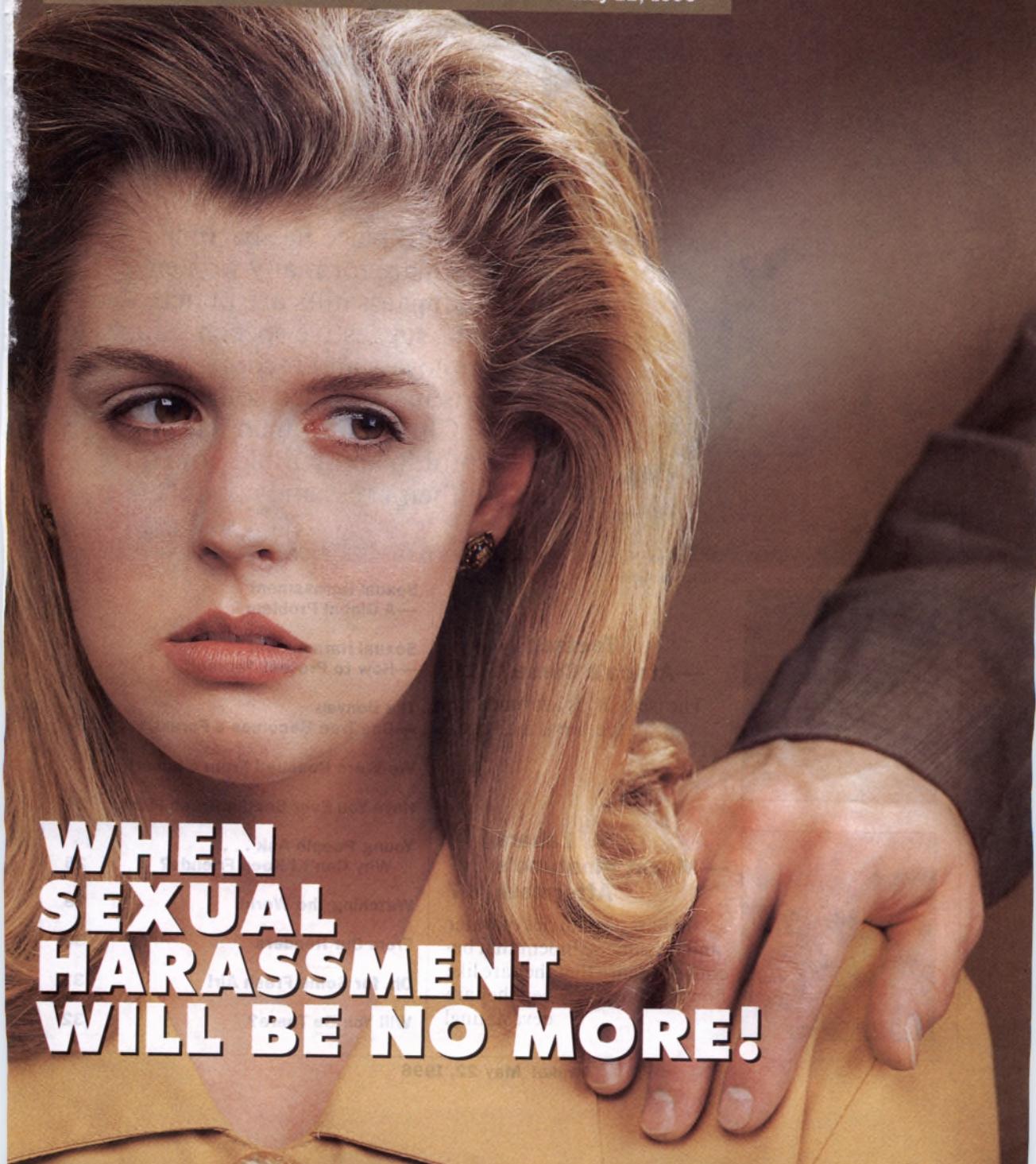


# Awake!

May 22, 1996



**WHEN  
SEXUAL  
HARASSMENT  
WILL BE NO MORE!**

## When Sexual Harassment Will Be No More!

**3-10**

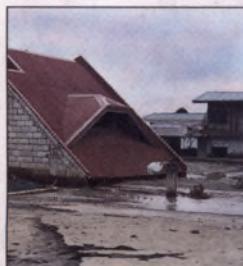
The workplace has become a nightmare for many women. Humiliating assaults are punctuated by crude, suggestive speech. Efforts by employers and recourse to the courts have yielded some good results. Christian women have found it helpful to apply Bible principles in their dress and conduct.

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The tsetse fly is a formidable foe, but is it all bad?



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Lahars are slurries of water and volcanic sediment that become so dense that they are like flowing concrete. Then they are devastating!

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# SEXUAL HARASSMENT

## *A Global Problem*

WORK had become a nightmare for a young secretary named Rena Weeks. True, the law firm that employed her had a prestigious name and offices in over two dozen countries. But she worked for a man who, according to her claim, would not stop grabbing and touching her. The humiliating assaults were punctuated by crude, suggestive speech.

Years ago, women in situations like this had little recourse—except maybe to quit. ‘Her word against his’ would have been the judgment of management. And even those inclined to believe the woman’s side of the story would probably have shrugged off the problem by saying, ‘What’s the big deal?’ But times have changed. Rena Weeks did more than simply get mad and quit. She sued.

A U.S. jury awarded her \$50,000 in compensation for her emotional distress, along with \$225,000 in punitive damages from her former boss. Then, in a move that got the attention of businesses and law firms all over the world, the jury ordered the law firm to pay a whopping *\$6.9 million* in punitive damages for failing to correct the problem!

The Weeks case is by no means an isolated incident. Another recent lawsuit involved a national (U.S.) chain of discount stores. An employee named Peggy Kimzey claimed that her supervisor had made numerous crude sexual remarks to her. In 1993, Peggy Kimzey resigned from her job and sued. She was awarded \$35,000 for humiliation

and mental anguish along with a symbolic \$1 in lost wages. The jury also decided that her former employer had created a hostile work environment by tolerating the harassment. The punishment? *Fifty million dollars* in damages!

Says *Men’s Health* magazine: “Sexual-harassment cases have been multiplying like bacteria. In 1990, the EEOC [Equal Employment Opportunity Commission] handled 6,127 such complaints; by last year [1993] the annual total had nearly doubled to 11,908.”

### **An Abuse of Power**

While staggering jury awards capture headlines, the truth is that few cases ever find their way into a courtroom. Most victims suffer their humiliation in silence—pawns in an ugly game of power and intimidation that is played out in offices, on streets, in buses, at lunch counters, and in factories. At times, there is outright coercion to have intimate relations. Most of the time, though, the molestation consists of subtler, yet shamelessly offensive, acts: unwelcome or inappropriate touches, lewd remarks, lascivious stares.

True, some reject calling such behavior harassment, arguing that it is merely a bungling attempt on the part of some men to attract the attention of the opposite sex. But many, like writer Martha Langelan, reject such attempts to excuse the offensive behavior. She writes: “It is not clumsy courtship, or rude courtship, or joking courtship, or ‘misunderstood’ courtship. It is not meant to appeal

## Sexual Harassment—Myth Versus Fact

**Myth:** Sexual harassment is grossly overreported. It is just another fad, a product of media hype and hysteria.

**Fact:** By and large, a woman has much to lose and little to gain by reporting victimization. Indeed, only a minority of women (22 percent according to one survey) ever tell anyone that they have been harassed. Fear, embarrassment, self-blame, confusion, and ignorance of their legal rights keep many women silent. Many experts thus believe that the problem is grossly *underreported!*

**Myth:** Most women enjoy the attention. Those who claim they have been harassed are merely hypersensitive.

**Fact:** Surveys consistently show that women take offense at such rude treatment. In one survey, "over two fifths of the women said they felt disgust and about one third said they were angry." Others reported feeling anxious, hurt, and depressed.

**Myth:** Men are victimized just as much as women.

**Fact:** Researchers for the National Association of Working Women (U.S.) report that "an estimated 90 percent of harassment cases involve men who have harassed women, 9 percent are same-sex . . . , and only 1 percent involve women who have harassed men."

to women; it is behavior that serves another function entirely. Like rape, sexual harassment is designed to coerce women, not to attract them. . . . [It] is an expression of power." Yes, oftentimes such mistreatment is simply another cruel means by which "man has dominated man to his injury."—Ecclesiastes 8:9; compare Ecclesiastes 4:1.

Women usually react to sexual harassment, not with pleasure, but with feelings ranging from disgust and anger to depression and humiliation. Recalls one victim: "The situation destroyed me. I lost my trust, my confidence, my self-respect, and my career aspirations. My personality dras-

tically changed. I had been happy-go-lucky. I became bitter, withdrawn, and ashamed." And when the perpetrator is an employer or someone else in power, harassment takes on a particularly ugly appearance.

Little wonder, then, that courts have begun to punish offenders and compensate victims. Since the U.S. Supreme Court defined such mistreatment as a violation of civil rights, employers have increasingly been held legally responsible for maintaining a work environment that is not "hostile or offensive."

Companies that tolerate sexual harassment may suffer low employee morale, high



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Unless otherwise indicated, New World Translation of the Holy Scriptures—With References is used.

Awake! (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc., 25 Columbia Heights, Brooklyn, NY 11201-2483. Second-class postage paid at Brooklyn, N.Y., and at additional mailing offices. **Postmaster:** Send address changes to Awake!, c/o Watchtower, Wallkill, NY 12589. Vol. 77, No. 10

Printed in U.S.A.

er absenteeism, lower productivity, and high employee turnover—not to mention financial disaster if victims decide to sue.

