

Awake!

AUGUST 22, 1984

GROWING CONCERN ABOUT SURVIVAL



WHY AWAKE! IS PUBLISHED

AWAKE! is 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 stays politically neutral and does not exalt one race above another.

Most importantly, this magazine builds confidence in the Creator's promise of a peaceful and secure New Order before the generation that saw the events of 1914 passes away.

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Feature Articles

Concern about survival is deeply etched in the minds of people in many lands. Some are making serious preparations to survive what they feel is an inevitable global catastrophe, whether from nuclear war, economic breakdown or from some other source. Will such a catastrophe really occur? Should you be making preparations to survive it? There are factors that many are overlooking. Being informed can be a safeguard for you

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Frederick W. Franz, President

GLOBAL HOLOCAUST

—Growing Concern About Survival

ON November 20, 1983, a record one hundred million Americans watched a TV dramatization called *The Day After*. In a graphic—and at times terrifying—manner, the film forced its huge audience to ponder the grim aftermath of a nuclear war. Eerie visual images haunt the memories of many viewers: flame-filled mushroom clouds, nuclear missiles hurtling across the afternoon sky, charred bodies, men and women vaporized and reduced to X-ray images, a child blinded by the nuclear fireball, a once pretty teenage girl balding and covered with radiation burns.

No large-scale antinuclear protest movement, though, has arisen as a result of this film. Nor have tensions between the nuclear superpowers thawed. Nevertheless, concern about surviving a nuclear holocaust seems to be growing. People do seem more willing to discuss—and think about—this chilling prospect.

Just a few years ago, however, a random group of 50 people in the United States were asked questions such as: "Do you think there might be a nuclear war?" and "What would you do if there was one?" The interviewers met with a surprising reluctance on the part of people even to discuss such matters. Typical was the response of a hairdresser who said: "These are not things for our concern; let the politicians worry about it." By and large, people dealt with the threat of global holocaust by means of what researchers call "psychic shutdown," refusing to think about it at all!

As world tensions increase, though, it becomes increasingly harder to perform this feat of emotional gymnastics and simply ignore the threat. Says Jerome Frank, professor emeritus of psychiatry: "The possibility that the world might be destroyed by nuclear arms is literally cutting out the future for many people. There is an alarming increase in suicides among adolescents, many of whom feel that they can't look forward to contributing to society."

There is a growing number of people, however, who refuse to sit back and be consumed by feelings of helplessness. Convinced that global disaster is inevitable, they say that there is but one sensible thing to do: Prepare for survival! Thus they have been dubbed survivalists. But who are they? Do they offer an alternative to annihilation?



SURVIVALISTS

—Are They Prepared for the End?

I'M TELLING people to get out of the cities and move to small towns, because civilization all through the world is doomed." So warned one advocate of a growing movement that both intrigues and frightens: the survivalists! They are, as their name suggests, a people bent on survival of what they feel is an inevitable global catastrophe—be it nuclear, natural, social or economic. From where disaster will come matters little to them, for they prepare for any eventuality.

Ominously entitled books such as *Life After Doomsday* provide them with "eye-opening information about shelters, food storage, home medical techniques, survival psychology, and shelter defense." Periodicals such as *Survive* keep them up to date with the latest survival paraphernalia: rifles, freeze-dried foodstuffs, combat gear and prefabricated fallout shelters.

These, though, are just a sampling of an array of products that have created what *U.S. News & World Report* some time ago called "A New Growth Industry." Some survivalist sophisticates have even invested in underground condominiums so as to ride out a 'nuclear Armageddon' in comfort.

Make no mistake. The survivalists mean business. True, for many their military maneuvers and target practice seem a macabre fantasy. *Life* magazine recently reported on the growing popularity of the "National Survival Game." Here army-fatigues-clad participants tramp through the woods shooting harmless pellet guns at one another—a rehearsal for post-disaster guerrilla warfare. So far, "the Game has spread to 38 [U.S.] states," reported *Life*.

Childish play? Perhaps to some. But

others view such maneuvers as serious business. Explains a survivalist: "When things get tough, people will be stealing from us. . . . People will be killing for a loaf of bread."

Lunatics or Realists?

Many are nevertheless tempted to laugh off survivalists as charter members of the lunatic fringe, but others feel that they are not so irrational after all. The threats of nuclear war and overpopulation with resulting famine, crime, economic collapse, or even the breakdown of the social order, are not the wild imaginings of neurotics. These problems perplex and deeply disturb even the experts. For example, according to *The Auckland Star*, a research group called Worldwatch recently published a study claiming that "the world is on the verge of an economic crisis caused by the depletion of natural resources."

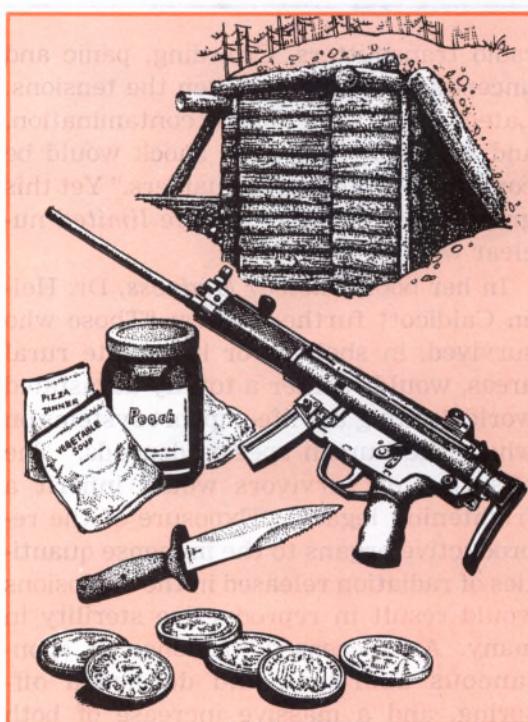
Unlike those who practice "psychic shutdown," the survivalists try to face these fears. Though they come from a variety of social and economic backgrounds, and though their movement is fragmented by different philosophies and approaches, they are united by this powerful common denominator—FEAR. They feel that the "system" has failed—that governments, police forces, courts and monetary systems are simply not equal to solving the mounting problems of this decade. They therefore choose to be self-reliant and trust that their own initiative and abilities—honed to a fine point by advance training—will save them when the disaster comes.

A Practical Approach?

But are fallout shelters, freeze-dried foods and caches of gold practical approaches to future survival? How effec-

tive would they be in the case of an actual nuclear war? An article entitled "Long-Term Biological Consequences of Nuclear War," appearing in *Science*, began by saying: "Recent studies of large-scale nuclear war (5000- to 10,000-MT yields) have estimated that there would be 750 million immediate deaths from blast alone; a total of about 1.1 billion deaths from the combined effects of blast, fire, and radiation; and approximately an additional 1.1 billion injuries requiring medical attention. Thus, 30 to 50 percent of the total human population could be immediate casualties of a nuclear war."

Suppose, though, that a shelter was so fortuitously placed as to escape this immediate annihilation. *Newsweek* predict-



Is building a fallout shelter and storing up food and gold the way to prepare for survival?

ed: "Even in the best shelters diseases such as typhoid and cholera could run rampant. Waste disposal would be primitive; medical care would be marginal, and many bodies would decompose long before they could be buried. Most shelters would be dark, cold and cut off from outside communications; an erratic electromagnetic pulse from the blast could destroy

"The extinction of a large fraction of the earth's animals, plants and microorganisms seems possible, and extinction of the human species itself cannot be excluded"

radio transmitters. Crowding, panic and uncertainty would heighten the tensions. Latecomers could spread contamination, and acute psychological shock would be contagious in the close quarters." Yet this grim scenario was of a mere *limited* nuclear war!

In her book *Nuclear Madness*, Dr. Helen Caldicott further states: "Those who survived, in shelters or in remote rural areas, would reenter a totally devastated world, lacking the life-support systems on which the human species depends." The offspring of survivors would inherit a frightening legacy: "Exposure of the reproductive organs to the immense quantities of radiation released in the explosions would result in reproductive sterility in many. An increased incidence of spontaneous abortions and deformed offspring, and a massive increase of both dominant and recessive mutations, would also result." For how long? For "the rest of time," claims Dr. Caldicott.

A recent study entitled "Nuclear Winter: Global Consequences of Multiple Nuclear Explosions" paints an even more pessimistic picture. This report concludes that the massive amounts of dust and smoke even a *limited* nuclear war would generate "could have a major impact on climate—manifested by significant surface darkening over many weeks, subfreezing land temperatures persisting for up to several months, large perturbations in global circulation patterns, and dramatic changes in local weather and precipitation rates—a harsh 'nuclear winter' in any season." In a companion study, a team of scientists reached this chilling conclusion: 'The extinction of a large fraction of the earth's animals, plants and microorganisms seems possible, and extinction of the human species itself cannot be excluded.'

No wonder that novelist Nevil Shute imagined that, following a nuclear war, "the living would envy the dead."

