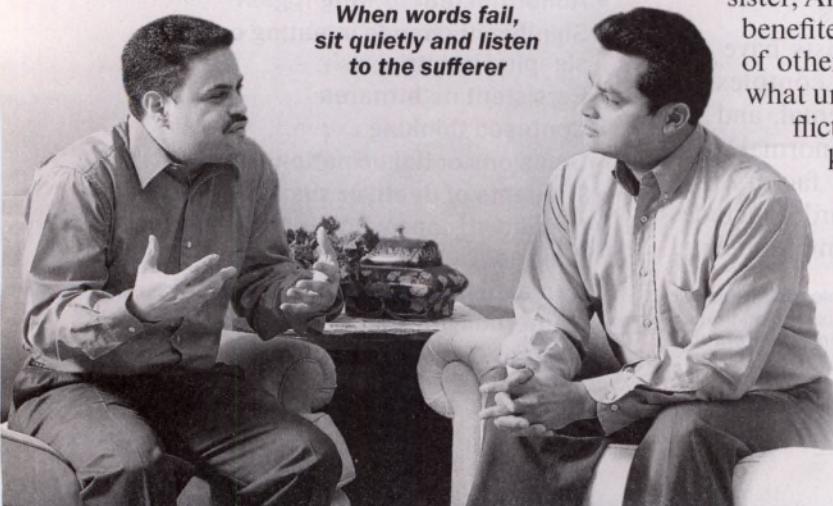
● **Take care of yourself.** The stress that comes with caring for someone with a mental disorder can threaten your own well-being. It is essential, therefore, that you pay attention to your physical, emotional, and spiritual needs. The Johnson family are Jehovah's Witnesses. Gail feels that her faith greatly helped her to cope with the family crisis. "Christian meetings were stress relievers," she says, "a time to set aside immediate worries and focus on bigger issues and the ultimate hope. Countless times, I prayed desperately for relief, and invariably some change would occur to ease the pain. With Jehovah God's help, I had peace of mind that belied our circumstance."

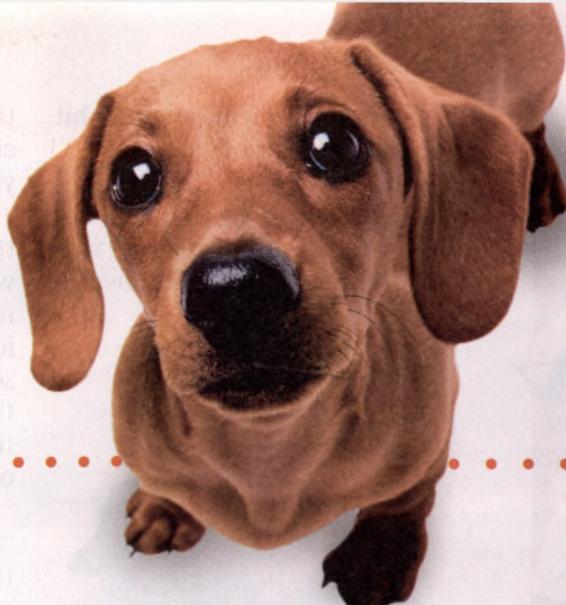
Matt is now a young adult and has a fresh outlook on life. "I feel that I am a better person for what I went through," he says. Matt's

sister, Amy, feels that the experience has benefited her as well. "I am less critical of others," she says. "You never know what underlying circumstances may afflict someone. Only Jehovah God knows."

If someone you love has a mental disorder, always remember that a listening ear, a helping hand, and an open mind can help that one to survive—and even to thrive.

*When words fail,
sit quietly and listen
to the sufferer*





How to Train Your Dog

By Awake! writer in Mexico

"**M**Y DOG won't come when I call him." "My dog barks so much that the neighbors are complaining." "My dog is always jumping on me and on my visitors." In all such cases, frustrated pet owners are asking, "What can I do?"

The answer is probably to give your dog basic obedience training—teaching it to respond to simple commands. Of course, it is best to begin while your dog is still a puppy. But even older dogs can learn. Marcos, a professional dog trainer in Mexico, says: "The minimum age of dogs that we receive for training is four months, and the maximum is five years. But I have taught basic obedience to dogs that are even ten years old."

