

Awake!

July 8, 2001



DRUG ABUSE

**THERE IS A
SOLUTION!**



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DRUG ABUSE

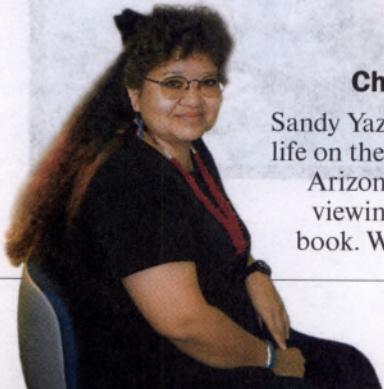
THERE IS A SOLUTION! 3-11

Which really are the harmful drugs?
Why do people get hooked on them?
Is there a lasting solution to the
problem?



Rome's Many Faces 14

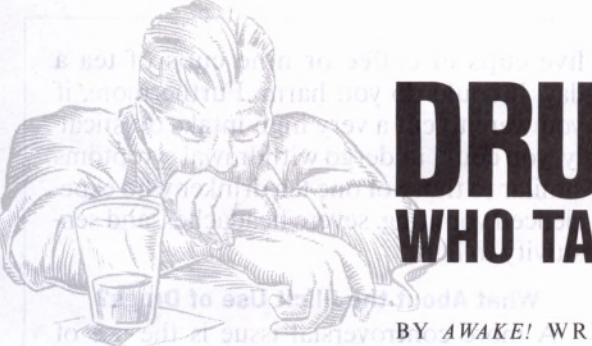
Many will visit Rome this year to attend a special convention of Jehovah's Witnesses. Bari is another fascinating city where a convention will be held.



God's Name Changed My Life! 20

Sandy Yazzie Tsosie had a tough life on the Navajo reservation in Arizona. She hated the Bible, viewing it as the white man's book. What made her change?

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DRUGS WHO TAKES THEM?

BY AWAKE! WRITER IN SOUTH AFRICA

EVERYONE takes drugs." That sweeping statement may be used to induce the naive to experiment with illicit drugs. But depending on how we define "drugs," those words contain an element of truth.

The term "drug" is defined as: "Any chemical substance, whether of natural or synthetic origin, which can be used to alter perception, mood or other psychological states." That is a useful, broad description of what are called psychoactive drugs, although it does not cover many medicinal drugs used for physical ailments.

According to that definition, alcohol is a drug. The danger lies in its immoderate use, which is evidently increasing. A survey of colleges and universities in a Western coun-

try found that "binge drinking is the most serious drug problem on college campuses." The survey revealed that 44 percent of students were binge drinkers.*

Like alcohol, tobacco is legally available, although it contains a powerful poison, nicotine. According to the World Health Organization, smoking kills about four million people a year. Yet, tobacco barons are wealthy, honored members of society. Cigarette smoking is also highly addictive, perhaps more so than the use of many of the illegal drugs.

In recent years numerous countries have curbed tobacco advertising and imposed

* Binge drinking was defined as 'consuming five or more drinks in a row for men, and four or more for women.'



Binge drinking is
a major problem
on many college
campuses

other restrictions. Nevertheless, many people still see smoking as an acceptable social activity. Smoking continues to be glamorized by the film industry. A University of California at San Francisco survey of top money-making films between the years 1991 and 1996 found that 80 percent of the leading men portrayed characters who smoked.

What About "Safe" Drugs?

Medicinal drugs have certainly benefited many, but they can be abused. Doctors may at times prescribe drugs too easily, or they are pressured by patients to prescribe drugs that are not necessary. One physician commented: "Doctors don't always take time to sit with the patient to work out the cause of his symptoms. It's easier to say, 'Take this pill.' But the primary problem is not addressed."

Even nonprescription drugs, such as aspirin and paracetamol (Tylenol, Panadol), if abused can lead to serious health problems. Over 2,000 people worldwide die each year as a result of misusing paracetamol.