### How Prevalent?

Just how prevalent is sexual harassment? Surveys indicate that more than half the women in the work force in the United States have experienced it. One book thus claims: "Sexual harassment is a pervasive problem. It happens to women in every profession from waitress to corporate executive. It occurs at every level of the corporate hierarchy and in every kind of business and industry." However, the problem is hardly limited to the United States. The book *Shockwaves: The Global Impact of Sexual Harassment*, by Susan L. Webb, cites the following statistics:<sup>\*</sup>

**CANADA:** "One survey showed that 4 out of 10 women reported being sexually harassed at work."

**JAPAN:** "An August 1991 survey showed that 70 percent of the women who responded experienced" harassment at work. "Ninety percent said they were sexually harassed on the way to and from work."

**AUSTRIA:** "A 1986 survey showed almost 31 percent of women reported serious harassment incidents."

**FRANCE:** "In 1991 a study . . . found that

\* Statistics tend to vary, since researchers use different survey methods and different definitions of sexual harassment.

21 percent of the 1,300 women surveyed said they had personally experienced sexual harassment."

**THE NETHERLANDS:** A study showed that "58 percent of the women responding [to the survey] said they had personally experienced sexual harassment."

### A Sign of the Times

Of course, molestation and harassment in the workplace are nothing new. Women—and sometimes men—were subject to

#### **Sexual harassment is not only about sex**



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such mistreatment even back in Bible times. (Genesis 39:7, 8; Ruth 2:8, 9, 15) But such misbehavior seems to be particularly prevalent today. Why so?

For one thing, in recent years women have entered the job market in record numbers. More women are therefore exposed to situations in which such abuses can occur. However, of even greater significance is what the Bible prophesied long ago: "Remember this! There will be difficult times in the last days. Men will be selfish, greedy, boastful, and conceited; they will be insulting . . . ; they will be unkind, merciless, slanderers, violent, and fierce." (2 Timothy 3:1-3, *Today's English Version*) The prevalence of sexual harassment is just one dramatic proof that these words are

being fulfilled today. Interestingly, an article in *Men's Health* magazine notes that "the increase in sexual-harassment complaints has been accompanied by an astonishing decline in general civility. Bad manners are everywhere."

The prevalence of sexual harassment also reflects the "new morality," which swept the world during the 1960's. The tearing down of traditional moral boundaries has been accompanied by a shocking disregard for the rights and feelings of others. Whatever its cause, sexual harassment is a grim reality of the workplace. What can men and women do to protect themselves? Will there ever be a time when the workplace will be free of harassment?

# SEXUAL HARASSMENT

## *How to Protect Yourself*

"**N**O WOMAN should have to run a daily gauntlet of sexual innuendo," says magazine editor Gretchen Morgenson, "but neither is it reasonable for women to expect a pristine work environment free of coarse behavior." Commendably, efforts by employers and the courts to make the workplace safer have yielded some good results. The risk of lawsuit, for example, has moved employers and employees around the world to try to improve the work environment. Many companies have developed in-house procedures for dealing with workplace molestation. Meetings and seminars are held to instruct employees in proper workplace behavior.

Of course, it only makes sense to know and follow company policies and local laws. (Romans 13:1; Titus 2:9) Christians have also found it helpful to apply Bible principles. Following these inspired guidelines in your dealings with your workmates can do much to help you to avoid becoming a victim of sexual harassment—or a perpetrator of it.

### **Proper Conduct for Men**

Consider the matter of how men should treat women. Many experts caution against touching those of the opposite sex. They warn that a friendly pat on the back could easily be misinterpreted. "Juries take touching very seriously," notes labor lawyer Frank

Harty. His suggestion? "If it involves more than shaking hands, don't do it." True, the Bible itself makes no blanket rule on this matter.\* But in view of the current legal and moral climate, caution is in order—especially for those who have an unconscious tendency to touch as they converse.

Admittedly, such advice is not always easy to follow. Glen, for instance, comes from a Hispanic culture. "Where I come from," he says, "people are just more prone to hug you than here in the United States. In my family we often greet friends with a kiss, but here we were cautioned not to be too quick to do that." Bible principles, though, prove helpful in this matter. The apostle Paul told the young man Timothy: "Treat younger men as brothers, older women as mothers, and younger women as sisters, with absolute purity." (1 Timothy 5:1, 2, *New International Version*) Would that not rule out promiscuous, seductive, or unwelcome touching?

That same principle can be applied to speech. Appropriately, the Bible says: "Let fornication and uncleanness of every sort or greediness not even be mentioned among you, just as it befits holy people; neither shameful conduct nor foolish talking nor obscene jesting, things which are not becoming." (Ephesians 5:3, 4) Sexual-harassment lawyer Kathy Chinoy suggests that before speaking you consider one question: "Would you want your mother, sister, or daughter exposed to that?" Obscene, suggestive talk degrades both the speaker and the hearer.

#### **Preventing Harassment**

How can one try to avoid becoming a victim of harassment? The advice Jesus gave his disciples when he sent them out on their

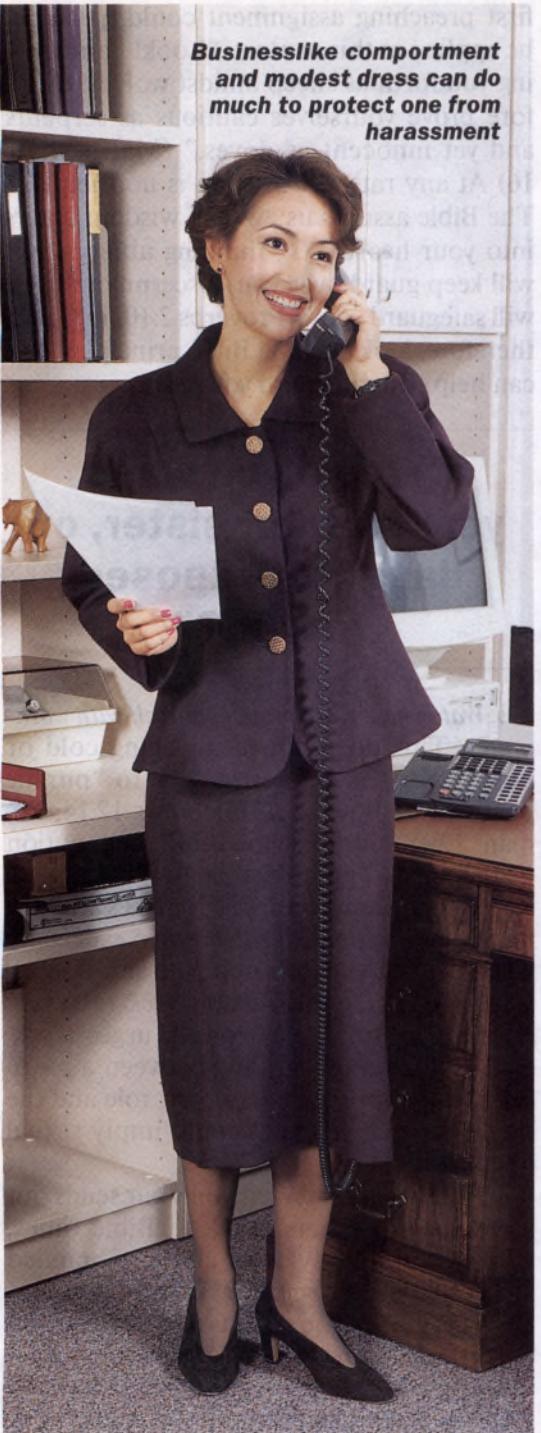
\* Paul's caution at 1 Corinthians 7:1 "not to touch a woman" evidently refers to sexual contact, not casual touching. (Compare Proverbs 6:29.) In the context, Paul is encouraging singleness and warning against indulging in sexual immorality.—See "Questions From Readers" in *The Watchtower* of January 1, 1973.

first preaching assignment could, perhaps, be applied in this context: "Look! I am sending you forth as sheep amidst wolves; therefore prove yourselves cautious as serpents and yet innocent as doves." (Matthew 10:16) At any rate, a Christian is not helpless. The Bible assures us: "When wisdom enters into your heart . . . , thinking ability itself will keep guard over you, discernment itself will safeguard you." (Proverbs 2:10, 11) Let's, therefore, look at some Bible principles that can help you safeguard yourself.

## **"Would you want your mother, sister, or daughter exposed to that?"**

**1. Watch how you conduct yourself with workmates.** This does not mean being cold or hostile, for the Bible urges us to "pursue peace with all people." (Hebrews 12:14; Romans 12:18) But since the Bible does caution Christians to "go on walking in wisdom toward those on the outside," it makes sense to maintain a *businesslike demeanor*, especially when dealing with the opposite sex. (Colossians 4:5) The book *Talking Back to Sexual Pressure*, by Elizabeth Powell, urges workers "to learn a precise line between a *pleasant attitude* appropriate to their role and the kind of *friendliness* that could imply sexual openness."

**2. Dress modestly.** What you wear sends out a message to others. Back in Bible times, wearing certain styles of clothing branded a person as being immoral or promiscuous. (Proverbs 7:10) The same is often true today; tight, flashy, or revealing clothing can attract the wrong kind of attention. True, some may feel they have a right to wear whatever they



**Businesslike comportment  
and modest dress can do  
much to protect one from  
harassment**

desire. But as writer Elizabeth Powell puts it, “if you worked among people who believed stealing money was okay, I’d tell you not to wear your billfold on your hip. . . . You have to recognize the sickness of . . . society’s attitudes and try to protect yourself from being victimized by them.” The Bible’s advice is thus up-to-date. It admonishes women to “adorn themselves in well-arranged dress, with modesty and soundness of mind.” (1 Timothy 2:9) Dress modestly, and you may be less likely to be a target of abusive speech or actions.

3. *Watch your associations!* The Bible tells us of a young woman named Dinah who became the victim of sexual assault. She evidently attracted the attention of her assailant because she regularly “used to go out to see the daughters of the land” of Canaan—women known for being promiscuous! (Genesis 34:1, 2) Similarly today, if you regularly chat with—or listen to—coworkers who are known for discussing prurient subjects, some might conclude that you would be receptive to sexual advances.