"Us or Them"

The chances of survival-training paying off thus appear dim. But even granting

Are the ideologies of the survivalists such that greed and selfishness would not dominate in a time of scarcity?

the possibility that the scientists' predictions are overblown, survivalism still has a fatal weakness: While nuclear war would probably end governments and armies as we now know them, it would not erase the basic *cause* of war. Realistically, the Bible says: "From what source are

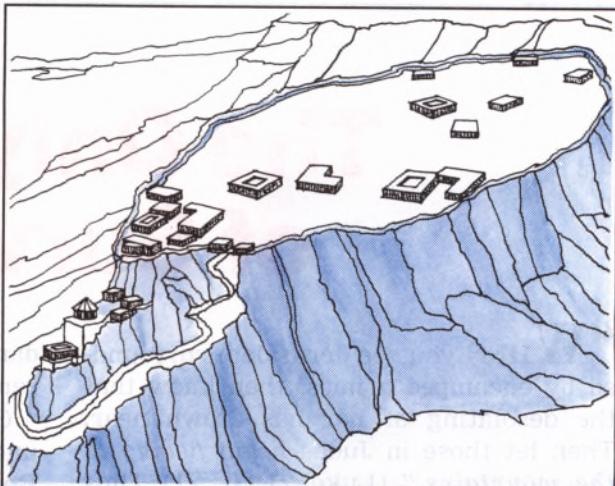
there wars and from what source are there fights among you? Are they not from this source, namely, from your cravings for sensual pleasure that carry on a conflict in your members?" (James 4:1) Putting one's own selfish interests first invariably leads to strife.

Are the ideologies that now bind the survivalists of such an unselfish nature that greed and selfishness would not dominate their thinking when faced with the scarcities that a global catastrophe would generate? *The Christian Century* recently quoted Jerry Younkins, spokesman of a group of "Christian" survivalists, as saying, "We are Christians first, survivalists second." By this he meant that when disaster does strike, they will (at least at first) try to practice Christian principles. "We will share what we have to the best of our ability," he continued. But what about when supplies begin to run short? "We'll kill them," Mr. Younkins said. "It's real simple: It's us or them in that situation."

In such a climate of terror, hidden stores of food or gold might spell a survivalist's death sentence.

Ancient Survivalists

Survivalism is really nothing new. In fact, the survivalists are reminiscent of a group that existed in the first century of our Common Era: the Jewish Zealots. As the seventh decade drew to a close, hostility between the Jews and their oppressive Roman rulers was reaching its flash point. Religious fanaticism, natural catastrophes such as earthquakes and food shortages all fueled fears that the end of the existing system of things had come. (Matthew 24:6-8) Like the survivalists of

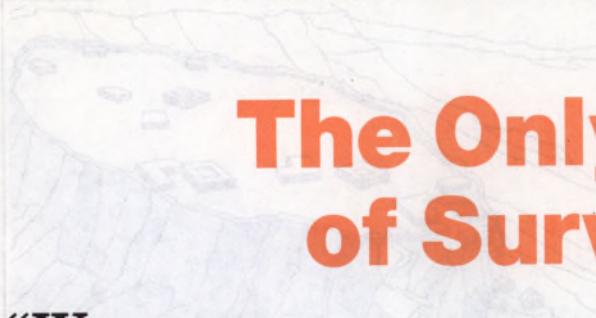


Efforts of Zealots to arm for survival at Masada did not save them

today, some tried to fortify themselves for the future. When Roman armies under the command of General Cestius Gallus moved against Jerusalem, some Jewish Zealots managed to capture the city of Masada. In their 1,300-foot-high (400 m) rock fortress, the Zealots had a battery of weapons and an ample supply of food and water. Survival seemed secure.

Roman General Titus, however, destroyed Jerusalem in 70 C.E., leaving Masada as the focal point of Roman attack. For seven long months the Zealots held out. But Roman engineers succeeded in constructing a huge ramp that granted their soldiers access to the fortress. Knowing that capture meant a miserable existence as slaves, the 960 men, women, and children of Masada committed mass suicide. Their efforts to survive by taking refuge in a heavily armed mountaintop fortress proved to be futile.

Interestingly, though, there was a group of people who survived this holocaust without employing such survivalist tactics.



The Only Way of Survival

WHEN you see Jerusalem surrounded by encamped armies, then know that the desolating of her has drawn near. Then let those in Judea begin *fleeing to the mountains.*" (Luke 21:20, 21) Thus Jesus Christ instructed his disciples. And what of those who disobeyed Christ's words? He predicted: "They will fall by the edge of the sword and be led captive into all the nations; and Jerusalem will be trampled on by the nations."—Luke 21:24.

The Zealots would have been repelled by Jesus' words. According to Abram L. Sachar's book *A History of the Jews*, the Zealots "were extremists who shrank from nothing to bring down their heathen masters." The thought of fleeing would have seemed not only impractical but, worse yet, cowardly! So in 66 C.E., Roman cruelty incited these Jews to open rebellion. After Masada was captured by Jewish rebels, Rome rushed to secure Jerusalem. Jerusalem was now "surrounded by encamped armies." But when the Roman proconsul Cestius Gallus unexpectedly withdrew his troops, the opportunity opened for residents of Jerusalem to follow Jesus' advice and flee. Says third-century historian Eusebius: "The whole body, however, of the church at Jerusalem, having been commanded by a divine revelation . . . removed from the city, and dwelt at a certain town beyond the Jor-

dan, called Pella." But what of those who remained?

Came 70 C.E., and the Romans returned under the leadership of General Titus. Bent on conquest, they blockaded the city. Flavius Josephus, a former Jewish rebel who now served the Romans, circled the walls of Jerusalem, begging his people to give up their futile fight. "Realize," he cried, "that you are fighting not only the Romans but God as well." The result? In his own words: "Yet, though Josephus with tears thus loudly appealed to them, the insurgents neither yielded nor deemed it safe to alter their course." As a result, hundreds of thousands died by starvation and the sword, and tens of thousands more were hauled off for a wretched life of slavery! Safe at Pella, however, Christians could contemplate the blessing of obeying Christ's warning.

Survival Today

What occurred in Jerusalem was merely a small-scale example of what will take place in our time on a *global* scale. But what is at stake this time is the existence of not just a city but the *worldwide system of things!*—Matthew 24:21.

It is God himself who will bring about this global calamity. But for what reason? So as to "bring to ruin those ruining the earth." (Revelation 11:18) God, "the Former of the earth and the Maker of it,

... did not create it simply for nothing," and he will not allow man to bring it to ruin either by pollution or by nuclear destruction. (Isaiah 45:18) But it will take His intervention to prevent the man-made cataclysm that survivalists fear. Nevertheless, Jesus said that it is possible to "succeed in *escaping* all these things that are destined to occur."—Luke 21:36.

Since Jesus' followers today are spread out all over the earth, it would be impossible for them to flee to some physical location, as did Christians in the first century. Today, survival will depend upon obeying the Bible's advice at Zephaniah 2: 2, 3: "Before there comes upon you people the burning anger of Jehovah, before there comes upon you the day of Jehovah's anger, seek Jehovah, all you meek ones of the earth, who have practiced His own judicial decision. Seek righteousness, seek meekness. Probably you may be concealed

"The whole body, however, of the church at Jerusalem, having been commanded by a divine revelation . . . removed from the city, and dwelt at a certain town beyond the Jordan, called Pella."
—Historian Eusebius

in the day of Jehovah's anger." And the Bible further states: "Everyone who calls on the name of Jehovah will get away safe."—Joel 2:32.

True, some Bible translations obscure the meaning of this text by rendering it: "Whosoever shall call on the name of the LORD shall be delivered." (*Authorized Version*) But the original-language text

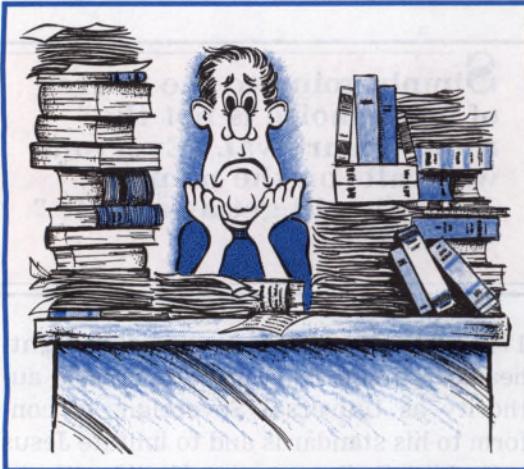
shows that more than an appeal to a nameless "LORD" is required. In many Bibles, texts such as Psalm 83:18 plainly show that the personal name of that "LORD" is *JEHOVAH*. (*AV; American Standard Version*) Calling upon his name means more than using it in a ceremonial way. One must "seek" Jehovah by studying the Bible and getting to know him as a *person*. (John

Simply going to the church of one's choice is not the route of survival. "Everyone who calls on the name of Jehovah will get away safe."—Joel 2:32

17:3) This knowledge moves a right-hearted person to respect Jehovah's authority as Universal Sovereign, to conform to his standards and to imitate Jesus in 'making God's name manifest' to others. —John 17:6.

Simply going to the church of one's choice is therefore *not* the route of survival. How could it be, since the churches not only fail to use God's personal name but often even *discourage* the use of it and treat lightly God's commandments? Remember, the prophet Malachi says that God has "a book of remembrance" for "those in fear of Jehovah and for those thinking upon his name." (Malachi 3:16) Among all the religious groups that claim to be Christian, which one freely uses God's name, Jehovah, puts full trust in him and his promises and boldly encourages its members to be witnesses of him? (Isaiah 43:10) Without a doubt, these are the ones 'seeking Jehovah.' They urge others to join with them in learning the only sure way to survive the coming global holocaust.

You Can Be a Better Reader!



**With so much to read these days,
how do you cope with all of it?
Here are some suggestions**

NO ONE would be satisfied with an automobile that had just one working gear. If a car had only a low gear, it would not move fast on a level highway. If it had only a high gear, it would have trouble on steep inclines. To be a good reader, you also need to be able to "shift gears."