Dogs are intelligent. They have been trained to sniff out drugs and explosives, assist the handicapped, and perform search-and-rescue missions. But how can you train your dog to obey you?

Genetic Makeup

First, you need to know about the genetic makeup of your dog. Like wolves, dogs are hierarchy conscious. They instinctively gravitate toward living in a pack under a leader, or alpha dog. Your family is your dog's pack, and it needs to understand that you are the leader.

In a wolf pack, the leader chooses the warmest, most elevated spot to sleep. It also eats before the others. So if your dog is allowed to sleep on your bed or get on the fur-

niture, it may conclude that it is the leader. The same might happen if it is fed tidbits from the table at mealtime.

Even as a puppy, your dog can learn that it is subordinate to you. How? Try holding its gaze with your eyes until it looks away. Also, rubbing the dog's belly while it is on its back is a good exercise, as this puts it in a submissive position. If your dog is being a nuisance and does not stop when you say "No," try ignoring it or leaving the room.

When your dog responds to your commands, it is acknowledging that you are in charge. If you as the owner do not establish your position of leadership, your pet may conclude that it is equal or superior to you, and this might affect its behavior.

How to Teach Simple Commands

To teach your dog basic commands, you will need a collar, a leash, and plenty of patience. One training manual recommends the following: (1) Give a simple, one-word command, (2) demonstrate the desired action, and (3) immediately give praise when the action is performed. Your tone of voice is more important than the words you use. A command should be given in an affirmative tone, and praise should be given in a happy, affectionate tone.

Physical punishment, such as hitting or kicking, is not necessary. "I simply say 'No' in a sharp tone, prolonging the vowel, so that the dog will know that I am displeased with its performance," says Marcos, the

trainer quoted earlier. He adds, "A dog is intelligent enough to know when you are rewarding and when you are reprimanding."

If anything more drastic is needed, you might grasp the dog by the scruff of its neck and shake it lightly while saying "No." Reprimands should be given during or immediately following the undesirable behavior. Remember, a dog cannot discern why it is being scolded if the scolding occurs minutes or hours after the act. Neither does it understand why a certain action is acceptable on one occasion but objectionable on another. So be consistent.

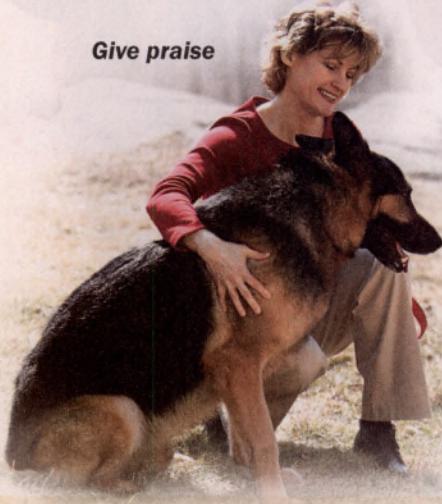
The foundation for all obedience is the command "Sit!" If your dog knows this command, you can control it when it becomes overly active. For example, you can tell your dog to sit when it begins to jump on visitors. To teach your dog to sit, put the leash on it, and give the command while pushing down on its hindquarters and gently pulling its head up with the leash. Give praise immediately. Repeat these steps until the dog obeys the command on its own.

Tips for Training a Dog

1. Be consistent in your use of words for commands.
2. Dogs like to hear their name, and it gets their attention. So use your dog's name along with commands. ("Rover, sit!") But do not use your dog's name in conjunction with a reprimand, such as "No!" Your dog must learn that responding to its name brings positive—not negative—results.
3. Use liberal praise as a reward. Many dogs will do more for affection than for food.
4. Keep training sessions short and pleasurable.
5. Do not inadvertently reinforce negative behavior by giving your dog a lot of attention when it misbehaves. This will only result in repetition of the undesired behavior.

Adapted from *Never, Never Hit Your Dog* and the American Dog Trainers Network.

Give praise



"Rover,
sit!"