This does not mean you have to snub your workmates. But if the conversation becomes risqué, why not simply excuse yourself? Interestingly, many of Jehovah’s Witnesses have found that having a reputation for high moral standards serves to protect them from harassment.—1 Peter 2:12.

4. *Avoid compromising situations.* The Bible tells how a young man named Amnon schemed to be alone with a young woman named Tamar so that he could take advantage of her sexually. (2 Samuel 13:1-14) Harassers today may behave similarly, perhaps inviting a subordinate to share an alcoholic drink or to remain at work after hours for no apparent reason. Beware of such invitations! Says the Bible: “Shrewd is the one that has seen the calamity and proceeds to conceal himself.”—Proverbs 22:3.

## If You Are Harassed

Of course, some men will make improper advances even when a woman conducts herself impeccably. How should you respond to such advances if you are targeted? Some have recommended simply taking the whole thing in stride! ‘Office sex is the spice of life!’ says one woman. However, far from viewing such inappropriate attention as humorous or flattering, true Christians are repulsed by it. They “abhor what is wicked” and realize that the intent of such advances is usually to lure one into sexual immorality. (Romans 12:9; compare 2 Timothy 3:6.) At the very least, the crude behavior is an affront to their Christian dignity. (Compare 1 Thessalonians 4:7, 8.) How can you handle such situations?

1. *Take a stand!* The Bible tells us how a God-fearing man named Joseph responded to immoral propositions: “Now after these things it came about that the wife of his master began to raise her eyes toward Joseph and say: ‘Lie down with me.’” Did Joseph simply ignore her overtures, hoping that the problem would go away by itself? On the contrary! The Bible says that he boldly refused her advances, saying: “How could I commit this great badness and actually sin against God?”—Genesis 39:7-9.

Joseph’s actions set a good example for both men and women. Ignoring—or worse yet, being intimidated by—suggestive speech or aggressive behavior rarely makes it go away; if anything, fear or diffidence may cause it to escalate! Rape prevention counselor Martha Langelan cautions that rapists often use sexual harassment as a “way to gauge the likelihood that a woman will fight back in an assault; if she is passive and timid when harassed, they assume she will be passive and terrified when attacked.” It is therefore critical that you take a stand at the first

sign of harassment. According to one writer, “saying no immediately and clearly is often enough to make the harasser stop the offensive behavior.”

2. *Let your no mean no!* Jesus said that in his Sermon on the Mount. (Matthew 5:37) His statement is appropriate for these circumstances, since harassers are often quite persistent. Just how firm do you need to be? That depends on the circumstances and the response of the harasser. Use whatever degree of firmness is necessary to get your point across. In some cases, a simple, direct statement in a calm tone of voice will suffice. Make eye contact. Experts suggest the following: (a) State your feelings. (“I do not like it at all when you . . .”) (b) Specifically name the offensive behavior. (“. . . when you use crude, vulgar language . . .”) (c) Make clear what you want the person to do. (“I want you to stop speaking to me that way!”)

“In no case, however,” Langelan cautions, “does a confrontation step over the line into aggression. Counteraggression (using insults, threats, and verbal abuse, throwing a punch, spitting on a harasser) is counterproductive. Verbal violence is dangerous, and there is no need to use physical violence unless there is an actual physical attack that requires self-defense.” Such practical advice accords with the Bible’s words at Romans 12:17: “Return evil for evil to no one.”

What if the harassment continues in spite of your best efforts to stop it? Some companies have set procedures for dealing with sexual harassment. Often the mere threat of initiating a company grievance procedure will make your harasser leave you alone. Then again, it may not. Sad to say, finding a sympathetic supervisor is not always an easy task for either women or men. Glen, who says he was harassed by a female employee, tried complaining. He recalls: “When

I told the boss about it, I got no help at all. In fact, he thought it was hilarious. I just had to watch out for the woman and go out of my way to avoid her."

Some have tried legal action. But the huge judgments in lawsuits you read about in the media are hardly typical. Besides, the book *Talking Back to Sexual Pressure* warns: "Legal remedies against harassment require tremendous emotional energy and time; they result in physical as well as mental stress." With good reason the Bible cautions: "Do not go forth to conduct a legal case hastily." (Proverbs 25:8) After counting the emotional and spiritual costs of legal action, some have preferred to seek other employment.

#### The End of Harassment

Sexual harassment is nothing new. It is as universal as the imperfect, scheming, greedy human heart. Commissions and court cases will never rid society of sexual harassment. Getting rid of sexual harassment requires a fundamental *change of heart* in people.

Today, God's Word and his spirit are effecting such a change in people the world over. It is as if wolves and lions were learning to behave as lambs and calves, just as foretold by the prophet Isaiah. (Isaiah 11:6-9) By studying the Bible with people, Jehovah's Witnesses each year help many thousands of former 'wolves' to make deep-seated, lasting personality changes. These people heed the Scriptural command to "put away the old personality which conforms to your former course of conduct" and to replace it with "the new personality which was created according to God's will in true righteousness and loyalty."—Ephesians 4:22-24.

One day the earth will be filled with men and women who hold to Bible standards. God-fearing people eagerly await that day, when there will be an end to all forms of mistreatment. Until then, they cope as best as they can with today's ugly realities.

**True Christians today learn to treat one another in a respectful way**





BY AWAKE!  
CORRESPONDENT  
IN NIGERIA

## TSETSE FLY Africa's Curse?

**W**E HAD recently moved to a rural area in West Africa. Tropical forest surrounded us. One afternoon my wife walked into the closet and yelled: "There's a horsefly in here!"

The fly shot out of the closet and into the bathroom. I grabbed a can of insecticide and went after it, shutting the door behind me. The fly was nowhere to be seen. Suddenly it flew at my face. *It's attacking me!* Arms flailing, I unsuccessfully tried to knock it down. It zipped to the window. The screen blocked its escape. The fly landed on it.

I took aim and blasted the fly with insecticide. Normally a direct shot like that will kill just about any insect instantly. Not this fly. It took off and continued to buzz around the bathroom.

*This thing is tough!* I was confident that the insecticide would do its work and the fly would soon drop to the floor. But it did not fall. The next time it landed, I sprayed it a second time. It took off again.

*What sort of superfly is this?* Two more direct blasts finally killed it.

I put on my glasses and examined the creature carefully. It was bigger than a housefly, though not as big as a horsefly. Its wings

were crossed over its back, giving it a more streamlined look than an ordinary fly. A long needlelike proboscis extended from the region of its mouth.

I called to my wife: "This is no horsefly. It's a tsetse fly."

The encounter impressed upon me the difficulty of trying to eradicate the fly from its African domain of 4.5 million square miles, an area larger than that of the United States. Why do people want to exterminate it? Three charges are leveled against it. Charge one:

### It Feeds on Blood

There are 22 different species of tsetse flies. All live in sub-Saharan Africa. All, both males and females, gorge themselves on vertebrate blood, sucking up as much as three times their weight in blood with a single bite.

They feast on a wide range of grazing animals—both those native to Africa and those that are not. They bite people too. The bite is a deep, bloodsucking stab, sharp and painful. It itches and hurts at the same time. It raises a welt.

Tsetse flies are skillful at their work. They do not waste time buzzing around your head. They can fly at someone like a bullet and

Tsetse fly: ©Martin Dohrn, The National Audubon Society Collection/PR

somewhat put on the brakes and land on the face so gently that they are not felt. They can be like thieves; you sometimes do not know they have stolen some blood until after they are gone—when all that remains for you to do is assess the damage.

Usually they go for exposed flesh. (They seem to like the back of my neck!) Sometimes, however, they decide to crawl up a trouser leg or shirtsleeve before tapping a blood vessel. Or if they choose, they can bite through clothing—that's not a problem for an insect that can pierce even the tough hide of a rhinoceros.

People accuse the tsetse fly of being not only smart but also cunning. Once when I tried to kill one with insecticide, it flew into my closet and hid in my swimming trunks. Two days later when I put on the trunks, it bit me twice! On another occasion a tsetse fly hid in my wife's purse. She took the purse to an office, and when she reached inside, the fly bit her hand. Then it flew around the room, causing havoc among the office workers. Everybody stopped work to try to swat it.

So the first charge against the tsetse fly is that it is a bloodsucker with a painful bite. Charge two:

### **It Kills Animals**

Some varieties of tsetse flies transmit a disease caused by tiny parasites called trypanosomes. When the tsetse fly sucks the blood of an animal that has the disease, it swallows blood containing the parasites. These develop and multiply inside the fly. When the fly bites another animal, parasites pass from the fly into the bloodstream of the animal.

The disease is trypanosomiasis. The form that occurs in animals is called nagana. Nagana parasites thrive in the bloodstream of many animals native to Africa, especially antelope, buffalo, bushpigs, duikers, reedbuck,

and warthogs. The parasites do not kill these animals.

But the parasites devastate livestock not native to Africa—camels, dogs, donkeys, goats, horses, mules, oxen, pigs, and sheep. According to *National Geographic* magazine, nagana kills three million cattle each year.

Cattle herders, such as the Masai of East Africa, have learned how to avoid the areas where tsetse flies are most plentiful, but drought and lack of pasture sometimes make this impossible. During a recent drought, four families who kept their 600 cattle together were losing an animal each day to the fly. Lesalon, a family elder among them, said: "We Masai are courageous people. We spear the lion and face the charging buffalo. We club the black mamba and confront the angry elephant. But with orkimbai [tsetse fly]? Helpless we are."

Drugs exist to cure nagana, but some governments permit their use only under a veterinarian's supervision. There is good reason for that, since partial dosages not only doom the animal but generate parasites that are resistant to drugs. It may be difficult for the cattle herder in the bush to find a vet in time to treat his dying animals.