You would not read the Bible or Shakespeare at the same speed as you would read a newspaper or the comics, would you? But perhaps you read just to enjoy yourself, not worrying about speed. If that is the case, you might be compared to a 'Sunday driver,' unconcerned about where he is going or when he arrives.

Driving like that may be delightful, but

not every day is Sunday. And not all our reading is leisure. Some of it may be for educating ourselves, for broadening our horizon, or as part of our work. To avoid wasting time, we must be able to change "gears." Let us start with "high gear."

Skimming—"High Gear" of Reading

Skimming is getting the essence of material without reading it word for word. You allow your eyes to travel over a page quickly, stopping here and there to detect the main thoughts.

By itself, however, skimming will never allow you to discern the flavor, emotional tone and pleasurableness of good literature. Too much is missed. Nor will it aid your memory, because your mind is not given a chance to digest the material. But most of what is written is not great literature and does not need to be remembered. A businessman, for example, can save himself hours each week simply by skimming.

Would a course in rapid reading help you to get necessary reading done? By means of commercial courses, people have doubled and tripled their reading speed, some claiming up to thousands of words per minute. They learn to read word groups and phrases (not word by word) and seldom notice "it," "be," "the," "a" and other small words. But when anyone claims to read thousands of words per minute, he is skipping more than a few details.

This calls to mind the experience of a Columbia University reading teacher, as reported in the magazine *Across the Board*. He prepared a one-page test for a roomful of "speed readers." Amazingly, they read his test at almost 6,000 words per minute. To make sure they understood what they read, he asked them to read it again, and then again. Their speed slowed

down to 1,700 words per minute—still impressive. Then the teacher broke the news: What they had read had absolutely no meaning, being just random lines from various magazine articles.

The lesson? Do not get "hooked on speed." As Mortimer Adler wrote: "Great speed in reading is a dubious achievement; it is of value only if what you have read is not worth reading."

Previewing —A Key to Good Reading

There is a method that improves reading comprehension and retention while using skimming techniques. It is called previewing.

Every explorer knows that looking over the terrain from some lofty point and checking charts before setting out into unfamiliar territory is the course of wisdom. Similarly, the reader who familiarizes himself with his "terrain" by skimming will set his sights in the right direction, identify the high points and keep himself from getting lost in a maze of words.

How is this done if the material is detailed? One method is outlined in the box on this page. Previewing should take only a minute or two, but it is time well spent.

Now let us shift to straight reading, a "lower gear," so to speak.

Read Actively!

"The surest way to remember what you read is to read structurally, sensing the orderly unfolding of the author's thought," says *The Art of Book Reading*. Without question, your being able to follow the author's development of ideas will help your comprehension. In turn, comprehension will aid retention.

Train yourself to distinguish main points from subpoints and details. Look for the topic sentences found in most para-

graphs. As one reading expert put it, soon you will be able "to see the main sentences as if they were raised from the page in high relief." Also, learn to anticipate what you will read next and summarize what you have already read. In short, be an active reader!

If you employ the technique known as questioning, this can help you to anticipate what is coming and to improve your comprehension. How is it done?

Factual reading material is usually divided into sections by chapter titles and subheadings. As you reach each new heading, turn it into a question. Then as you read, look for the answer.

If your questions are significant, most of the main points will be included in your answer. And if you give special attention to the main points, you will remember the details better than if you treat all sentences as of equal importance.

Then, too, the *intent* to remember will improve your reading. Students who know that they will be tested on what they read,

PREVIEWING NONFICTION

1. Change the title into several questions that represent what you expect the article or chapter to cover.
2. Read the first paragraph or two.
3. Now read the subheadings.
4. Also read the first sentence of each paragraph. As you do, watch for sentences with italicized words and boldfaced type.
5. Examine illustrations, charts, diagrams, numbered sequences and other striking features.
6. Now ask yourself: What are the major points that the author is making? How is the material organized?

RECALL AND REVIEW

1. After reading each section, ask yourself: What is the main point? Recite the answer. Only if you cannot answer satisfactorily should you look back.
2. Finally, when you complete your reading, test yourself on the entire article or chapter. Recite the main points, one section at a time. Look back only if you cannot remember.

for example, always retain more than those who know they will not be. In harmony with this, there is another "gear" you can shift into that will enhance the effectiveness of your reading. It is similar to an automobile's "reverse."

Immediate Recall as a Memory Aid

To remember what you read, more than comprehension is required. You need to "back up" and focus on the most important points you have read. Does that mean rereading the material? Sometimes. But there is a better way—known as immediate recall.

To demonstrate its effectiveness, a group of students were asked to recall information immediately after they read it. Seven days later they were able to remember 83 percent of what they had learned. But when another group was asked first to recall the information *one*

day after their reading it, they remembered only 45 percent after seven days. The conclusion? It is best to review what you read immediately after your reading, even *during* your reading.

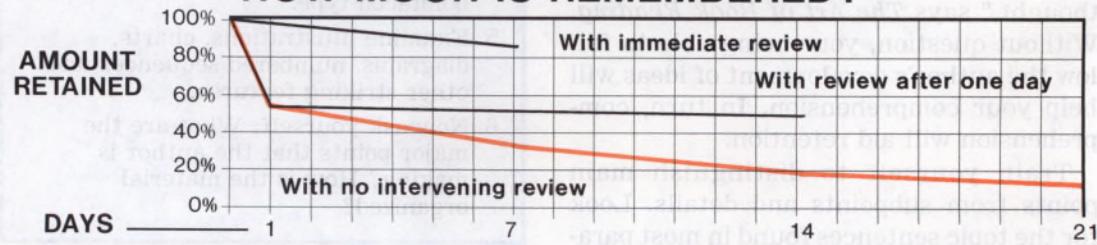
Using a review method such as the one outlined in the box on this page is so effective that, according to one study, more can be remembered after two months than could ordinarily be remembered after one day without a review. In another study a college professor demonstrated that one minute spent in review would double retention. That is not too much of a price to pay, is it?

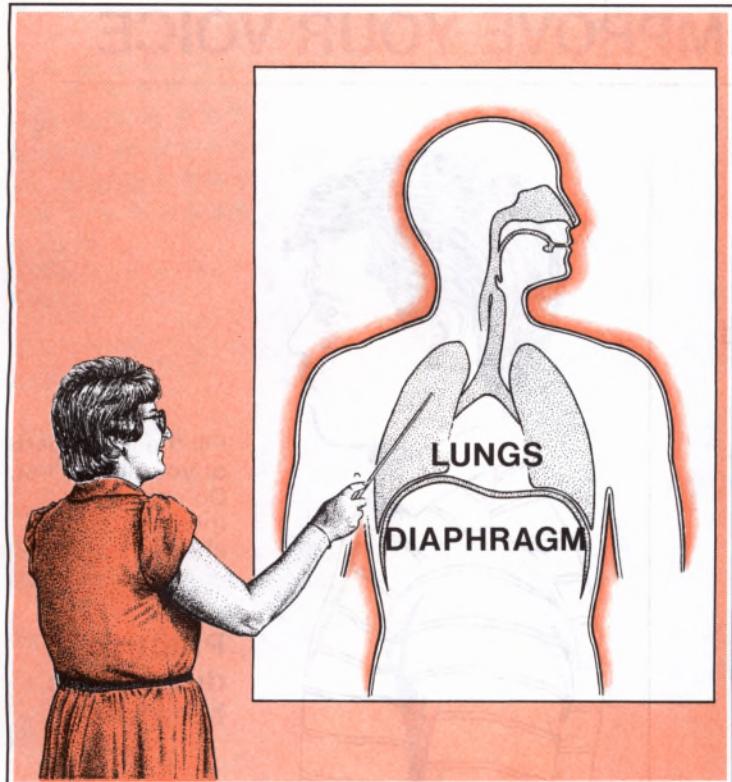
Here are a number of other tips: Remember ideas, not words. Take down a few *brief* notes on the main points. And review the information periodically instead of trying to learn it all at one sitting.

Of course, not everything you read needs to be remembered. Well has it been said: "Some books are to be tasted, others to be swallowed, and some few to be chewed and digested." To gain the most from your reading experience, be selective. Develop an appetite for deeper literature in addition to light, entertaining reading. In particular, include the Bible as a prominent part of your regular reading.

There are many reading skills available to you. Learning them will take a little effort. You will need to practice. But you can be a better reader!

HOW MUCH IS REMEMBERED?





That Marvelous Gift Your Voice

BUILT into your respiratory system are the essentials of many musical instruments. Your diaphragm is a resonating drumhead. Your vocal cords, vibrating when you speak or sing, are violin strings. Your breathing system, involving air passing from lungs through windpipe, larynx, nose, teeth and lips, produces the sounds of wind instruments. Your body encases an orchestra.

Our voice teacher, in her precisely articulated words and richly resonant tones, always talks to us like that. 'Think

of your voice as an incomparable musical instrument as we explore some of the complexities that go into its production.' She points to a large illustration on the wall.

Protected by the rib cage are two spongelike lungs. They are closed off from the abdomen underneath by a dome-shaped muscle, the diaphragm. 'The diaphragm.' She draws a deep breath and kneads stiff fingers into her midriff. 'Feel it,' she puffs. 'Feel your diaphragm expand when you breathe deep down. It's important to know where your diaphragm is and what it is.'

When we breathe, we learn, our diaphragm draws down and flattens horizontally. At the same time, the muscles between the ribs lift and open the rib cage front and back. Air pressure inside our

lungs is lowered. Outside air pushes in. We have inhaled.