To teach your dog to remain in the sitting position, use the command "Stay!" while standing in front and putting your hand out with the palm facing flat toward the dog. If the dog moves, say "No" and place it back into position. Repeat the command, and praise your dog when it stays sitting for a short period. Gradually increase the time it sits and then the distance between you and your dog as it responds to the command.

The best way to teach a dog to come to you is to use a long leash and give a gentle tug while calling your dog's name and giving the command "Come!" Back up as the dog moves toward you, and continue giving it praise. Soon it will respond to your call without being prompted by the leash. If your dog gets loose and will not respond to the command "Come!" call it and run in the opposite direction. Often, a dog will instinctively give chase.

A word of caution: Never use the word "come" for a negative reason, such as to give a reprimand. Your dog must learn that responding to "Come" will bring pleasurable results, whether praise or a food treat. If you lose your patience while teaching this command, your dog will learn that coming is unpleasant and is to be avoided.

You can also teach your dog to walk by your side without pushing ahead or lagging behind. To do this, use a link-chain training collar and a short leash. With the dog on your left, give the command "Heel!" and step out with the left foot. If your dog attempts to push ahead or lag back, give a quick, sharp jerk on the leash and repeat the command. Give praise for compliance.

How can you keep your dog from jumping up on you? One method is to back away while using the command "Off!" followed by "Sit!" Another is to catch a forepaw in each hand and step toward the dog, repeating the "Off!" command. Give praise when it obeys.

A Loyal Companion

Remember, a dog is a social animal. Long periods of confinement can lead to hyperactivity, excessive barking, and destructive behavior. With training, your dog can become a delightful, loyal companion—instead of a nuisance.

Housebreaking Your Puppy



A puppy can be housebroken when six to eight weeks old. According to *Dog Training Basics*, the keys to successful housebreaking are confinement, training, timing, and praise. A dog does not normally like to soil its sleeping area. Therefore, keep your puppy confined when unsupervised. Know its schedule, and teach it a designated toilet area. Take it (on a leash) out to this area immediately after it wakes up, after a meal, after a play session, or before bedtime. Praise it as it eliminates. You may want to teach it a trigger word.

When your puppy is not confined, be alert to signs that it needs to relieve itself, such as an abrupt stop of play, circling and sniffing, and running out of the room. If you catch your puppy in the act of eliminating in the house, scold it, and take it outside immediately.* Again, no good will come if you give correction long after the act. Clean up any accidents with vinegar water to remove the scent; otherwise, the dog will continue to use that place to eliminate.

* Urination during an excited greeting is an involuntary, natural behavior in dogs. Sometimes called submissive urination, it can mean that the dog recognizes that you are the leader, or in the alpha position. Reprimanding your dog in this situation may only worsen the problem, as this may cause it to urinate more in order to show further that it views you as the one in charge. Usually, this behavior stops by the time a dog reaches two years of age.



The Bible's Viewpoint

IS DIVORCE THE ANSWER?

IN Britain a minister welcomes those present to celebrate a sacred rite of passage. Before him stand a couple, with an intimate group of friends and children. Another happy wedding? Hardly! This ceremony is recognizing the end of their marriage. Yes, divorce has become so common that some churches have adopted divorce liturgies!

Are you contemplating divorce? If so, will the breakup of your marriage really lead to a happier life? Are there practical steps that you can take to achieve happiness with your mate?

"They Must Become One Flesh"

When the first human couple were wed, God stated that a man "must stick to his wife

and they must become one flesh." (Genesis 2:24) Hence, marriage was to be a permanent bond. That is why Jesus later stated that "the ground of fornication" is the only basis for Scriptural divorce with the possibility of entering a new marriage.—Matthew 19:3-9.*

This stresses the need for commitment in marriage. But what if the problems in your marriage are very serious?

Is Divorce the Wise Course?

Jesus provided a principle by which we can weigh the value of our actions when he said:

* The Christian congregation of Jehovah's Witnesses respects an innocent mate's right to decide whether or not to divorce an adulterous spouse. See *Awake!* of April 22, 1999, pages 5-9.



"Wisdom is proved righteous by its works." (Matthew 11:19) What do the results of today's plethora of frivolous divorces indicate?