The first two charges against the tsetse fly have been proved beyond dispute—it feeds on blood and spreads a disease that kills animals. But there is more. Charge three:

### **It Kills People**

Humans are not afflicted with nagana trypanosome. But the tsetse fly delivers another type of trypanosome from human to human. This form of trypanosomiasis is called sleeping sickness. Do not think that a person with sleeping sickness merely sleeps a lot. The disease is not a blissful sleep. It begins with malaise, fatigue, and a low fever. After that come prolonged drowsiness, high fever, joint pains, swollen tissues, and enlarged liv-

er and spleen. In the final stages, as the parasites penetrate the central nervous system, the patient suffers mental deterioration, seizures, coma, and death.

In the early part of this century, outbreaks of sleeping sickness ravaged the African continent. Between 1902 and 1905, the disease killed about 30,000 people near Lake Victoria. In the decades that followed, the disease spread into Cameroon, Ghana, and Nigeria. In many villages a third of the people were infected, requiring the large-scale evacuation of people from many river valleys. Mobile teams treated hundreds of thousands of people. It was not until the end of the 1930's that the epidemic faded and died.

Today the disease afflicts some 25,000 people each year. According to the World Health Organization, over 50 million people in 36 sub-Saharan countries are at risk of contracting the disease. Although sleeping sickness is fatal if untreated, drugs exist to treat it. Recently a new drug called eflornithine was developed to treat the disease—the first such drug in 40 years.

Humans have waged a long war against the tsetse fly and the disease it carries. In 1907, Winston Churchill wrote of a campaign to eradicate the tsetse fly: "A fine net is being woven remorselessly around him." Looking back, it is evident that Churchill's "fine net" had large holes in it. States the book *Foundations of Parasitology*: "So far, 80 years of tsetse eradication have had little impact on tsetse distribution."

#### A Word in Defense

American poet Ogden Nash wrote: "God in His wisdom made the fly, and then forgot to tell us why." While it is true that Jehovah God is the Creator of all things, it is certainly not true that he is forgetful. Many things he allows us to find out for ourselves. What then of the tsetse fly? Is there something to be said in defense of this apparent villain?

Perhaps the strongest defense so far is that its role in the destruction of cattle has worked to protect native African wildlife reserves. Vast areas of Africa are similar to the grasslands of the western United States—the land itself is capable of supporting domestic livestock. But thanks to the tsetse fly, domestic animals are killed by trypanosomes that do not kill native grazing animals.

Many believe that if it were not for the tsetse fly, the great wildlife reserves of Africa would have long ago been replaced by herds of cattle. "I promote tsetse," said Willie van Niekerk, a guide in a Botswana wildlife reserve. "Eliminate the tsetse and cattle will invade, and cattle are the despoilers of Africa, bulldozing the continent into one big wasteland." He added: "The fly must stay."

Not everyone agrees with that, of course. The argument does little to convince the man who watches his children or cattle suffer from trypanosomiasis. Neither does it convince those who argue that Africa needs cattle to feed itself.

Nevertheless, there is undoubtedly still much to learn about the role the tsetse fly plays in nature. Though the charges against it seem strong, perhaps it is too early to make a judgment.

Speaking of flies, one has just flown into the room. Excuse me while I make sure it is not a tsetse.

#### IN OUR NEXT ISSUE

#### Auto Pollution —What's the Answer?

#### Carnival Celebrations —Right or Wrong?

#### Coping With Panic Attacks

# The Banyan

## *One Tree Becomes a Forest*

BY AWAKE! CORRESPONDENT IN INDIA

**A** FOREST is usually made up of many trees. But there is a forest that is made from just one tree. The banyan is a most unusual tree, which can spread until it covers an area of more than five acres! How does it start growing? How does it keep extending itself until it can truly be called a forest?

The banyan belongs to the flowering plant order called Urticales and the family Moraceae, or the mulberry family, which includes some 800 species of fig plants. The banyan, or Bengal fig, starts its long life from a seed contained in the droppings of monkeys, birds, or bats who have eaten the fruit of the banyan.

In the branches of a host tree, the seeds germinate, and the roots flourish in organic matter collected in crevices. Humid conditions help the roots of the new tree to grow rapidly; they thicken around the trunk of the "victim" tree and grow down into the ground. As they gain in strength and size, they suffocate the host tree, giving the name strangler figs to this type of plant.

Now the banyan is ready to expand. Not only do roots spread from the base of the parent trunk but as branches lengthen horizontally, aerial roots drop down from them toward the ground and anchor themselves in the soil. The making of a forest has begun.

Found in tropical Africa and India, the banyan, with its large, flat leaves, serves as an umbrella of shade for humans and ani-

mals. One tree in India is so vast that it is said to be able to shelter more than 20,000 people! The fruit is not good for human consumption, and the wood of the banyan is soft and porous; however, a white, sticky substance called birdlime, which comes from the wood, is used to capture birds.

How long does the banyan live? One tree in the state of Andhra Pradesh is estimated to be over 600 years old; other notable, protected trees are well over 250 years old. And the growth and spread of a banyan goes on indefinitely.

What is said to be the biggest banyan known is located in Sri Lanka. It has 350 large trunks and more than 3,000 smaller trunks all attached to one parent tree. In India a tree with over 1,100 prop roots and a canopy cover of more than five acres was recently measured and found to be the biggest in that country. It is guarded constantly by four armed men to preserve it from damage. Other famous banyans in India include one near Bangalore that covers three acres and is a favorite picnic spot for the city dwellers. Then there is an awesome tree situated in the Ranthambore wildlife park. Mentioned in the writings of a Mogul emperor 500 years ago, this tree provides shade for birds, bats, snakes, squirrels, and hordes of small animals and insects, besides being a playground and a hunting ground for the tigers and other predators in the park.

Perhaps the best-known banyan in India, though, is the 240-year-old tree in the

National Botanical Gardens in Calcutta. Over 80 feet tall, it covers an area of three acres and has more than 1,800 aerial roots and a vast crown with a circumference of 1,400 feet. A veritable forest!



### Religion and the Banyan

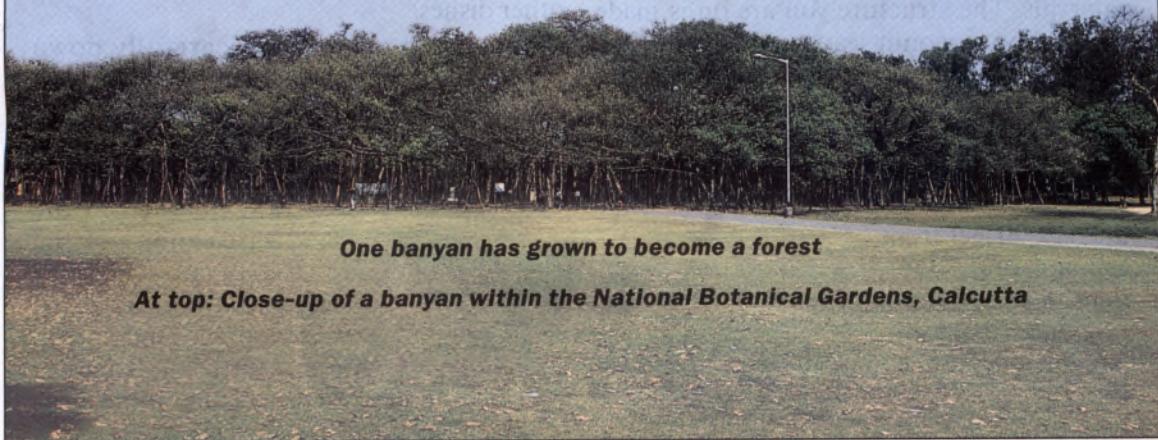
From ancient times people have worshiped trees. The banyan is no exception; it is considered sacred in India even today. Sacred trees are supposed to represent particular deities—in the case of the banyan, the god Vishnu. It is viewed as worship to the deity of the tree when a tree is planted, watered, and cherished.

In ancient Polynesian societies too, the banyan was held as sacred. Religious ceremonies took place in a rectangular plaza, or *tohua*, around which houses had been built. At one end of the plaza was usually found a temple with a sacred banyan, on the branches of which were suspended the packaged bones of prominent members of the tribe who had died.

The name of this mighty tree was originally given by Europeans. In the Persian Gulf and in India, the early European travelers saw that the vast, umbrellalike canopy of the tree provided shade under which merchants spread their wares to protect them from the burning

heat of the sun. In the Hindu caste system, the merchants were from the major division called Vaisya, and a subcaste, the banyas, were notable sellers of grain and other grocery items. Noticing that a banya would sell his goods under the shady tree led these foreigners to call the tree a banyan.

In those days the banyas usually wore a cotton vest with hidden pockets for their money. Cool and easy to launder, the vest was so common to the banya traders that the name banyan was given to the garment, and later the name was used for any man's vest or undershirt. This name is still used for a man's undershirt in India, and the banyas' habit of wearing this type of garment when working remains even today.





Banyan tree in National Botanical Gardens, Calcutta

### Let's Climb a Banyan

Would you like to climb up into the heart of a banyan? You could if you ever visited Hyderabad in south India. Near the Begumpet Airport, and close to the heart of the city, is the Machan, a treetop restaurant built into the sturdy branches of a banyan and its neighboring pipal, also a fig. Climb the thick rope ladder past platforms set at intervals. The structure you are on is made of bamboo, coconut leaves, and ropes. The pyramid-shaped bamboo roof protects you from sun and rain as you enter the higher of two dining rooms set at different levels. You are now 30 feet from the ground. Delightful cane furniture and tribal wall hangings add to the forest feeling.

As you sit down, you are handed a menu card called Mowgli, a name familiar to readers of Rudyard Kipling's stories contained in *The Jungle Book*. This too adds to the forest atmosphere. Now settle down to the unique experience of eating a meal in the middle of a banyan. Enjoy some Indian delicacies, such as rich biryanis for which Hyderabad is famous, kebabs, and a variety of other dishes.

Your meal over, climb carefully down the rope ladder, see the miniwaterfall and the lotus pond, and make your way out of this unique treetop restaurant perched in the vast canopy of the banyan—the tree that can spread and spread and spread until one tree has become a forest.