According to our earlier definition, the caffeine in tea and coffee is also a drug, although we hardly regard it as such when drinking our favorite breakfast brew. And it would be absurd to view socially acceptable drinks like tea or coffee in the same light as hard drugs like heroin. That would be like comparing a domestic kitten to a fierce lion. Nevertheless, according to some health experts, if you habitually drink more than

five cups of coffee or nine cups of tea a day, it could do you harm. Furthermore, if you were to cut a very high intake drastically, you could undergo withdrawal symptoms similar to those of one tea drinker who experienced vomiting, severe headaches, and sensitivity to light.

What About the Illicit Use of Drugs?

A more controversial issue is the use of drugs in sports. This was highlighted at the 1998 Tour de France when the nine cyclists of the top team were expelled for using performance-enhancing drugs. Athletes have devised various ways to counter drug tests. *Time* magazine reports that some have even gone so far as to have "urine transplants," meaning [that] someone else's 'clean' urine is inserted into their bladder via a catheter, an often painful procedure."

We have yet to deal with the bewildering array of illicit drugs used for "recreational" purposes. These include marijuana, ecstasy (methylenedioxymethamphetamine, or MDMA), LSD (lysergic acid diethylamide), uppers (stimulants like cocaine and amphetamines), downers (depressants like tranquilizers), and heroin. Not to be forgotten are the various inhalants, such as glue and gasoline, that are popular among the young. Of course, these inhalants are not banned substances and are readily available.

The common notion of an emaciated drug addict shooting up in a dingy room can be deceptive. Many on drugs are still able

Awake!®

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 always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

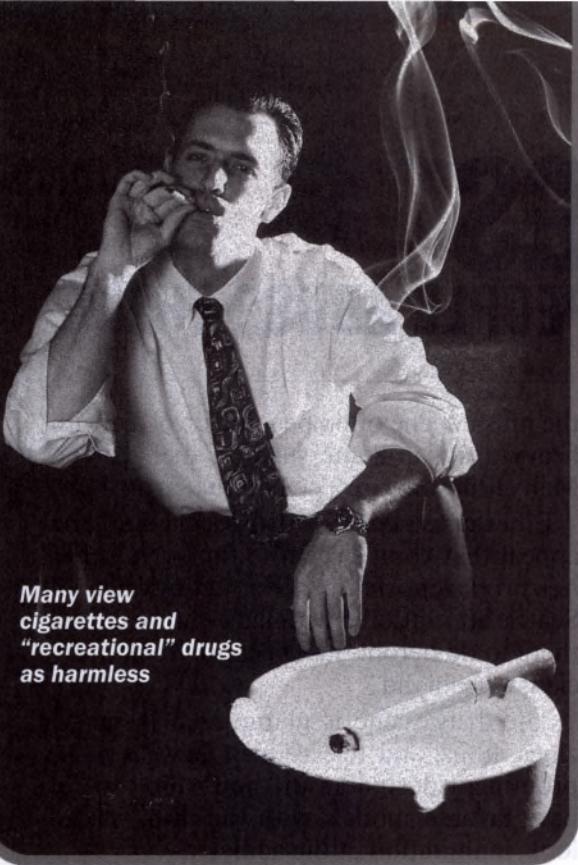
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Semimonthly ENGLISH



Many view cigarettes and "recreational" drugs as harmless

to function relatively normally in everyday life, although their addiction must affect the quality of their life to a greater or lesser degree. Nevertheless, we cannot minimize the dark side of the drug scene. One writer describes how some cocaine users "are capable of 'shooting up' dozens of times in a single session, converting their bodies into needle-pricked, bloody, and bruised messes."

After an apparent decline in the late

1980's, illegal drug use is on the rise again worldwide. *Newsweek* magazine observed: "Authorities are overwhelmed by an onslaught of drug smuggling, a rise in drug use of almost every kind and a dearth of funds—and information—needed to fight it." *The Star* newspaper of Johannesburg, South Africa, stated that according to government statistics, "one in four people living in South Africa are addicted to alcohol or drugs."