"The benefits of divorce have been oversold," says University of Chicago sociologist Professor Linda Waite, who headed a team of scholars studying unhappy marriages. Similarly, after spending 11 years analyzing the responses of thousands of people, Oxford Professor Michael Argyle found that "the least happy in society were those who are divorced or separated." Why might that be?

While divorce may eliminate some problems, it can also unleash a series of traumatic events over which you may have little control. Indeed, research shows that divorce usually does not reduce symptoms of depression or raise one's self-esteem.

Even if you do not have the "perfect marriage," sticking to your mate can bring benefits. Many who are determined to do so find happiness. Professor Waite states: "A lot of problems resolve over time, and married people tend to get happier." In fact, one study shows that almost 8 out of 10 who were "very unhappy" with their marriage but avoided divorce found themselves "happily married" five years later. Even when there are grave problems, then, couples do well not to divorce hastily.

Practical Steps

Those contemplating divorce should ask themselves if their expectations regarding marriage are realistic. The media have pushed the image of a romantic relationship that culminates in a lavish wedding with a fairy-tale ending. After the wedding, when high expectations go unfulfilled, the resulting disappointment can fuel conflict. As tensions build, a drama unfolds in which hurt feelings dominate emotions. Love withers and, in time, is replaced by anger and hatred. Under such circumstances, some may feel that the only option is divorce.—Proverbs 13:12.

Instead of allowing negative feelings to affect your view, associate with those who have a strong commitment to their marriage. Christians are urged to "keep comforting one another and building one another up." (1 Thessalonians 5:11) Certainly, those in troubled marriages need encouragement from fellow believers.

The Importance of Godly Qualities

"Clothe yourselves with the tender affections of compassion, kindness, lowliness of mind, mildness, and long-suffering," admonished the apostle Paul. (Colossians 3:12) Godly qualities can safeguard marital unity during stormy times.

For example, Paul wrote: "Continue putting up with one another and forgiving one another freely if anyone has a cause for complaint against another." (Colossians 3:13) University of Michigan psychologist Christopher Peterson says: "Forgiveness is the trait most strongly linked to happiness."

Kindness, tenderness, and forgiveness lead to love, "a perfect bond of union." (Colossians 3:14) More than likely, you were happily in love at one time. Can you regain the love you once felt? No matter how difficult your circumstances may be, take courage. There is hope. Indeed, sticking together and applying Bible principles may result in a greater measure of happiness than you imagined possible. Certainly, your efforts in this regard will make Jehovah God, the Creator of marriage, rejoice.—Proverbs 15:20.

In Our Next Issue

■ Infertility—The Treatments,
the Questions

■ What's Wrong With Binge Drinking?

■ Life Under the Big Top

Watching the World

World's Slums Growing

If the present rate continues, "one in every three people in the world will live in slums within 30 years," states *The Guardian* of London, citing a UN report. Sadly, "940 million people—almost one-sixth of the world's population—already live in squalid, unhealthy areas, mostly without water, sanitation, public services or legal security." In the Kibera district of Nairobi, Kenya, there are about 600,000 slum dwellers. Anna Tibaijuka, director of the UN human settlements program UN-habitat, says: "Extreme inequality and idleness lead people to anti-social behaviour. Slums are the places where all the evils come together, where peace and security is elusive and where young people cannot be protected."

China's Parking Problem

Rapid economic growth in China has resulted in car ownership for millions. But there is one problem—finding a place to park. Many residential compounds built within the last 25 years do not have parking because so few people owned automobiles when the housing was constructed. Older residential

Why Laughing Feels Good

Why does it feel so good to laugh? Research shows that humor activates not only regions of the brain associated with perception and language but also the nucleus accumbens, a region that has been linked to happiness and euphoria, reports *The Vancouver Sun*. According to Dr. Allan Reiss of Stanford University, this neural region is "a very powerful brain subsystem." Reiss believes that the study of humor can help physicians to understand social behavior better. "One's sense of humour often dictates if, how, and with whom we establish friendships and even long-lasting romantic relationships," says Dr. Reiss. "Humour also is a universal coping mechanism when [people are] faced with all varieties of stress."



neighborhoods have narrow, twisting lanes, making parking a car nearly impossible. Meanwhile, "the number of autos in Beijing has exceeded 2 million, and parking capacity is merely 600,000," reports *China Today*. Nationwide, only about 20 percent of car owners have a legal parking space. Another indicator of growth in the number of autos is the increasing demand for oil. According to *China Today*, "China will soon take over Japan's place as the second largest petroleum consumer."