Then the diaphragm relaxes. Organs underneath it press upward. Rib-cage muscles relax. Ribs press inward. The lungs are squeezed. Air is forced out. We have exhaled.

How does that exhaling air produce voice sounds?

'When the doctor peers inside your mouth with his examiner's mirror,' says our teacher, 'he sees deep in the pit of your throat a kind of triangle. Two sides

YOU CAN IMPROVE YOUR VOICE

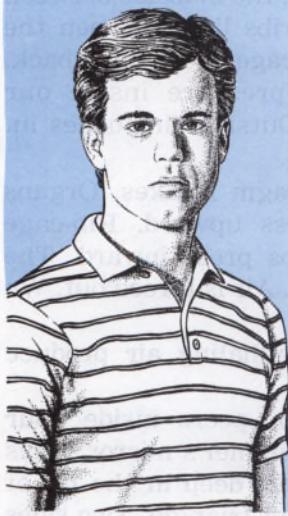


Make good posture a habit

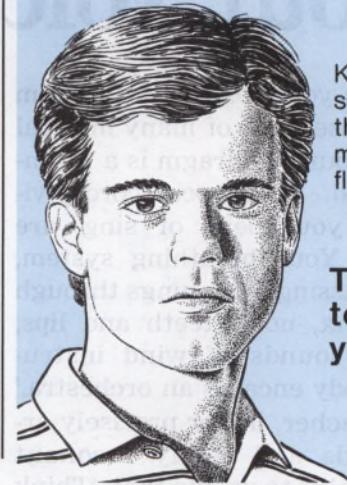


Fill the lower part of your lungs first. Do not simply throw out your chest

Practice diaphragm breathing



Relax your jaw, neck and shoulder muscles



Keep the tongue soft and down in the back. Lips must be relaxed, flexible, agile

Train your tongue and your lips

of it are bordered by free-standing membranes called vocal cords. They vibrate during breathing. The sounds they make is your voice. That triangular structure is your voice box, your larynx.'

The length and breadth of our individual vocal cords account in part for each voice differing from another. The cords can adjust for variations in pitch. Volume depends on how we amplify the vibrations. We speak and breathe without conscious effort. But the more we understand this wonderfully designed "valve," and how it is served by our entire respiratory system, the better we can use and control our voice.

Is your voice naturally pleasing to listen to? Is it vibrant? Resonant? Varied? If it lacks some desired quality or is flawed by some unpleasant characteristic, chances are that by conscious effort you can make improvements. Voice control involves breath control, posture and conscious training of vital muscle areas in the face, jaw, tongue, lips, neck, shoulders, in fact the entire body.

For instance, strain on the larynx, as from a tense jaw, or tense neck or shoulder muscles, can distort tone quality. Couple that with faulty breathing and poor posture and your voice can suffer in countless ways.

Diaphragm Breathing

Good "orchestration" involves attention to the entire respiratory system. But let's begin with the role of the diaphragm. In ordinary breathing we inhale about a pint of air, about one eighth of our lung capacity. How can we make use of the remaining capacity?

Well, we must literally get to the bottom of it. That is, we must breathe deep down to the bottom of the lungs. The

larger areas of the lungs extend *below* the rib cage. Throwing out the chest and swelling the shoulder area has little to do with deep breathing. Deep breathing means to feel our midriff area swell first, with the chest area merely expanding along with it. That is diaphragm breathing. The air is allowed to reach the base of the lungs and remains there as reserve

One way to listen to yourself is to speak into a corner with both hands cupping your ears. A tape recorder would be even better

breath, allowing for an easy, balanced flow of air in and out. Cushioned by this reserve of air, the diaphragm can swing up and down freely. The air cushion helps maintain an easy lift in the entire upper body. But to keep it there we must maintain a good upright posture. Correct posture may require some exercises.

Bernice Loren, in her book *Effective Speaking*, says exercises for correct posture and speech training are strikingly similar to those "recommended in beauty magazines for double chins, poor shoulder lines," and so forth. Her initial lesson for correct body alignment and breathing requires, not effort, but a simple "*letting go*." "Let the head fall forward and rebound eight times from the point at which the base of the skull meets the spine." Then let it fall farther forward from the junction of neck and shoulders; then let the head and upper chest fall forward from a point between the shoulder blades; then let the head and rib cage fall from the waistline; then bounce the

body, hanging loose, at the knees; and finally come up slowly from the ankles, then knees, thighs, to a total standing position, unfolding every vertebra in the spinal column.

An excellent way to relax jaw and facial muscles is to smile freely. Keep the tongue soft and down in the back. Think of the tongue as though it were connected to and extending from the diaphragm. That frees tension in the jaw, neck and shoulder muscles.

The Lips and the Tongue

A special word about the tongue. It is the most active member in speech making. It is a complex mass of muscles. It can move in many directions, change into many shapes. It can adjust to a different position for every vowel, and it forms more than half the consonants.

This should not, however, mean that the lips remain stiff and as motionless as a duck's bill. The upper lip especially should be performing constant gymnastics, shaping arches, circles, expanses, now exploding, then imploding. Lip movements round out or complete many vowels. The lips are the "end of a trumpet," forming the finishing touches to several consonants. They, too, must be relaxed, flexible and agile.

The Making of Resonance

With our posture corrected so as not to obstruct free and easy breathing, deep down into the diaphragm, let us check to make sure we are not in any other way obstructing our voice production. We draw a 'diaphragm breath.' Jaw, neck and shoulders are totally relaxed. We begin releasing breath, making an *hhhhhhh* sound, then combining it with an *mmmmmmmm* sound. Imagine the *hhmmmm* is passing all the way up the

throat and *over* the roof of the mouth, full range into the bridge of the nose. Lightly the tips of the fingers trace the vibrations in the collarbone, the throat, the nasal area. We are producing resonance.

As our voice teacher vibrantly illustrates, 'A free and pleasant voice is the orchestration of all the speech-making body. Its owner visualizes the action of the diaphragm as though it were attached to the facial muscles with nothing in between. He speaks from the diaphragm right up to the eyes.'

Our marvelously intricate voice system may embody the principles behind a whole array of musical instruments. But each man-made instrument is a product of design. Would it be reasonable to think that our voice came about without a Designer? "Who gives man his mouth?" Jehovah once asked a man and then answered, "It is I." Our voice and the ability to communicate by speech is indeed a marvelous gift from God. (Exodus 4:11, *Today's English Version*)—Contributed.

In Our Next Issue

- *Herpes and AIDS in the Spotlight*
- *Luther—A New Force for Unity?*
- *"How Can I Ever Grow Up if I Don't Move Out?"*
- *Why I Laid Down the Sculptor's Tools*

Young People Ask...

How Can I Get Rid of My JEALOUS FEELINGS?

'Carol was enjoying a noonday break in a coffee shop when she blurted out the good news that she was promoted to a new job with a fabulous raise in pay. Her friend nearby almost choked on her cheesecake when she heard the news. But she managed to pull herself together and pretend that she was happy for Carol. However, deep down inside she felt sick to her stomach. You see, she had tried for the same job and had been turned down. Carol, she felt, had nowhere near the qualifications that she did—and yet Carol got the promotion! That did not seem fair. Her friend thus began to look upon Carol as a rival. Feelings of jealousy overwhelmed her. What was she to do? How could she overcome her jealousy?'

SCENES such as this one, portrayed by author Mary Long in *Family Weekly*, are quite common. Few of us are able to suppress an occasional secret envy at a friend's good fortune. But when one is continually suffering from jealousy, it is more than a momentary discomfort. In severe cases jealousy is able to restrict, distort and blacken all that a person does or feels. As one writer put it: "Jealousy hurts: It seems to take us over, body and soul. Few feelings are quite as overwhelming—except, perhaps, for love." Jealousy has thus been referred to as a deadly sin. The Bible book of Proverbs asks: "Who can stand before jealousy?"—Proverbs 27:4.

Since all of us are imperfect, there may be traces of such jealousy in each of us. It has a way of showing up in indirect aspects or under special circumstances. Our responsibility is not to ignore harmful jealousy but to learn to suppress it and bring it under control by the power of God's spirit. (Galatians 5:25, 26) Doing so is a sign that, although young, you are a mature Christian.

Jealousy—Good and Bad

On the one hand, jealousy can mean a proper zeal for what is right. Even Jehovah is referred to as "a jealous God," which means he is zealous for his good name, for truth and for righteousness. His devoted servants are also on occasion described as jealous.—Exodus 34:14; 2 Corinthians 11:2.

On the other hand, all too often jealousy is wrongly motivated or is misdirected. The jealous person may suspect others without cause or resent the attention that others receive, feeling that he alone is entitled to it. Elizabeth, for example, finds herself jealous over the attention her sister receives. Says she: "The fact that [my sister] is so together at her age and can do a lot of things I'll probably never be able to makes me jealous . . . I get angry at myself for being angry because I know I shouldn't feel that way."

Whatever its cause, improper jealousy has destructive power. It can rob a person

of sleep, cause anguish, be responsible for stomach and mental disorders. It can also breed anger and hatred and even lead to a serious crime. Cain allowed his jealousy to lead him to murder his brother Abel!