The UN Research Institute for Social Development pointed out that "drug producers and traffickers . . . have organized themselves on a global scale and put a significant proportion of their drug profits in financial centres offering secrecy and attractive investment returns. . . . Drug traffickers are now able to launder illicit profits by moving money around the world electronically with few national controls."

It appears that many Americans may handle cocaine daily, albeit unknowingly. An article in *Discover* magazine explained that most American bank notes bear traces of the drug.

The fact is that today the use of drugs, including illicit drugs, has become acceptable to many, viewed as a part of everyday life. Considering the widely publicized damage caused by illicit drugs as well as tobacco and alcohol, the obvious question is, Why do people abuse them? As we ponder this question, it is a good time to reflect on our own views about drugs.

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DRUGS WHY DO PEOPLE ABUSE THEM?

I WAS 13 years old, and my best friend's sister invited us to their apartment one evening. Everyone started smoking marijuana. At first, I refused it, but after it came around a number of times, I eventually tried it." That was how Michael, from South Africa, explained his introduction to drugs.

"I come from a conservative family professionally involved in classical music. I played in an orchestra, and one of the musicians used to smoke marijuana regularly during the intermissions. He persistently offered it to me over a period of months. I eventually tried it and began using it regularly." That was how Darren, a Canadian, started using drugs.

Both of these individuals went on to use other drugs, such as LSD, opium, and stimulants. Looking back, now as former drug abusers, they agree that the influence of peers was the prime reason they started abusing drugs. "I never thought that I would ever take drugs," says Michael, "but those kids were the only friends I had, and naturally you go along with them."

The Entertainment Scene

Peer pressure certainly plays a major role in starting many on drugs, and the young are especially susceptible. Additionally, they are confronted with the examples of their idols in the entertainment world, who wield a powerful influence over their young fans.

The entertainment industry is particularly plagued with drug abuse. Top performers on

the music scene often become involved with heavy drugs at some stage in their career. Many film stars are also habitual drug users.

Entertainers can give drugs a glamour and appeal that youths seem to find irresistible. *Newsweek* reported in 1996: "The streets of Seattle are cluttered with kids who've moved there to do heroin, just because [rock musician] Cobain did."

The drug scene is glamorized in magazines, films, and television. Likewise, some prominent designers in the fashion world have favored models with the thin, wasted look, in imitation of the addicted.

Why Do Some Get Hooked?

Numerous other factors contribute to increasing drug abuse. Among these are disillusionment, depression, and a lack of purpose in life. Additional reasons are economic problems, unemployment, and poor parental examples.

Some who have difficulty with human relationships use drugs to help them cope in social situations. They believe that drugs boost their confidence, making them feel witty and likable. Others simply find it easier to use drugs than to accept responsibility for taking control of their lives.

Boredom is another reason youths turn to drugs. The book *The Romance of Risk—Why Teenagers Do the Things They Do* comments on boredom and the lack of parental supervision: "Boys and girls come home after school to empty houses. No surprise, they are lonely and don't want to be alone. Friends join

them, but even together they are often bored. They watch endless television and music videos or cruise the Internet looking for excitement. Smoking, drug use, and drinking can easily become a part of this picture."

Michael, mentioned earlier, said about his lack of parental supervision at home: "My family life was happy. We were an exceptionally close family. Both my parents worked, though, and there was no supervision during the day. Also, our parents gave us all the latitude in the world. There was no discipline. My parents had no idea I was using drugs."

Once hooked, many continue to use drugs for a simple reason: They enjoy it. Michael, who used drugs daily, said of their effects: "I was in a dream world. I could escape from any pressures I had. I never felt threatened. Everything was beautiful."

Another former drug abuser, named Dick, from South Africa, described the effects marijuana had on him when he started using it at the age of 13: "I laughed at any joke. Everything was hilarious."