Youths With Repetitive Strain Injuries

An increasing number of youths are seeking treatment for repetitive strain injuries (RSI), reports *The Globe and Mail* of Canada. "Doctors and physiotherapists say that their patients are getting much younger as inactive children spend more time on computers both at home and in school," says the paper. According to the *Globe*, constant typing or clicking on a video game controller can lead to the pain and swelling common to RSI sufferers. Parents are advised to watch

their children's posture and to be alert for signs of RSI —a child rubbing his elbows or wrists or complaining of numbness or tingling.

Hazardous Work Location?

According to a Swedish study, "working with people of the opposite sex is hazardous to your marriage," reports *The Wall Street Journal*. The author of the study, Yvonne Aberg, reviewed government records of divorces and employment and found that "working with co-workers who are all of the opposite sex increases the divorce rate by a startling 70%, compared with an office filled with co-workers of the

same sex." Aberg also found that the marital status of the co-workers made no difference. The seven-year study, involving 37,000 workers at 1,500 locations, is based on empirical data rather than on personal reports, which tend to be less accurate. The article noted that one way to reduce the risk of divorce by 50 percent is to work in the same office with your spouse.

Unbelieving Minister

A Lutheran minister received much attention last year for saying "there is no heavenly God, there is no eternal life, there is no resurrection." After a brief suspension, he was allowed to

return to work as a preacher, reports BBC News. Thorkild Grosbøl of Tårbaek parish near Copenhagen "apologized for his comments" and acknowledged his obligations to the church, said Bishop Lise-Lotte Rebel of the Helsingør diocese. However, Grosbøl continued preaching along the same lines. In June 2004, the bishop stated that if Grosbøl refused to resign, it would have to be determined by a trial whether he could continue as a minister.

Ancient Gospel Inscription

For the first time, scholars in Palestine have found a verse from the Christian Greek Scriptures inscribed on an ancient tomb, reports Germany's *Frankfurter Allgemeine Zeitung*. An inscription on what has become known as Absalom's Tomb was found by chance. The diffused light of a photograph taken in the evening twilight revealed to an anthropologist Joe Zias what appeared to be an eroded inscription. A simple papier-mâché patch was applied to the area, and the Bible verse was deciphered. The inscription is from Luke 2:25 and corresponds to the Codex Sinaiticus of the fourth century. The find is noteworthy in that the use of Bible texts on gravestones generally became popular only about the year 1000 C.E.

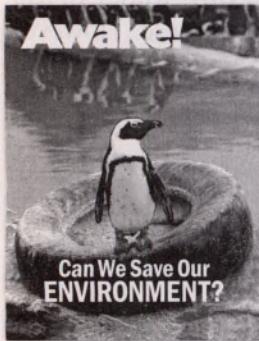
'The 21st Century's New Pathology'

That is how some psychiatrists have described the new "addiction" to mobile phones. According to a study by the Special Center for Treatment and Rehabilitation From Social Addictions (CETRAS), the most vulnerable are "single women aged 16-25, who are shy, immature and frustrated," reports Spain's newspaper *El País*. The "addiction" leads to "an insatiable need to use mobile phones to call and send messages," says psychiatrist Blas Bombín. When they cannot use their cell phone, they suffer from "anxiety and irritability." Cell-phone "addiction" not only affects relationships with others but is also expensive. CETRAS cites cases of patients who own eight mobile phones at the same time and who owe "as much as 800€ [\$1,000] per month in phone bills."



From Our Readers

Environment The series “Can We Save Our Environment?” was special to me. (November 22, 2003) I long for the time when Jehovah will cleanse his beautiful earth and bring it back to its original state. It saddens me to see what a mess man has made of our home!



D. L., Britain

I am 15 years old, and I used to skip issues of *Awake!* But after reading this series, now I want to read it regularly! The articles taught me a lot of interesting things about our planet. I later used this information in school and received a high mark.