Jealousy can ruin the best of relationships. Normally we do not like people who are openly jealous. The Bible tells of how Rachel got jealous of her sister Leah. This disturbed their sisterly relationship. (Genesis 30:1) Joseph's brothers were likewise jealous over the relationship Joseph had with his father. Only after many years and much heart searching were their differences resolved. (Genesis 37:4; Acts 7:9) King Saul of Israel allowed his jealousy to flare up when the women of Israel acclaimed David their champion. "Saul has struck down his thousands, and David his tens of thousands," they sang. (1 Samuel 18:7) Saul's jealousy filled him with rage, suspicion and hatred. He finally lost all reason in the pursuit of David.

The sad fact was that there was no reason for such behavior. David was no threat to Saul's kingship.

Mastering Jealousy

How, then, can you bring jealousy under control. Well, when Cain was jealous over the success of his brother Abel, God said to Cain: "*Turn to doing good . . . But if you do not turn to doing good, there is sin crouching at the entrance, and for you is its craving; and will you, for your part, get the mastery over it?*" (Genesis 4:7) Jealousy cannot be mastered apart from doing good. Cain refused to do good. He did not listen to God's advice. He murdered his brother. When jealousy comes over you, will you listen to God's sound counsel: "*Turn to doing good*"?

The Bible further shows that intense love is essential for gaining mastery over jealousy. We read: "*Love is not jealous.*" (1 Corinthians 13:4) There is more self-



Some feel jealous when they see a close friend begin to show attention to someone else



**At times we can help a friend
overcome jealousy by reassuring him
or her of our loyal friendship**

love in jealousy than there is love for *others*. But forcing ourselves to think well of—even pray for—those who arouse jealousy in us has a way of cooling down jealousy. It tends to bring it under control.

Reassurance from others is another way of controlling jealousy. If parents see jealousy at work in their child, they often try to reassure the child of their love. They remind the child that he or she has gifts that others do not have, and that in the end all things have a way of balancing out. And if the child locks herself in her room because her sister seems to be the center of attention, the mother can help the child get a balanced and proper view of herself. She can embrace her and speak a few encouraging words, such as: "Your sister is popular, but God has given you gifts too. He has gifted you with a wonderful personality, which is a rare beauty all of its own. It is a beauty that husbands love."

If feelings of jealousy afflict you, should you feel you are too old to benefit from the reassurance of your parents? No doubt they have much to say that can help you enjoy the success of others. They can help you show feelings of love and affection toward people who arouse envy in you.

Sometimes people of a more sensitive nature brood when jealousy strikes. Such ones need to talk out their feelings. Draw jealousy to the surface. Bring it out in the open. See what is biting or irritating you. It does more harm to the spirit if you suppress jealousy than if you allow others to know how you feel.

Helping Others

Your friends, too, often need reassurance. If, for example, you begin a new acquaintance, you can assure your closest friend, "Do not worry about my relationship with Ann, for nothing can replace *our* friendship." A few words like that may be all that is necessary to prevent jealousy from taking root. When Eldad and Medad received God's spirit apart from Moses' presence, Joshua became jealous for his master Moses. Moses corrected Joshua with reassuring words: "I wish that all of Jehovah's people were prophets, because Jehovah would put his spirit upon them!" (Numbers 11:10-29) Joshua was content with that.

So be helpful. Try to avoid arousing jealousy in others. Girls often flaunt their clothes, women their engagement rings. People boast about promotions. Women lauded David's exploits in a song giving David greater honor than King Saul. Consider the effect your words and actions may have on others. This will do much to help you to control jealousy and preserve good relationships.

How Reliable Are BIBLE PROPHECIES?

IT IS natural for man to be interested in the future. But what human really knows what the future holds? Is it not true that human predictions often fail because of unforeseen occurrences or because of things that people desperately hope will not happen and so refuse to include in their calculations?

Does this mean that no one can foretell the future? What about the Bible's numerous predictions? Are they reliable? Some of these prophecies concern the rise and fall of world empires. There are scores of prophecies regarding the birth, life and death of Jesus Christ. Others refer to conditions on this earth during the conclusion of the system of things and foretell that this marked time period is to be followed by a new order under the rule of God's Kingdom.

Were Some Written After the Fulfillment?

This is the conclusion that atheists have come to. Take, for example, Jesus' words regarding the destruction of Jerusalem and its temple, foretold to take place within the generation of those who heard him. Regarding this, *The Great Soviet Encyclopedia*, which promotes atheism, says: "On the basis of a number of allusions in the Gospels to the Jewish uprising of A.D. 66-70, it is apparent that they could not have been written before A.D. 70. Furthermore, a papyrus fragment of the Gospel of John, dating from around A.D. 125, has been preserved. Consequently, it seems reasonable to assume that the Gospels were written sometime around the turn of the second century A.D."

It is true that the Gospel of John was written "around the turn of the second century," about 98 C.E., but this is not so respecting the other three Gospels. The testimony of numerous early Christians and their catalogs of Bible books, all testifying that these accounts are genuine, is a matter of historical record. The Gospels of Matthew, Mark and Luke were written before the Roman attack on Jerusalem in 66 C.E., which was foretold in each one of them.—Matthew 24:15, 16; Mark 13:14-20; Luke 19:41-44; 21:20-24.

Interestingly, museums the world over are full of Bible manuscripts containing prophecies written hundreds of years before their fulfillment. For example, *The Great Soviet Encyclopedia* says that the Dead Sea Scrolls "were written between the second century B.C. and A.D. 68." To what conclusion would that lead a thinking person?

Well, one of the oldest of these Dead Sea Scrolls is the Isaiah manuscript (MS. 1). Respecting it, the renowned professor of archaeology Yigael Yadin recently said: "The scroll . . . has all the chapters of Isaiah from chapter one to sixty six . . . It is the oldest complete Biblical manuscript existing in the world today. Not more than about five or six hundred years elapsed between when the actual words of Isaiah were said and this scroll was copied in the 2nd century B.C. It is an amazing thing that although the original scroll in the museum is more than 2,000 years old how close it is to the Bible we read today either in Hebrew or in the translations which were made from the

original Hebrew into English or other languages."

Consider points 1, 10, 11 and 17 on the chart on pages 22 and 23. These are some examples of prophecies recorded by Isaiah and that were fulfilled long after the Isaiah Dead Sea Scroll was copied. These and other facts prove that Bible prophecies were indeed written in advance. But, you may ask:

Are They Vague or Specific?

Fortune-tellers, like Nostradamus, often use ambiguous words that can be taken in many different ways. This is done to protect themselves from embarrassment when their predictions fail. Can the same be said about Bible prophecies? Are they vague or are they specific?

In considering the chart, you will notice that the predictions made are specific. It was clearly foretold that Babylon and Edom would become *permanently* desolate, whereas the land of Judea would suffer a *temporary* desolation, in fact, for a specific time—70 years. (Jeremiah 29:10) The very name of Babylon's conqueror, Cyrus, was predicted by Isaiah over 190 years in advance. Regarding the Messiah, Isaiah prophesied that at his death he would be associated with the wicked ones and also with the rich class. The Gospel accounts clearly describe that Jesus was put to death with two criminals and later buried in a rich man's tomb.—Isaiah 53:9; Luke 23:32; John 19:38-42.

The reason why Bible prophecies are specific is that they come from a source higher than man. The Creator, Jehovah God, who inspired men to record these predictions, knows how humans are made and what motivates them to act the way they do. He can accurately foretell the outcome for people who obey his righteous commands and for those who try to ignore them. He knows what his own purpose is,

and he has the power and wisdom to ensure its fulfillment. He says: "From the beginning I foretold the future, and predicted beforehand what is to be. . . . I will do whatever I choose."—Isaiah 46:9, 10, *The Jerusalem Bible*.

Points 14-17 on the accompanying chart direct attention to evidence that we are living in what the Bible terms "the last days." "The last days" of what? The entire global system of things that rejects Jehovah's universal sovereignty, either ignoring God or distorting his ways. The Bible shows that hypocritical and false religion will be the first to come to its end—this by the hand of earth's political powers at God's appointed time. (Revelation 17:16, 17; 18:2-8) Following that, God's Kingdom itself will crush all human governments—all of which have a record of bloodshed and put their own desires ahead of God's commands—and will bring about a united world under God's rule.—Daniel 2:44; 7:13, 14.

Under God's Kingdom, earth's survivors will at last enjoy real peace and there will be an abundance of food, not just for some nations and social groups, but for all mankind. (Psalm 37:10, 11; Isaiah 25:6) Sickness and death will come to be things of the past. (Revelation 21:3, 4) Even those of the human dead whom God remembers will be resurrected.—John 5:28, 29.

Will all these marvelous prophecies really come true? There is no valid reason for doubt. Hundreds of past prophecies have proved reliable, so we can have absolute confidence in the fulfillment of these too.

How can you survive the predicted destruction of this old system into God's New Order? The prophet Zephaniah answers: "Seek Jehovah, all you meek ones of the earth . . . Seek righteousness, seek meekness. Probably you may be concealed in the day of Jehovah's anger."—Zephaniah 2:3.