Machan, a  
restaurant in a banyan  
tree, Hyderabad

# LAHARS

## Mount Pinatubo's Aftermath

BY AWAKE! CORRESPONDENT IN THE PHILIPPINES

**H**OUSES inundated. Businesses ruined. Vehicles swept away. Buildings covered. Thousands of people forced to flee. Others trapped, not able to flee. What caused this? Earthquake? Avalanche? No. This is the continuing scenario created by lahars (lä'härs). What are they? Lahars are flows composed of water and volcanic sediment, including loose ash, pumice, and debris from present as well as former eruptions.

Chances are that a decade ago you had never even heard of the Philippines' Mount Pinatubo. But after a massive eruption on June 15, 1991, "Pinatubo" became a household word in many parts of the world. After sleeping for almost 500 years,

Mount Pinatubo disgorged its volcanic contents in one of the most gigantic mushroom clouds of this century. Ash, sand, and rocks spewed forth from the volcano and rained down on the land in amounts that humans have rarely seen.\*

The volcano ejected a huge volume of material more than 12 miles into earth's atmosphere. Although some of this came back down to the earth, large amounts of dust remained in the sky—and not just dust but great quantities of sulfur dioxide, some 20 million tons of it!

\* For further information, see the original *Awake!* report on the eruption, "The Day It Rained Sand," in the February 8, 1992, issue, pages 15-17.





You likely recall some of the global effects: outstandingly beautiful sunsets for a period of time; unusually bright total eclipse of the sun in Mexico and nearby areas in 1991; altered weather patterns, including a cooling effect on parts of the Northern Hemisphere; and increased destruction of earth's ozone layer. Or you may have heard of the increased hunger and disease that affected people who were displaced by the eruption.

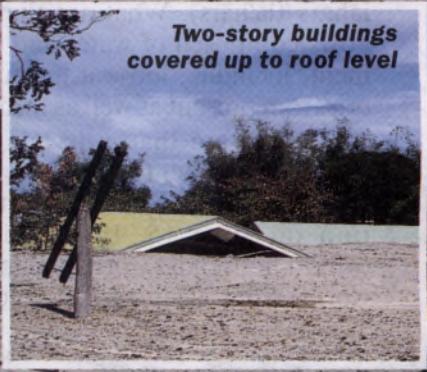
### The Long-Lasting Aftermath

One of the most serious aftermaths of Pinatubo's eruption, and perhaps one that has escaped notice in much

**House carried by a lahar**



**Two-story buildings covered up to roof level**



of the world, is the phenomenon known as lahar. As mentioned in the opening paragraph of this article, lahars have resulted in untold suffering for tens of thousands of people. Because of the lahars, the consequences of Mount Pinatubo's eruption are not all past. They are being felt right up to the present. You may not have been affected personally, but in the vicinity of Mount Pinatubo, businesses, jobs, homes, lives, and even whole towns continue to be wiped out. The culprits are Pinatubo's lahars.

Although many act like muddy rivers with unusual amounts of sediment, when the lahar contains over 60 percent sediment, it begins to take on the nature of flowing concrete. This can be extremely devastating. *A Technical Primer on Pinatubo Lahars* states: "These slurries are so dense (more than twice the density of water) that large boulders, rock-filled gabions, vehicles, concrete buildings, and even bridges are lifted and floated away."

How do lahars get started? You will recall that Mount Pinatubo ejected vast amounts of material when erupting. Some of it went up into the atmosphere, but much remained on the mountain and nearby vicinity as pyroclastic (formed by volcanic action) flow deposits. How much? According to a Philippine Institute of Volcanology and Seismology report, 235 billion cubic feet. U.S. volcanologist C. G. Newhall says enough debris came out to "pave a four-lane freeway back and forth across the US at least 10 times." Of this, 122 billion cubic feet was in erodible form—just waiting for rains to come and wash it down to lower elevations, creating lahars. In the Philippines, tropical storms and typhoons can mean extra trouble. Large amounts of rain can fall in a short period of time, resulting in massive lahars.

This is exactly what has been happening for several years. Again and again, storms



**Top: Bank building at Bacolor, Pampanga, half covered by a lahar, March 1995**

**Bottom: Same bank fully covered by a later lahar, September 1995**

have soaked volcanic debris with water, mobilizing it. Lahars have turned rich farmland into wasteland and towns into rooftops sticking above the ground. In some cases, this has happened overnight. Thousands of homes have been destroyed, and people have been uprooted from their birthplace, forced to start a new life in another area. Up to the beginning of 1995, lahars had moved 63 percent of the pyroclastic material into the lowlands, but that still left 37 percent on the mountain, just waiting to create future havoc. And much of the 63 percent that has already come down remains a threat. Water from heavy rains carves out channels in material previously deposited upstream. This then causes the lahar to move again, endangering lives and property further downstream. In July 1995 the *Manila Bulletin* reported: "Ninety-one barangays (villages) . . . have been erased from the map of Central Luzon, buried under tons of volcanic debris."

### **Disaster Again**

On Saturday evening, September 30, 1995, severe tropical storm Mameng (internationally known as Sybil) affected Luzon. Large amounts of rain fell in the area of Mount Pinatubo. This spelled disaster. Lahars were on the move again. Anything in their path was engulfed. In one area a control dike gave way, exposing previously undisturbed areas to lahars as deep as 20 feet. Homes of less than two stories were completely inundated. People scrambled to rooftops to save their lives. Where the lahar was particularly thick, it carried boulders, vehicles, and even homes with it.

Flooding is another effect of the lahars, since they change the course of rivers and water drainage. Thousands of homes were covered by water, including many owned by families of Jehovah's Witnesses, as well as a number of Kingdom Halls.

Others had even more unfortunate experiences. A person will sink in a moving lahar or in the mud recently deposited by one, making it very difficult to escape. Only after a number of hours or days will the material be hard enough to walk on. How did people escape? Some stayed on rooftops or in trees above the lahar until walking was possible. Others hung on to or walked on telephone cables, since the lahar had reached that height. Some crawled on the semihardened mud left by the lahar. A number did not make it. The government sent helicopters to the harder-hit areas, plucking people from rooftops.—See the accompanying article "We Were Rescued From a Lahan!" for further details.

### **Love Moves Others to Help**

Jehovah's Witnesses were happy to learn that although many homes and some Kingdom Halls were lost or badly damaged, none of their Christian brothers and sis-

ters lost their lives. Obviously, though, the need was great among those hit by lahars or flooding. Some Witnesses escaped with only the clothes they were wearing, which were soaked with lahar mud. How did fellow Christians respond to the need?

Congregation elders from the immediate area made efforts to determine if their Christian brothers were safe or needed help to evacuate. This was done with great difficulty, since lahar deposits were still soft in many areas. Guillermo Tungol, an elder in the Bacolor Congregation, said: "We went to help. We walked on the telephone cables to get to the brothers." Wilson Uy, a full-time minister in the same congregation, added: "We were almost unable to get there because we had to go through chest-deep water that was quite fast-moving." But, with care, they made it and were able to determine the condition of congregation members and assist where possible.

By Monday morning, October 2, the Watch Tower Society's branch office was well aware of the need. Would the 345 volunteer workers at the branch be able to help? Yes! The response was immediate. By ten o'clock in the morning, just these workers alone contributed close to one ton of clothing for their suffering Christian brothers. This was dispatched along with some food and funds by means of a truck that delivered the items the same day.

Within days, congregations in the Metro-Manila area were made aware of the need. More than five tons of additional clothing was soon sent, along with other needed supplies. One Witness from Japan was visiting the Philippines at the time of the disaster. She had just come from Hong Kong, where she had purchased a number of clothing items for herself. When she found out about the plight of her fellow Christians near Mount Pinatubo, she gave them all the clothes she had bought and returned to Ja-

## HOW MOUNT PINATUBO AFFECTED THE WORLD

ONCE a volcanic eruption of the scale of Mount Pinatubo's tapers off or quits, that is the end of it. Right? Not at all! Note some of the lingering global effects.

- You may have observed outstandingly beautiful sunsets for a period of time after the eruption.
- Scientists in Mexico were surprised at the unusually bright total eclipse of the sun on July 11, 1991. The reason? The eruption of Mount Pinatubo. Its dust particles scattered the corona light more than normal.
- Weather was also affected. About three months after the eruption, it was reported that Tokyo, Japan, was receiving about 10 percent less direct sunlight than usual. Volcanic ash blocked out a portion of sunlight.

### Science

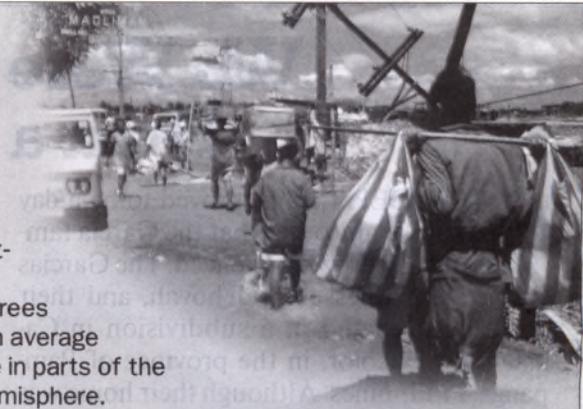
News indicated a drop of about 2 degrees Fahrenheit in average temperature in parts of the Northern Hemisphere.

- Another effect was the increased destruction of earth's ozone layer. Sulfuric acid that was in the atmosphere as a result of the eruption combined with man-made chlorines, resulting in a decline of ozone. The ozone layer normally provides an atmospheric shield that helps protect people from developing cancer. Soon after the eruption, ozone levels in Antarctica dropped to near zero; at the equator, levels dropped by 20 percent.

pan without them. How refreshing to see true Christians showing love to those in need—not just by wishing them well but by 'giving them the necessities for their body.'