S. V., Ukraine

Multiple Sclerosis Please accept my heartfelt thanks for the article “Living With Multiple Sclerosis.” (November 22, 2003) It has been nearly a year since I was diagnosed with that disease. I have lost the use of my arms, legs, and left eye. Before, I would often think negatively. But as your article suggested, I am trying to keep my sense of humor and to focus on positive things. Thanks for the encouraging article.

M. A., Japan

I have been suffering from this illness for 14 years. But it is not well-known in Japan. So when I learned that this article was coming out, I told my husband and friends in the congregation. Now my friends are showing more concern and helping me.

N. S., Japan

This article describes the illness and its progression and consequences so accurately! Questions that have been on my mind for years have finally been answered. Many of my closest friends have told me that they hadn't realized what having MS involved.

M. W., Germany

I am a single mother of three children. I read this article while I was in the hospital with my fourth

attack of MS. The article moved me deeply. As strange as it might seem, having this incurable illness has very much strengthened my relationship with Jehovah and my trust in him.

M. H., Germany

This article will help those of us who are affected by MS. Although I am now in a wheelchair, I share in the full-time preaching work, primarily from home by telephone. Because of my paralysis, a Christian sister wrote out this letter for me.

M. G., France

My MS was diagnosed some 21 years ago. I serve as a Christian elder, but the brothers have lovingly lightened my work load so as not to aggravate my disease. What a wonderful time it will be when, as Isaiah 33:24 states, “no resident will say: ‘I am sick’”!

E. C., United States

Mississippi Disaster I was shocked by the article “When the River Ran Backward.” (November 22, 2003) It tells me how powerful nature is and how powerless man is in the face of calamity. Your article has strengthened my resolve to trust in the Bible.

M. J., Mauritania

Although the events described took place almost 200 years ago, I had the feeling that they were being described by an eyewitness. While reading the article, I felt as if I were there, staggering from the fury of the water. I eagerly read each paragraph.

V. R., Russia

From Warriors to Peacemakers



THE December 8, 2002, issue of *Awake!* contained the experience of Toshiaki Niwa, a former Japanese pilot who was trained for a kamikaze mission during World War II. Niwa related that in August 1945, he was at a base near Kyoto awaiting an order for a suicide attack on U.S. naval vessels. That order never came, for just days later, the war ended. Years later Niwa began studying the Bible with Jehovah's Witnesses. He learned that those who would please God do not take part in war. They truly respect fellow humans, regardless of where they live or their national origin. (1 Peter 2: 17) A former warrior, Niwa is now a peacemaker who shares with others the uniting message of God's Word.

Russell Werts, from the United States, was moved by Niwa's story, for he fought in the same war—but on the other side. "You stated that in August 1945 you were near Kyoto awaiting the coming invasion," Werts wrote in a letter to Niwa. "At that same time, I was going through the final stages of training for that invasion. If the war had not ended when it did, both of us probably would have died on opposite sides in that battle. Like you and your family, my wife and I later became Jehovah's Witnesses. It's a great feeling to know that we who were once enemies bent on killing each other are now not only friends but brothers!"

Toshiaki Niwa and Russell Werts during World War II



Like Toshiaki Niwa and Russell Werts, many who were once mortal enemies are now living in peace and unity because they have studied and applied God's Word, the Bible. Among Jehovah's Witnesses are Jews and Arabs, Armenians and Turks, Germans and Russians, Hutu and Tutsi, who are proving themselves to be genuine Christians. Indeed, Jesus said: "By this all will know that you are my disciples, if you have love among yourselves."—John 13:35.



A LAWYER SEEKS HELP

A lawyer, saddened by the number of marriages ending in divorce, wrote the following to the branch office of Jehovah's Witnesses in Brazil: "Many of the clients who come to my office are already in the process of separation. It is so frustrating to hear them relate the reasons for ending their marriage, such as poor communication and a lack of genuine love. They are completely unaware of the advice contained in your publications."

Since he was familiar with Jehovah's Witnesses, the lawyer wrote: "I would be grateful if you could send me material that I could pass on to my clients to help them reflect on the seriousness of marriage, reconsider their decision, and once again enjoy a harmonious and happy life together."