Some Bible Prophecies

CONTENT OF PROPHECY

WHEN RECORDED

1. Babylon, which was yet to become the capital of a glorious world empire, would eventually become desolate, never to be re inhabited.	Isaiah 13:19, 20	Before 732 B.C.E.
2. A ruler named Cyrus would conquer Babylon.	Isaiah 45:1-3; 47:1-5	Before 732 B.C.E.
3. Babylon would be followed by the Medo-Persian Empire, pictured by a ram with two horns, the taller of the two coming up second.	Daniel 8:1-4, 20	About 551 B.C.E.
4. The two-horned Medo-Persian Empire would be broken by a one-horned he-goat, picturing Greece under a mighty king.	Daniel 8:5-7, 21	About 551 B.C.E.
5. This mighty king of Greece would be broken at the zenith of his power. The empire would not pass on to his offspring; instead it would be broken into four parts.	Daniel 11:2-4	539 B.C.E.
6. The wealthy port city of Tyre would be conquered by King Nebuchadrezzar. So thorough would the destruction be that the dust of the city would be scraped away and fishermen would dry their nets there.	Ezekiel 26:4-7	607 B.C.E.
7. The Judean kingdom would be desolated, its treasures and its subjects taken to Babylon. (This prophecy was given in the time of the mighty Assyrian Empire, when Babylon was merely a vassal state.)	Isaiah 39:5-7	Before 732 B.C.E.
8. Babylon's conqueror, Cyrus, would release the Jews. They would rebuild Jerusalem and its temple, becoming living witnesses to the fact that Jehovah is the God of true prophecy.	Isaiah 43:8-10, 14; 44:26-28	Before 732 B.C.E.
9. Israel's long-awaited Messianic King would be born in Bethlehem.	Micah 5:2	Before 716 B.C.E.
10. He would be born of a virgin. Eventually, as the exalted ruler of God's choice, he would call to account all human rulers, much to their amazement, and bring permanent peace to the earth.	Isaiah 7:14; 9:6, 7; 52:13-15	Before 732 B.C.E.
11. First this Messianic King would be humiliated and put to death by his own nation, in spite of his curing them of sicknesses. His death would atone for man's sins.	Isaiah 53:3-12	Before 732 B.C.E.
12. The inhabitants of Jerusalem who murdered him would see their own city surrounded by encamped armies. This attack would not bring about the immediate destruction of those in the city. It would be a sign for Jewish followers of Jesus to flee out of the city and Judea.	Luke 21:20-24	33 C.E.
13. The next time these armies would prove successful. They would besiege the city and build around it a fortification of pointed stakes. The inhabitants would be killed and the temple would be razed. The very generation to which Jesus preached would be called to account for shedding the blood of God's prophets.	Luke 19:43, 44; 21:5, 6; 11:47-51	32 and 33 C.E.
14. A sign that the end of the present system is near—great warfare, widespread food shortages, earthquakes, the worldwide preaching of the good news of God's incoming world government. All of this, including "the end," would come within one generation.	Matthew 24:3, 7, 14, 21, 32-34.	33 C.E.
15. During these "last days" there would be a sharp increase in immorality, pleasure-seeking, crime, family breakdown and juvenile delinquency.	2 Timothy 3:1-5	About 65 C.E.
16. Many would ridicule all the evidence that "the last days" of the present system had arrived.	2 Peter 3:3, 4	About 64 C.E.
17. But in "the final part of the days" people out of all nations would eagerly help one another to learn Jehovah's ways; all of these would cease to participate in or learn war.	Isaiah 2:1-4	Before 732 B.C.E.

and Their Fulfillment

WHEN FULFILLED

CONFIRMATION OF FULFILLMENT

900 years later	"Babylon lost its primacy and finally left the historical arena by the second century A.D."— <i>The Great Soviet Encyclopedia</i> , 1974 English ed., Vol. 4, p. 8.
193 years later	"The Persian king Cyrus II captured Babylon in 539 B.C."— <i>Ibid.</i> , p. 9.
12 years later, in 539 B.C.E.	The Median power came first, but the Persian power that followed surpassed it in strength.— <i>Encyclopædia Britannica</i> , 1959, Vol. 15, p. 172 and Vol. 17, p. 550.
217 years later, in 334 B.C.E.	Alexander the Great inflicted a crushing defeat on the Persian Empire, thus establishing the Grecian Empire.— <i>The Outline of History</i> , by H. G. Wells, 1921, p. 321.
216 years later, 323 to 301 B.C.E.	At the age of 33 Alexander died of malarial fever; shortly afterward his only two sons were murdered. After wars among his generals, the empire was finally divided between Seleucus, Ptolemy, Lysimachus and Cassander.— <i>Ibid.</i> , pp. 336, 337.
275 years later, in 332 B.C.E.	Nebuchadrezzar destroyed the mainland city. Centuries later, Alexander scraped Tyre's ruins into the sea, forming a causeway to the island city, capturing it. Today fishing nets are sometimes seen drying there.— <i>Encyclopædia Britannica</i> , 1959, Vol. 22, p. 653.
125 years later, in 607 B.C.E.	"'Diaspora' denoted the existence of Jews outside Palestine, especially after their exile by Babylonian king Nebuchadnezzar II."— <i>The Great Soviet Encyclopedia</i> , 1975 English ed., Vol. 8, p. 198.
195 years later, from 537 B.C.E.	"The Jews . . . returned . . . to Jerusalem from Babylonia in the time of Cyrus."— <i>The Outline of History</i> , by H. G. Wells, 1921, p. 230. The first-century historian Flavius Josephus recorded the fulfillment in his <i>Antiquities of the Jews</i> .
714 years later	Matthew 2:1 and Luke 2:1-14 confirm that Jesus was born in Bethlehem in 2 B.C.E.
730 years later, in 2 B.C.E.	Matthew 1:18-23 and Luke 1:26-2:14 record the miraculous virgin birth of Jesus. Even the Koran of the Muslims acknowledges this in sura III, verses 40-48. Soon, at Armageddon, he will destroy the world's entire system of political rulership.
760 years later, from 29-33 C.E.	The four Gospel accounts testify to the miraculous cures performed by Jesus as well as to his suffering and death at the hands of the Jews. (1 Corinthians 15:3-8) In his name salvation has been preached worldwide.
33 years later, in 66 C.E.	<i>Chronicles—News of the Past</i> , by Dr. Israel Eldad and Moshe Aumann, gives a historical account of the 30th of the Jewish month Tishri, 66 C.E.: "Romans advance on Jerusalem, begin siege of city." Later, the publication reports: "ROMAN ARMY ROUTED . . . nearly 6,000 Roman soldiers and horsemen . . . wiped out."
37 years later, in 70 C.E.	<i>Chronicles—News of the Past</i> , describes the 10th day of Ab, 70 C.E.: "JERUSALEM FALLS; TEMPLE IN FLAMES . . . Death Toll Over Million . . . Some parts of the Temple were still burning . . . The rest had been reduced to a mass of smouldering rubble." See also the eyewitness account of Flavius Josephus in <i>Wars of the Jews</i> .
1,881 years later, since 1914 C.E.	Since 1914 the world has experienced the only two world wars in history. A quarter of the world is hungry, 40 million persons dying annually. This century has also experienced a marked increase in earthquakes. In 1983 alone, Jehovah's Witnesses spent approximately 436 million hours preaching the "good news" worldwide.
1,849 years later, since 1914 C.E.	Crime, violence and terrorism plague the world today. The divorce rate is rising sharply and venereal diseases are epidemic. Young people, generally, resent authority.
1,850 years later, since 1914 C.E.	It has become increasingly popular to view the Bible with skepticism. The idea that the end of wickedness is near is scoffed at by many.
2,666 years later, since 1935 C.E.	Upwards of 2,600,000 of Jehovah's Witnesses, in 205 lands, devote time to helping others to learn Bible truths. It is well known that this large international brotherhood does not participate in warfare.

A Look at Some of the BIRDS OF JAPAN

By Awake! correspondent in Japan

I HAVE walked many miles in the countryside of Japan, from its mountains and terraced fields to its seashores. Along the way, I have had numerous opportunities to observe some of its 500 types of birds. Allow me to introduce a few of them to you.

LONG-TAILED TIT: It was winter and the ground was frozen. I was glad to have warm boots and thick stockings as I explored the hills near Chiba City.

In a clearing I spotted a flock of about 15 long-tailed tits—what we call the *enaga*. But when I tried to get close they eluded me. Tired of the pursuit, I sat down under a low-lying tree. And to my surprise the flock returned and came to rest in the very tree under which I sat. I didn't move.

The *enaga* are beautiful, petite birds with a white head and a body of pink, black and white. They seem to flow rather than fly through the trees in a never-ending game of leapfrog.

THE BLACK-EARED KITE, called *tobi* in Japan, is a year-round resident. This bird is big—two feet (60 cm) long, and thick-bodied with long wings and fork-tipped tail. Though dark brown, he is easy to see when he slowly and gracefully soars in the sky. The *tobi* particularly likes hillsides near the seashore, although he can be seen almost anywhere. His diet is one of fish and mice. But he also helps keep the countryside clean by eating carrion.

One day, when taking a winter walk by the ocean, I saw some large *tobi* sitting on some old fence posts. I could see their big, taloned feet and sharp-hooked beaks. And I must admit it was a bit disconcerting to see them staring at me.

THE HOUSE SWALLOW is more or less a summer visitor. I first saw these daredevil pilots in the town of Takasaki, where they would fly down the street, often at head level. They seem to be oblivious to people. On narrow streets just crammed with bicycles, motorbikes, cars and rushing shoppers, they dart in and out. At the very last moment they swoop right over a person!





THE DAURIAN REDSTART, known here as *jō-bitaki*. It was near the town of Mobara—an excellent bird-watching area—that I first saw this impressive bird. First I saw the male—about six inches (15 cm) long, bright-colored (predominant hues of black, orange and white) and handsome. Then, the female—sleek and demure, light olive in color. This attractive couple often pay a visit to a person's garden.