—James 2:16.

Commendable, too, is the fact that Jehovah's Witnesses did not allow such occurrences to dampen their zeal for spiritual things. Christian meetings continued—in one case even where the water was ankle-deep in the Kingdom Hall itself. Realizing the importance of getting the Bible's message to others, these Christians continued preaching from house to house. Some had to wade through water to get to the area where they



**Evacuees from flooded or Lahar-stricken areas**

- Hunger and disease were further negative effects. People displaced by the volcano were forced to live temporarily in evacuation centers, where sickness spread rapidly. Particularly hard hit were the Aeta, a tribal people forced from their land by the eruption and thrown into an environment they were not accustomed to.

were to witness—where it was not quite as flooded. They carried clothes with them and changed at a drier location. So even though these Christians were suffering themselves, they did not let this stop them from showing concern for others.

Yes, Pinatubo's aftermath is more than what many realized it would be. It is a story that will go on for some years yet. Efforts have been made to control the lahars, but sometimes that is beyond man's ability. How pleasing it is to see that when such situations arise, true Christians use them as an opportunity to demonstrate their love for God and neighbor!

# We Were Rescued From a Lahar!

OCTOBER 1, 1995, proved to be a day unlike any other that the Garcia family had ever experienced. The Garcias are active Witnesses of Jehovah, and their home was located in a subdivision in Cabantian, Bacolor, in the province of Pampanga, Philippines. Although their home was near areas experiencing Mount Pinatubo's lahars, it had not been directly affected. Cabantian was being protected by government-built dikes designed to stem the lahar. But things were due to change rapidly.

A severe tropical storm had dumped 8.5 inches of rain on Mount Pinatubo. In the early hours of the morning, the telephone rang at the Garcia residence. It was someone who had dialed a wrong number, but the caller said that a dike had broken and that the family should prepare for a flood.

## The Ordeal Begins

Nonato Garcia, father of the family and presiding overseer of the Villa Rosemarie Congregation, relates: "On Sunday morning before five o'clock, water started to rise around our home.

"I thought we were only going to have a flood of water, so we started to carry our belongings upstairs. But after ten in the morning, I saw that lahar mud was mixed in with the water. The flow kept getting higher and stronger until it was heavy and was bringing boulders along with it. We climbed up on the roof.

"Later, cars and even houses were being dragged by the flow. One house that had been hit by a big boulder collapsed and was carried away. Its roof was deposited near our house by the lahar. There were people on the roof. I called to them and encouraged

them to transfer to the roof of our house. To do so, they grabbed on to a cable that was tossed to them. This was tied to my body, and I pulled them across one by one. More people transferred from other roofs that were being covered. All the while, the rain continued.

"In the afternoon helicopters started flying over. But none came down to rescue us, even though we were waving frantically. We thought there must be people in greater need, and they were getting them first. I didn't think we would be picked up quickly, for there were many stranded on roofs of houses.

"Prayer is a very important thing during that kind of situation. Even when in great danger, after praying you don't feel fearful. We did not pray that Jehovah perform a miracle, but we asked for whatever his will was, recognizing that any person can be affected by a calamity. But I did ask for strength, courage, and wisdom. All of this helped us to face the situation at hand."

Nonato's wife, Carmen, concurred: "What my husband says about prayer is really true. I tend to feel very nervous when in a situation where my loved ones' lives are endangered. When I saw that the roof was filling up with lahar mud and was being hit by boulders, I told my husband: 'It looks as though there is no hope left for us.' But he encouraged me, saying: 'Let's pray.'"

Nonato continued: "At four in the afternoon, the flow of the lahar was still very strong. The house was being hit by large rocks. Lahar debris had covered about half the roof. I began to think that evening would soon be falling and that it would be very difficult to travel. So while it was still light, we decided to start moving.

"I tried throwing a chair into the lahar mud to see if it would sink, and I even got on it, but it did not sink. So I got a long piece of lumber to poke the mud. I used this to find the areas hard enough to walk on. In this way we, along with a number of our neighbors, were able to start our way through the mud. There were 26 of us altogether.

"We headed for a much higher roof in the distance. Using the lumber, we kept poking the mud to find where we could step. In places where it was still very soft, we crawled."

With tears in her eyes, Carmen explains: "At some places we were right at the edge of the lahar flow and had to walk sideways on very narrow ground. At one point, I sank down to my chest and said to my husband: 'I can't continue. I'll die.' But he said: 'No, you can do it. Get up.' With Jehovah's help, we kept moving."

Nora Mengullo, a relative of the family, adds: "At places where it was too soft to crawl, we pushed ourselves on our backs with our feet. At times, we sank in too much, but we helped pull one another along, especially the children."

### Rescue—At Last!

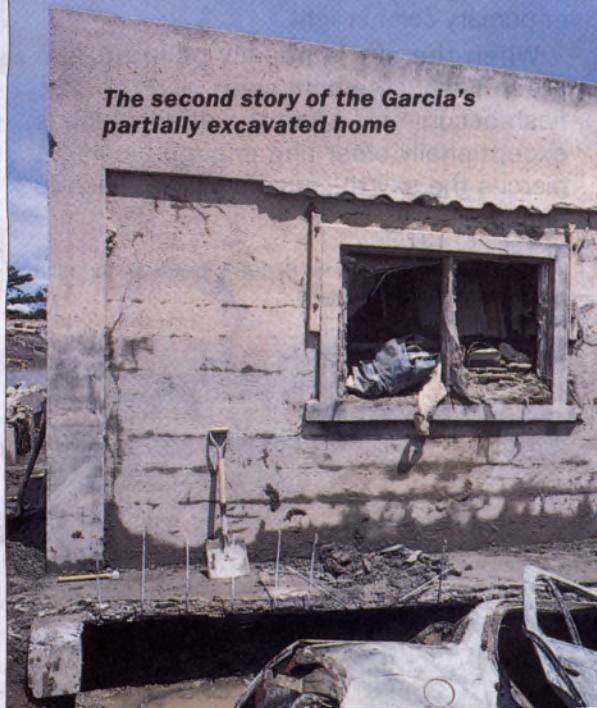
Nonato goes on: "While we laboriously crawled along the edge of the lahar, a helicopter flew over and saw our precarious situation—not on a roof, but in the middle of lahar debris. One of our companions held her eight-month-old child up high, hoping the rescuers would see our plight. They came down to get us. We had the children and the women go first, since all of us could not fit.

"Finally, we also were picked up and brought to an evacuation center. The people there could not give us any clothes to wear, even though all our clothes were full of mud from the lahar. I told them my family would not go with the others into the evacuation area, as we wanted to go to a Kingdom Hall. When we got there, we were immediately clothed, fed, and given other help. More brothers from the congregation arrived, and they too helped us."

Carmen adds: "Even though we could not hope for help from other sources, we felt the blessing of our Christian brotherhood."

Although their home was covered over by the lahar, it is gratifying to know that they and their three children, Lovely, Charmy, and Charly, survived the ordeal along with all the other Witnesses in the area.

*The second story of the Garcia's partially excavated home*



*Nonato Garcia's household in front of their buried home*



# *Have you ever seen a green flash?*

**H**OW enjoyable it is to bid farewell to another day by gazing at a beautiful sunset! The warm glow of the sun provides a spectacle of colors as light passes through the earth's atmosphere. Underscoring this breathtaking event is an unusual phenomenon called a green flash. If the conditions are right, this burst of emerald light occurs at the last moment of a sunset. A rarer event called a blue flash is said to be even more beautiful.

What causes these colorful flashes? Why do they last for only an instant? And why are they so rare? To answer these questions, we must first have a basic understanding of the interaction between sunlight and the earth's atmosphere.

Sunlight streaming down to the earth contains all the colors of the rainbow. When this light strikes the earth's atmosphere, the atmosphere acts much like a giant prism and scatters, or diffuses, the light. The extent to which a light wave is diffused, however, depends on its wavelength.

Blue light waves have a shorter wavelength and are widely scattered throughout the atmosphere. That is why the sky appears blue when the sun is well above the horizon on a clear day. But when the sun is

near the horizon—such as at sunset—the sunlight must travel through more of the atmosphere to reach our eyes. As a result, the highly scattered blue light does not reach us. On the other hand, the longer waves, such as red, can more easily penetrate the dense atmosphere. This gives the sunset its familiar red or orange color.\*

Under certain conditions, though, a green flash or a blue flash can be seen at sunset. How do these occur? As the last edge of the sun dips below the horizon, the sun's light splits into a spectrum like a rainbow. Red light appears on the bottom of the spectrum, and blue light is on the top. As the sun continues to descend, the red portion of the spectrum falls below the horizon and the blue portion is usually scattered by the atmosphere. It is at this instant that the last bit of visible light can flash green. But why green? Because green is the other primary color in light.

When the sky is heavily polluted, the green flash is seldom seen, and the blue flash occurs only when the atmosphere is exceptionally clear and enough blue light pierces the sky to cause a brilliant flash to appear.

\* See *Awake!*, December 8, 1987, page 16, for additional information on sunsets.

Sunset: ©Pekka Parviainen/SPL/Photo Researchers



**Young  
People  
Ask...**



## Why Can't I Keep Friends?

**"My friend and I shared many interests and activities; we enjoyed spending time together. But suddenly our friendship became colder and colder. That made me feel really depressed."—Maria.**

**Y**OU have finally found a friend, someone who understands you and does not judge you. Then, all of a sudden, your friendship begins to slip away. You try to salvage it, but to no avail.

A loyal friend is priceless. (Proverbs 18:24) And losing one can be a painful experience. The Bible tells us that when Job was abandoned by his friends, he lamented: "My intimate acquaintances have ceased to be, and

those known by me have themselves forgotten me." (Job 19:14) You may feel similar distress if you have recently had a friendship go sour. As young Patrick put it, "it feels like someone you love has died." But what if virtually every friendship you have ever had has ended in ruin?