The *jō-bitaki* comes as a winter refugee from Siberia. While other birds head farther south, the *jō-bitaki* is happy to spend its winter in Japan. After Siberia, the winter winds of Japan must seem balmy.

THE JAPANESE CRANE, which we call *tanchō*, can be found in the marshlands and fields. These beautiful cranes, few in number, are protected by law. Six other varieties of cranes share the marshlands with the *tanchō*, but he is the only permanent resident.

WHITE EGRETS are very much a part of the Japanese countryside. During the summer, they are found in flooded rice fields and in shallow river water. They are usually busy catching little things to eat. But they have a particular fondness for fish and frogs. Taking slow, deliberate steps, they stir up their "meal." And if they spot something worthwhile, their long necks and slender bills move fast.

Observe closely and you will see that there are three types of white egrets, not just one. These are conveniently named "little," "intermediate" and "large," and they are from two to three feet (60-90 cm) in length.

Indeed, the islands of Japan are rich in birdlife. Such a fine balance and harmony exists between these creatures and their environment!

Why not take the time to examine the birdlife in your locality? But be careful when doing so. A startled bird that is nesting might abandon or even harm her young. So observe, but do not disturb. You can thus gain not only much pleasure but also deeper appreciation of the Creator who made these lovely winged creatures for our enjoyment.



“They Eat a Lot of Corn”

SOME years ago an American health expert went to southern Ecuador to observe some natives who are reported to be among the longest-living people in the western hemisphere. “Some of the ‘viejos,’ as they are called in their native Spanish, told me they were 132 . . . 127 . . . 113 years of age,” she reported. “Their longevity and their health were equally astonishing.” What was their secret? “I wasn’t sure I knew a single answer,” she wrote. “But then, to give one *possible* clue, I suggested, not altogether in jest: *They eat a lot of corn.*”

This interesting anecdote shows that corn, or maize, is still a staple food for people in many parts of the world and that it can be a significant part of a healthful diet. If corn is part of your diet, knowing something about the background and the characteristics of the crop may help you in making better use of this versatile plant.

The “Grain That Built a Hemisphere”

Maize was grown originally only in the western hemisphere. When Christopher Columbus first set foot in America, the natives had already been cultivating their *máhiz* and using it as their staple food for centuries. In fact, it has been said that the Mayas, Aztecs and Incas of Central and South America owed their culture to the abundant yields of maize. Good harvests allowed them leisure time for weaving, pottery making and the building of highways, pyramids and cities. For this reason, maize has been called the “grain that built a hemisphere.”

The explorers took it to Europe. From there it spread to Africa and on to Asia. Today, a crop of maize matures every month of the year somewhere in the world. From high in the Peruvian Andes to below sea level in the Caspian plain, from Canada in the far north to New Zealand down south, maize has become the most widely distributed food plant on earth.

Types of Maize

You may be familiar with yellow or white maize, but do you know that there are red, brown, blue, purple and even multicolored kinds? Indeed, over a hundred varieties of corn are found worldwide. Some of them have special properties that make them particularly suitable for certain conditions or uses.

For example, *flint* corn grows more readily in colder regions because it ripens in less time, and it is resistant to weevils. *Flour*, or soft, corn, on the other hand, was a favorite of the American Indians because the kernels contain mostly soft starch and are easily ground into flour, or meal, by hand.

Other types include *dent* corn, a high-yield variety that is commercially important. Each kernel has a characteristic

dent at the top that results from uneven drying of hard and soft starch in the seed. *Sweet* corn and *popcorn* are what might be called fancy varieties. When a popcorn kernel is heated, the moisture inside expands, causing the kernel to explode, or pop, to some 30 times its original size. The sweetness that you taste in corn on the cob, or sweet corn, is due to its containing about twice as much sugar as other types.

It is also possible to obtain a combination of some of these qualities by means of hybrid seeds. For instance, one hybrid has a short growing time like flint corn but the eating quality of sweet corn. So a grower can select the type that suits his particular needs and circumstances. In fact, most of the corn produced today is grown in this way.

Food for Millions

A juicy ear of sweet corn, dripping with melted butter and flavored with salt is a treat hard to resist. Possibly it is one of your favorites. Or maybe you eat corn in the form of flakes, chips, mush, porridge, chowder or fritters. Perhaps you use cornmeal in baking bread, biscuits, tortillas, tamales or waffles. Most likely you also use corn oil, corn starch or corn syrup in a variety of foods. The fact is that corn, or maize, is used by millions of people around the world in a delightful variety of foods.

People who live exclusively on maize, however, are said to be particularly susceptible to pellagra, a disease marked by skin, intestinal and nervous disorders. This is because the protein in corn lacks some of the essential amino acids, or building blocks of proteins, and this deficiency, when prolonged, leads to the disease.

Some nutritionists feel that the problem is aggravated when processed corn or a corn product, rather than the whole grain,

is eaten, as is the case in many parts of the world today. The experience with the *viejos* seems to bear this out, because they eat what they grow rather than depend on imports from industrialized nations. However, their diet also includes other sources of protein, such as nuts, beans and, occasionally, eggs and chicken. Likewise, in some parts of Africa, the custom of eating mopani worms or thick milk or meat with maize porridge helps in achieving a more balanced diet.

Grow Your Own

With food prices on the rise daily, growing your own may be rewarding in more than one way. Where soil and climate are suitable, a ton of maize can be raised on a sixth of a hectare (0.4 a.), enough to keep a large family in basic food for a year. Even with a small kitchen garden, raising your own maize could save you considerable expense and provide the family with a delightful treat.

Maize should be planted in blocks, or squares, rather than long rows. This will promote maximum pollination, which results in fully developed ears. The plant is a heavy user of soil nutrients, so it is advisable to use a different plot in the garden each year or to rotate the site of various crops. A very practical method is to plant corn at the corners of two-foot-square (60 cm) grids and grow a leguminous crop in the space in between. The "intercrop" enriches the soil, and the cornstalks serve as support for the legume —a very happy situation indeed.

If you are planting to provide corn on the cob, you can stretch out the period you will be able to enjoy it by staggering your planting times. And if you are careful to obtain good seeds and to fertilize the soil, you will find yourself bountifully repaid when the time comes to enjoy the crop.

From Our Readers

Saved From Suicide

I called on a young lady who previously had accepted an issue of *Awake!* She said: "I'm going to take these magazines again because one of them saved me from suicide. I read an article on suicide and it kept me from taking my own life." (August 8, 1981) She explained that she left home, got pregnant and felt that the only way out was suicide. Now that her life has been spared she has decided to have her child and keep it rather than give it up for adoption.

J. R., Brazil

About a Budget

Just this past October my husband handed me the family money to care for, and I was frightened at the responsibility at first. I managed to get along all right once I got organized. But what a help I found in your article in the April 8, 1984, *Awake!* "Do You Spend More Than You Earn?" This article has shown me how to be more thrifty and has relieved a lot of stress by showing me how to plan my budget.

M. B., Washington

The Pope on the Move

Your issue of December 8, 1983, was one of the most appealing, absorbing and sensitive in recent memory. Your critical analysis of the Pope's spiritual, political, moral and social activities was authoritative, balanced, sane and backed by an array of insurmountable Biblical facts. It exposes with conviction the fallacies and dangers of modern Ca-

tholism. *Awake!* has once again enhanced its stand as the true light of the entire family irrespective of the latter's "spiritual ideology."

C. N., Ghana

Along with you, I, too, deplore the state of affairs in our Catholic Church. Along with many other Catholic Christians, however, I draw a completely different conclusion. We try to take measures against this state of affairs, rather than trying to find weaknesses among Jehovah's Witnesses. Your presumptuous criticism of Christ's earthly representative will accomplish just the opposite of what you want it to.

H. J. S., Germany

You all loved it, didn't you? You couldn't resist taking a shot at the Catholic Church, could you? I will never forgive the way you mercilessly tore down the Pope. If Jehovah's Witnesses must refer to cheap shots in attempting to bring down other religions, they're in more trouble than the Catholics.

M. C., Florida

We surely were not trying to take cheap shots at the pope or the Catholic Church, nor were we criticizing Catholics. The Catholic Church occupies a very significant position in the world and claims to be the way of salvation for hundreds of millions of people. Any organization that assumes that position should be willing to submit to scrutiny and criticism. All who criticize have the obligation to be truthful in presenting the facts and fair and objective in assessing such. In both respects we try to live up to that obligation.—ED.



Watching the World

Divisive Nationalism

● For three days 250 writers, artists, musicians, philosophers, psychoanalysts, scientists, economists and industrialists from Japan, Italy, France, the United States and many other countries gathered in Tokyo to discuss themes of world importance, including nationalism. Jorge Luis Borges, renowned Argentinian writer and poet, said that nationalism is dividing the world, adding: "In this sense, it is the arch-villain of all the evils. It divides people, it destroys the good side of human nature, it leads to inequality in the distribution of wealth."

AIDS From Transfusion

● "The 38-year-old woman went into the hospital for a hysterectomy. She came out with AIDS," stated the *San Francisco Chronicle*. How did she get AIDS? "From a blood transfusion." The report noted that it has been suspected for some time that transfusions have transmitted the disease. In this case it was known that the blood donor was a male homosexual. It is observed, says the report, that the disorder appears to strike homosexual men

most often, and that it appears to be transmitted by blood or by sexual contact.

"Invasion" of Spain

● "An Arab invasion of Spain is under way. This time the invaders are armed with cheque books, not swords," reports *The Economist*. Spain was ruled by Moors for seven centuries, which rule ended in 1492. Now the Arabs are back, and they have invested 6.5 billion pesetas (\$45 million, U.S.) in 1983. But that is a mere pittance compared with the millions more coming in indirectly from Arab-owned companies in Luxembourg and Switzerland, mostly to buy hotels and banks. "Bankers estimate total Arab investment in tourist developments around Marbella and neighbouring Puerto Banus at around \$600m," says the report. Spain needs the money to pay for the oil obtained from Arab countries.

Crime Decline

● In the United States the FBI (Federal Bureau of Investigation) reported a 7-percent decrease in serious crime in 1983, the biggest drop in 23 years. The attorney general called it "mar-

velous news." The report noted that violent crime was down 5 percent when compared to 1982, murder was down 9 percent, rape 1 percent, robbery 9 percent and aggravated assault was down 3 percent.

Burnout

● "Burnout" is described as "the response to stress" that can lead to breakdown. Nora McCabe, writing in *The Globe and Mail* commented: "Competition today [in sports] is fiercer than ever because the depth is greater. Matches are longer, and harder physically and mentally. That increases the pressure, leading to more injuries." Burnout affects most frequently those who are extremely dedicated and committed to their careers.

Athletes who become celebrities, often at a very early age, "live in fish-bowls, constantly scrutinized by the media." It is in these that burnout is more noticeable, states the report. It quotes Chris Evert Lloyd, who many believe suffered from burnout, as saying: "I've been a pro for 10 years and I've had times when I've wondered if it was worth it . . . if this was all there is to life."

Drug Effects

● Denise B. Kandel, a psychologist at Columbia University in New York City, writes in *Science News* that youths who smoke marijuana are different from nonusers, and the more they use it, the greater are the chances that they will go on and use harder drugs. The effects of marijuana use? Kandel says that the person shuns participation in ordinary adult activities, and has "lower scores on tests of psychological well-being and a tendency toward delinquent behavior."

Japanese Life Span

● *Asiaweek* reports that the Japanese live longer than anyone else. The expected life span of 40-year-old women is 81 years and one month, and of men of the same age, 76 years and three months. According to the article, "the average lifespan over the past ten years has been increasing by two months and 20 days each year."

One reason for the longer average life span in Japan is the low mortality rate of infants. Only 7 babies out of 1,000 die before the age of one. In Australia it is 11 out of 1,000; in the United States it is 13; 30 in Malaysia, 53 in Thailand and 135 in Bangladesh. Among other reasons given for Japanese longevity is that "Japanese don't murder each other as much as other people do."

Druggists and Tobacco

● "I could no longer live in disharmony," said a pharmacist in Canada. "On one hand, I was dispensing medication for illnesses, and on the other hand I was profiting by selling substances [tobacco] which were contributing to ill health. I was liberated from something that had been haunting me for some time." The report in Toronto's *Globe and Mail* went on to say concerning the pharmacist: "No amount of profit can be worth the deep feeling of calm that came over him six years ago when he swept all cigarettes from his shelves after 24 years in the business." He stated that his business dropped a little, but this was not significant.

Child Pornography

● Police uncovered an international child pornography ring "whose records," according to *The New York Times*, "were

kept on home computers and involved girls who were lured by promises of household jobs." The operation, said the report, filled orders for pornography to other countries. The pornography included "hundreds" of women, minors and animals. How were the teenage girls solicited? The report explains: "It's the classic story of the nice man hiring the teen-ager, 14, 15, 16, to come over and clean his house."

New Meter Defined

● The length of the meter was first defined in France in 1799 as one ten-millionth of the distance from the North Pole to the equator. In 1960 this basic unit of linear measurement was redefined as being equal to 1,650,763.73 wavelengths of the orange-red light of krypton-86 under certain specified conditions. This standard, however, proved to be inaccurate to the extent of one and a half meters in the distance between the earth and the moon. In this age of space travel, such an error in measurement could not be tolerated. Now, according to Brazil's *Ciencia Ilustrada*, the meter has been redefined as "the distance that light travels in a vacuum in 1/299,792,458th of a second."

Water Power

● Man has long wanted to harness the power of the sea for his use. Such is becoming a reality in the narrow Kurushima Strait in Japan's Inland Sea. A water-wheel that generates power from tidal movements has already been installed, reports *The Daily Yomiuri*. The wheel and its 14-meter-high (46 ft) steel frame was lowered into the water and is expected to generate 1.6 kilowatts of power by tidal currents with a speed of 7.4 meters (24 ft) a second.

World's Most Expensive Cities

● What cities in the world have the highest cost of living? *United Press International* says that for three years in a row they have been Lagos, Nigeria, and Tokyo, Japan. Chicago, Jidda (Saudi Arabia), Singapore and San Francisco share fourth place. New York is in eighth place together with Brazzaville, Congo. Today the strength of the dollar makes Europe "something of a bargain" for Americans. Caracas, once Latin America's highest-priced capital to live in, has become the cheapest city.

Lost and Found in Hotels

● Have you ever forgotten something in a hotel room? If you have, you are not alone. The Imperial Hotel in Japan receives 30 to 40 claims a day for items guests left in their former rooms. What kind of items are left behind? "Half empty bottles of whisky, shirts, pyjamas, neckties, handkerchiefs, shoes, glasses, and even false teeth," reports the *Mainichi Daily News*.

By law perishable items are to be kept 24 hours. Clothes and other items must be stored for six months. Cash, precious metals and jewels must be reported to the police within 24 hours.

The word of caution is: Check your room thoroughly before checking out.

More on Cancer

● During the second world war in the early 1940's, many American women took over the jobs traditionally done by men. They also adopted the then predominately male habit of smoking, succumbing to the propaganda that to be a stylish, fashionable, liberated woman one must smoke. But what is happening

now 40 years later? The lung cancer death rates of women in 1984 will probably surpass breast cancer as the chief cancer killer of American women. What a price to pay just to be fashionable!

Athletics Versus Aging

● If athletes seem to stay younger longer than the rest of us, perhaps the answer can be found in science. "Exercise slows, stops, and even reverses some of the deterioration associated with aging," states Herbert A. DeVries, Ph.D., director of University of Southern California's Physiology of Exercise Research Laboratory. "Exercise halts the loss of lean muscle, increases the strength of the heart muscles and appears to slow the stiffening of the blood vessels," he says.

Tree Therapy

● "Give a patient who has just had his gall bladder removed a brick wall to look at through his ward window and he'll need more and stronger doses of analgesic, a longer hospital stay and more nursing than one who can see trees in leaf." That is the conclusion reached by Roger Ulrich of Delaware University's geography department after studying a Pennsylvania hospital's patients' records as reported by *New Scientist*. The average stay for patients with a brick-wall view was 8.7 days compared with 7.96 for those with tree views. Long-term patients, however, might benefit most from seeing a busy city street, suggests Mr. Ulrich.

Break-Dancing Craze

● "Break dancing has been hailed by *The New York Times*

as the greatest cultural revolution in the western hemisphere since the invention of the hula hoop," reports *The German Tribune*. In Germany, it has come into its own in railway stations' concourses, pedestrian areas and shopping centers. Arising from the ghettos of New York nearly ten years ago, break dancing is a cross between gymnastics, karate and tumbling. While there are many variations, the usual routine is for the dancer to spin on his arms, shoulders, head or back to the accompaniment of pulsating music or to a disc jockey's rap. Girls are crazy about good dancers, says the report. But 15-year-old break dancer Guido from Hamburg adds that it will be all over 'once any idiot can do it.' "I'd give break dancing another three months."

an off-the-wall question about how
it will fit into the framework of a newspaper
since the invasion of the first
good," before the Canadian Tri-
partite in Germany it had come
into its own or perhaps expansion,
but still remained a reasonable
concern. Besides, beginning in 1982
that's probably coming. And since
then the picture of New York
readily fits into those who, please
forgive me, like to see personal
ambition in a close personal basis.
While there are many
factors that may contribute to the
desire of spin on the issue,
spokesmen need to keep in mind
the combination of a desire to
make do with what they have
and a desire to make things better.
It's been a long time since Ontario
from Hamilton who said it will do
what it can do to help others. But
elsewhere, it's a different story.
City after city press offices in New
York have sprung up that do
nothing but "fix" the press situation in
their city.

Free Press
• "Give a better life to women
by giving them the right to work
and a million but still the man
has the opportunity to make more
a better opportunity to make more
income than the man who has the
same job," says Mr. Tupper. "That's the outcome
now being fought by Roger Clegg of
Democrats Unite's, besides
big business itself among a
few individuals who believe
they're the leaders of New
York's free labor force.
Indeed, the average size for
business with a middle-class
size B.C. does considerably more
for those with less than 100
than business, power, with
several more from some 200
city stores, according to Mr. Tupper.
• "Business should pay heed
to the 300 New York firms
offered the chance to

won't do that," says Mr. Tupper. The large
corporations didn't listen to women
in 1984. Will proposed changes
lead to American women? We'll
have to wait to see.

Applesauce Avenue Yelling

• It's difficult to imagine a
better fighter than the one to see
businesses that can pollute
the environment and some of
its citizens. "Executive, " executive, a
few more, and the few leaders some of
the deforestation and pollution
with signs," says Harriet A.
Vogel, 39, director of Environment Canada.
Her office of Environment Canada's Executive
team proposed "Executive
policy to lose its seat in the people
process to strengthen the principles
of environmental protection to the
point where they don't have to be
messy," she says.

Bitter-Damning Crisis

• "Bitter-sweet situation has been
settled in the New York Times