### Fragile Friendships

The book *Adolescence* by Eastwood Atwater observes that teen friendships "tend to blow hot and cold, with sudden, dramatic changes and bitter feelings when friends break up." What makes teen friendships so fragile? One reason is that as you get older, your feelings, viewpoints, goals, and interests begin to change. (Compare 1 Corinthians 13:11.) You can find yourself surging ahead of—or lagging behind—your peers in some respects.

So when friends grow up, they sometimes grow apart—not because they are mad at each other, but because they develop different goals, interests, and values. It may even be best that a relationship end. As you get older and begin taking spiritual matters more seriously, you may realize that some of your former friends were not a wholesome influence. (1 Corinthians 15:33) You care about them, but you don't enjoy their company as you once did.

### Things That Poison Friendships

What, though, if you are continually losing friends—relationships you would like to keep? Frankly, it could mean that you have some personality flaws to overcome. *Jealousy*, for example, poisons friendships. Imagine that you have a friend who is wealthier, more gifted, more attractive, or more popular than you. Do you resent the extra attention he or she might receive? "Jealousy is rottenness to the bones." (Proverbs 14:30) "I really envied my friend's popularity and all the things he had that I didn't have," admits young Keenon, "and it affected our friendship."



**Friendships often break up when one feels  
it is disloyal to have other friends**

Possessiveness can be another destructive trait. What if you learn that a friend is spending more and more time with others and less and less time with you? One youth admitted: "I was jealous even if others talked with some of my friends." You may perceive your friend's association with others as an act of betrayal.

Perfectionism can also spell death for a friendship. You learn, for example, that a friend has talked about you behind your back, perhaps even revealing confidential matters. (Proverbs 20:19) "I can never trust him/her again!" you angrily exclaim.

**Friendship—Getting or Giving?**

If jealousy, possessiveness, or perfectionism has strained your friendships, ask yourself, 'What do I want from a friendship?' Do you imagine that friendship involves having someone at your beck and call, a sort of servant to do your bidding? Do you seek out friends for prestige, popularity, or gain? Do you expect exclusive devotion from a friend, with little room for others in the relationship? Then you need to adjust your view of friendship.

From Bible teachings we learn that good relations with others result, not from getting, but from giving! At Matthew 7:12, Jesus Christ himself said: "All things, therefore, that you want men to do to you, you also must likewise do to them." It is only natural to expect certain things from friends. The book *Understanding Relationships* admits: "We regularly expect a friend to be someone who is honest and open, shows affection, tells us his or her secrets and problems, gives us help when we need it, trusts us and is also . . . prepared to work through disagreements." However, that is not the end of the matter. The book adds: "These are things that people *expect a friend to do for them and expect to do for the friend in return.*"—Italics ours.

Note the way Jesus himself treated those close to him. He said to his disciples: "I no longer call you slaves, because a slave does not know what his master does. But I have called you friends." But was Jesus' friendship with his disciples based on what they could do for him? On the contrary. He said: "No one has love greater than this, that someone should surrender his soul in behalf of his friends." (John 15:13, 15) Yes, the real basis for friend-

ship is *self-sacrificing love!* When love is the foundation, a relationship can survive hassles and problems.

### **When Problems Arise**

Imagine, for example, that your friend is endowed with more money, brains, or talent than you. Unselfish love helps you to rejoice with your friend. After all, “love is not jealous,” says the Bible.—1 Corinthians 13:4.

Or suppose your friend says or does something that hurts your feelings. Does it mean your friendship is doomed? Not necessarily. The apostle Paul was very disappointed when his friend Mark abandoned him on a missionary trip. So much so that he refused to let Mark accompany him on his next tour! Paul even exchanged some sharp words with Mark’s cousin, Barnabas, over the matter. Years later, though, Paul spoke fondly of Mark, even inviting him to Rome to minister to him. They had evidently worked out their differences.—Acts 15:37-39; 2 Timothy 4:11.

Why not try to do the same when problems arise in your friendships? Don’t let matters fester. (Ephesians 4:26) Before jumping to conclusions or making angry accusations, get your friend’s side of the story. (Proverbs 18:13; 25:8, 9) Perhaps there has been some misunderstanding. But what if your friend is actually guilty of showing poor judgment? Remember that your friend is only human. (Psalm 51:5; 1 John 1:10) And all of us are guilty of saying and doing things that we later regret.—Compare Ecclesiastes 7:21, 22.

Even so, you can openly express how much your friend’s actions have hurt you. That might move your friend to make a sincere apology. Since love “does not keep account of the injury,” perhaps you can put the incident behind you. (1 Corinthians 13:5) Looking back at a lost friendship, young Keenon relates: “If I had it all to do again, I would not have expected perfection from our friendship. I would have listened more and sup-

ported him and not magnified his flaws. I understand now that what makes a successful friendship is working through the tests and challenges.”

But what if your friend is not spending as much time with you as before or as much as you would like? Could it be that you have become overly possessive of your friend’s time and attention? This can smother a relationship. People in healthy relationships give each other a measure of space. (Compare Proverbs 25:17.) They allow plenty of room for the enjoyment of other people! After all, the Bible encourages Christians to “widen out” in their friendships. (2 Corinthians 6:13) So when a friend does this, there’s no need to view him or her as disloyal.

Actually, it is not a good idea to become overly dependent on any one person anyway. (Psalm 146:3) It is wise to cultivate friendships with some outside your peer group, such as your parents, the elders, and other caring, responsible adults. Ana relates fondly: “My mother is my best friend. I could talk to her about anything and everything.”

### **Lasting Friendships Can Be Enjoyed!**

The Bible says at 1 Peter 3:8: “Finally, all of you be like-minded, showing fellow feeling, having brotherly affection, tenderly compassionate, humble in mind.” Yes, show kindness, compassion, moral integrity, and genuine concern for others, and you will always attract friends! Granted, lasting friendships take work and determination. But the rewards make them well worth the effort.

Interestingly, the Bible tells of David and Jonathan. They enjoyed an outstanding friendship. (1 Samuel 18:1) They were able to rise above petty jealousy and personality flaws. This was possible because both David and Jonathan placed friendship with and loyalty to Jehovah God above everything else. Do the same, and you will have little trouble keeping God-fearing friends!

## WATCHING THE WORLD

### Mental Problems Increasing

A team of global health experts have warned of "an alarming level of mental health problems in developing nations," states the journal *First Call for Children*. The researchers at Harvard Medical School documented high rates of a number of mental illnesses that were "caused by war, natural disasters, the abuse and murder of women and children, and by changing demographic, political and economic conditions." Additionally, rates of mental retardation and epilepsy were found to be from three to five times higher in low-income societies, and suicide stood out as a major cause of death among young people. According to Dr. Arthur Kleinman, who headed the team, mental health must be given international attention. "Poor and rich nations alike have failed to make the investment needed to restore and preserve mental health," he said.

### Point of Agreement

"Russian Orthodox and Muslim leaders from four predominantly Muslim republics of the former Soviet Union—Kazakhstan, Tajikistan, Turkmenistan, and Uzbekistan—have reached an unprecedented interfaith agreement to contain denominations and aberrant religious groups that are gaining influence in central Asia," notes the magazine *Christianity Today*. Meeting in Tashkent, the Uzbekistan capital, the religious leaders "vowed to cooperate in stopping the influence of evangelical Christians, Baptists,

Mormons, and Jehovah's Witnesses," says the report.

### No Regard for Conservation

A red-necked phalarope, a rare bird, was sighted at a reservoir in Leicestershire, England, and bird-watchers from all over Britain traveled to see it. But they watched in horror as a giant, four-foot pike gulped down the migrating bird in one



bite. "It was like a scene from *Jaws*," said one twitcher, as bird-watchers are called. "One second the bird was swimming—the next there was a snap and a splash and it vanished." "Only a few feathers remained to prove that the exotic water bird had visited the Leicestershire reservoir," said the Reuters report.

### The Bible Should Not Be Censored

Under this heading, an editorial in *The Weekend Australian* newspaper decried "attempts to reinterpret and amend portions of the Bible to meet contemporary needs." Though most new translations "have been works of scholarship, taking advantage of new discoveries of ancient texts and historical research," the editorial cautioned against "mistaking the work of translation for interpretation." At issue

were the guidelines for clergy and teachers published by the Council of Christians and Jews in an attempt to avoid any impression of anti-Semitism. Expressions such as "the Jews," used in connection with Jesus' trial and death, would be changed to "some citizens of Jerusalem," and the expression "the Pharisees," to "some religious leaders." The editorial added: "New Testament documents are not expressions of opinion. . . . Interference with the words and changes to the texts could easily run riot and lead to a dishonest presentation of the drama of Christ's life. The social context of his life must remain true to his times."

### Averting Climate Disaster

The earth's climate will face disaster within the next 25 to 30 years if action is not taken soon, warns Germany's Scientific Advisory Board. "Experts are demanding a global reduction in the emission of the climatic killer carbon dioxide (CO<sub>2</sub>) by at least 1 percent per year," reports the newspaper *Süddeutsche Zeitung*. "The rise in temperature should not be allowed to exceed 0.2 degrees Celsius per decade." The main offenders, accounting for 80 percent of the damage to the world's climate, are countries of the industrialized world. For example, a citizen in Germany produces, on an average, 20 times as much carbon dioxide as a citizen in India. Other major environmental problems caused by man were said to be soil erosion, scarcity of fresh water, and the depletion of biological diversity.

### **"Restructure the Family"**

Neglect of children and violence toward them are on the increase, reports the Brazilian newspaper *O Estado de S. Paulo*. Although socioeconomic problems may be a factor, child mistreatment is not restricted to poor neighborhoods. According to Lia Junqueira, coordinator of the Reference Center for Children and Adolescents, "there is no difference between rich and poor whatsoever—except that in shanties or housing complexes, everyone hears the children crying; while in mansions, the walls muffle the cries." Paulo Victor Sapienza, director of SOS Child, feels that strengthening family bonds is the best means to combat the problem. "It accomplishes nothing to put a child in an institution where he will have no love or affection," he said. "It is necessary to help restructure the family so that the children will have affection and love within the home."

### **Caffeine Kids**

Children who are inattentive, fidgety, easily distracted, and impulsive might be suffering from high caffeine intake, says *Tufts University Diet & Nutrition Letter*. For a 40-pound child, "a can of cola plus just a half a cup of iced tea is the equivalent of three cups of coffee" for an adult. The article referred to research by Mitchell Schare, a psychology professor at Hofstra University, that showed that "many of the symptoms of high caffeine intake in children mimic symptoms of such conditions as attention deficit/hyperactivity disorder." "Before you decide your restless or jumpy youngster has such a problem," it added, "you might find the solution to the fidgeti-

bility as simple as curtailing cola and tea consumption."

### **Reminder to Animal Lovers**

Are you an animal lover? If so, then very likely a friendly dog has licked your face or your hands. However, according to Lane Graham, a parasitologist at the University of Manitoba, the possibility exists that you could pick up larval parasites or roundworms. "It's best not to let your dog's mouth get too close to your own," reports the *Winnipeg Free Press*. Dogs use their tongues to clean themselves; and since their tongues are like a washboard, they pick up a lot of things, including fecal contamination. Puppies are "notorious for being germ-laden



bundles of fur," the paper noted. Although chances of getting sick are small, the advice is to "wash your hands and face, and those of young children, after any prolonged dog licking episodes, just to be on the safe side."

### **Unfulfilled Promises**

"Like every medical revolution before it, the field of gene therapy began with the vision of a brighter future," notes *Time* magazine. "Researchers promised to cure such hereditary disorders as cystic fibrosis, muscular dystrophy and sickle-cell anemia, not with conventional medicine but with the mag-

ic of genetic engineering, supplanting defective genes with their normal counterparts." But now, more than five years after the first human experiments were approved and with 600 people enrolled in 100 clinical trials, there have been no positive results. "After all the tests and all the hype, there is still no unambiguous proof that gene therapy has cured—or even helped—a single patient," says *Time*. In fact, the researchers still do not know the best way to get the genes into the affected cells or how to keep the body's immune system from rejecting them. "When there's no proof that something works," says University of Arizona geneticist Robert Erickson, "it's not much different than snake oil."

### **Coping With Elks**

"In Sweden, half of all road accidents reported to the police involve collisions with wild animals," reports *New Scientist*. Between 12 and 15 Swedes die each year as a result of such collisions. Of particular concern are European elks, which can grow to 1,700 pounds and do not instinctively fear cars. In neighboring Finland, elks are the nation's second leading cause of road accidents, after alcohol, says *Newsweek*. To help cope with the problem, the Swedish car company Saab conducts crash tests, using fake elks, to test the safety of their cars. And officials in Finland have allocated \$22 million for construction of elk underpasses along busy roads. "The tunnels will give elks a view of the horizon beyond, and they will be lined with their favorite plants," says *Newsweek*. "When mating season is on, elks don't look both ways."

## FROM OUR READERS

**One-Parent Families** I just received my October 8, 1995, *Awake!* and read the series "One-Parent Families—How Successful Can They Be?" I can't thank you enough for these articles. They are very timely. I have been a single parent for seven and a half years, and it has been very difficult. I have a 15-year-old daughter who is going through a difficult and rebellious period. Also, my work situation is very unstable. I am grateful, however, to be in a supportive and loving congregation of Jehovah's Witnesses. Whenever I've needed help with my car or simply needed a listening ear, my brothers have always been there for me.

D. R., United States

I have been a single parent since 1978. As a result of suffering from bipolar depression, I was not always the best parent. Anyway, I always listen to the magazines on tape. I've already listened to this issue twice, and it is playing on my stereo right now. As long as the magazines keep containing such wonderful information, I feel my family will make it!

T. O., United States

**God Hard to Please?** I am a single parent, and when I saw the cover of the October 8, 1995, issue with the articles on single parents, I cried. But the first article I read was "The Bible's Viewpoint: Are God's Standards Too Difficult to Reach?" Yes, as a mom who seems to be failing, this article was a great relief. It showed me that I am not a loser. It is simply my turn to prove Satan a liar. Thanks to Jehovah for this wonderful article!

R. N., United States

It was an article that touched me deeply. It's amazing to think that even though Jehovah is almighty, he is willing to forgive us of the mistakes that we have made. This article helped me to appreciate that we can be hap-

py living by God's standards, even though we will fail at times.

D. C., United States

**River Blindness** Recently, a government agency distributed tablets for the prevention of river blindness in our village. Soon after that I received the October 8, 1995, issue with the article "River Blindness—Conquering a Terrible Scourge." I made good use of it with my neighbors. When a government agent saw the article, he exclaimed: "Your organization is more than just a religion!" Furthermore, the local doctor obtained a subscription for both *The Watchtower* and *Awake!* Many in our territory request the magazines. They are happy to see that they cover what is going on in Nigeria.

A. A., Nigeria

**Iditarod** I just finished reading the article "The Iditarod—Ten Centuries in the Making" (October 8, 1995), and I felt compelled to thank you for an extremely informative and mind-boggling article! It painted a vivid picture for the reader to enjoy. I actually felt that I was one of the mushers on that 1,100-mile trek! I also came away with a deeper appreciation for Jehovah—whose qualities are manifest in his creation of both man and beast.

J. H., United States

**Legal Victory** I read the article "A Victory for the Minority—in a Land of Uniformity" (October 8, 1995). When I was in high school, I had to sit out the judo classes. I was encouraged when I read that the brothers in Kobe have been fighting this issue in the courts in order to protect their freedom of worship and their right to receive an education. Now that the school has appealed to the Supreme Court, I pray that the brothers will receive a favorable judgment.

Y. K., Japan

# Oh, for Some Fresh Air!

BY AWAKE! CORRESPONDENT IN BRITAIN

**W**HEN you breathe, do you inhale fresh air? Present-day air pollution is "a bigger enemy than smoking," claims a doctor quoted in *The Times* of London. In England and in Wales, contaminated air kills an estimated 10,000 people every year. Worldwide, especially in large cities, the situation is serious.

Many blame the automobile industry for polluting the atmosphere. To reduce dangerous exhaust, new vehicles in many countries now come fitted with catalytic converters, which reduce pollution. The hydrocarbons in exhaust gases have dropped to 12 percent of the 1970 levels, with similar reductions of nitrogen oxides and carbon monoxide. Babies in strollers are particularly vulnerable because they ride at the level that cars spew out fumes. But air pollution threatens car occupants as well. Reportedly, the contamination is three times higher inside cars than outside. Further hazards come from inhaling benzene fumes from fuel as you fill your car's fuel tank.

Now the most prevalent form of air pollution worldwide is "Suspended Particulate Matter," says a 1993-94 United Nations environmental data report. Apparently, tiny bits of soot, or particulate matter, have the ability to penetrate deep into the lungs and there deposit damaging chemicals.

The depletion of the ozone layer high above the globe attracts much press comment. At ground level, however, sunlight acts on the nitrogen oxides and other volatile elements of air pollution to pro-

duce high levels of ozone. These levels have doubled in Britain during this century. These gases damage paint and other building materials, cause disease in trees, plants, and crops, and appear to trigger respiratory problems in some people. Although most of the ozone pollution occurs in towns, surprisingly it is the rural areas that suffer the worst effects. In the urban areas, nitrogen oxides mop up the excess ozone, but where these oxides are sparse, the ozone has free rein to wreak damage.

Additionally, air pollution is "up to 70 times higher inside homes than outdoors," reports *The Times*. Here the fumes from air fresheners, mothballs, and even dry-cleaned clothes pollute the air. Cigarette smoke likewise adds to health risks indoors.

What, then, can you do to protect your family? *The Times* of London offered the following suggestions.

- Reduce your use of the car. If possible, share transportation with others. Drive smoothly. If stuck in a traffic jam or otherwise stationary for more than a couple of minutes, switch off the engine. If possible, on hot days park your car in the shade to reduce pollution produced by fuel evaporation.

- Choose to exercise in the early mornings when ozone levels outdoors are generally low.
- Outlaw smoking in the home.
- Keep bedroom windows slightly open at night to lower humidity and move allergens outside.

No doubt you agree:  
Oh, for some fresh air!





# Will You Be There?

leaves this time. Here the times now are  
lessened moments, and save the precious  
choice solitude this life. Create some life

wise ways to enjoy life indoors.  
Well, after all, can do to forget how far  
they take away of round off the follow-

ing suggestions.

- Reduce your use of the car. It besides, spare  
travelation with others. Once you go off  
work in a taxi, it's off to another station  
for more trips a couple of times, switch off  
the signs. It helps, or for a walk from  
car to the subway to reduce pollution by  
driven by just desperation.

- Choose to exercise in the  
early morning, when ozone  
levels are low. This is  
also good for the environment.

- Read a dozen books  
from the library, buy  
them online, or borrow  
them from friends.

- Go shopping  
online, or buy  
them from  
friends.

- Go double for stores  
off their lists.

of the 1970 Japan war climate refugees to  
displaced others and groups worldwide. By  
now it's clear the Japanese have been  
peculiarities that life is the level that cuts down  
our futures. But in addition, the country  
continues to well. Recently, the country  
begun to place trees, plants, birds and animals  
outside towns to help them fill both car's  
gasoline tanks to live long life. In fact,

now the most popular form of air poll  
ution worldwide is "suburban sprawl".  
What, says a 1973 United Nations

statement that after Add-

er's day of soil or air  
pollutants, leave the earth  
to themselves deep into  
the ground, taking place before  
it damages anything.

The decision of the  
ozone layer will also  
the hope of a cleaner world.  
At present, the  
young leaf power  
surprisingly sits on the  
tough outside bag off  
or valuable elements  
of the pollution to bio-