Warnings about the harm drugs can do just don't seem to scare youths. They tend to have an "it won't happen to

me" attitude. The book *Talking With Your Teenager* notes why teens ignore drug health warnings: "They are so resilient and full of vitality that they don't believe their health will suffer. This feeling of 'invulnerability' is very common in adolescence. Teenagers see lung cancer, alcoholism, heavy drug addiction, as things that happen to people who are older, not to them." Many are simply unaware of the dangers, as illustrated by the popularity of the drug ecstasy. What is it?

Ecstasy and the Rave Scene

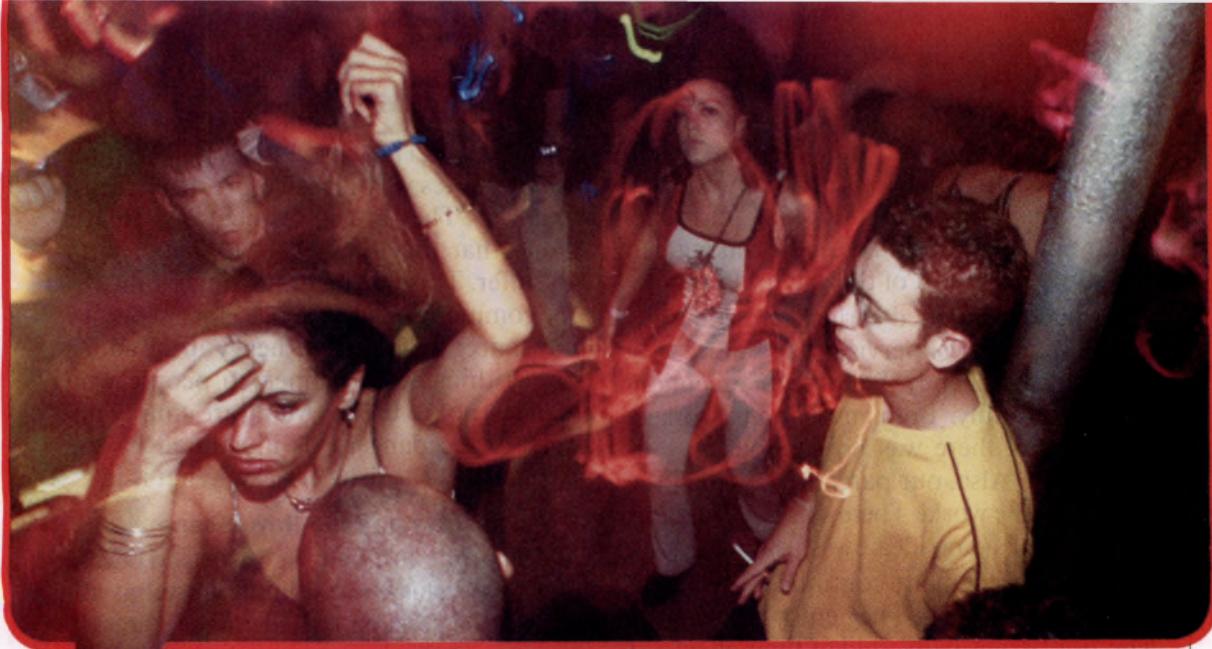
The amphetamine-based drug MDMA, known as ecstasy, is commonly used at all-night dance sessions called raves. The sellers promote the impression that taking ecstasy is a safe way to experience a euphoric feeling plus a bonus of boundless energy to dance the night away. The drug helps dancers to keep going for hours until they finally experience what one writer referred to as "a trance-like state they call 'getting cabaged.'" One youth explained the allure of ecstasy: "The buzz begins at your toes, enveloping you in incredible warmth and love as it slowly tingles up to your head."

Brain scans of regular ecstasy users have provided physical evidence that it

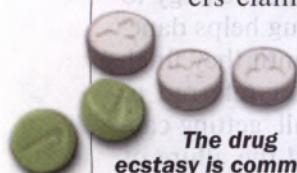


**Drug use is sometimes
glamorized by
celebrities**

**The modern music
scene is saturated
with drug abuse**



Ap Photo/Greg Smith



The drug ecstasy is commonly available at raves

Gerald Nino/U.S. Customs

is not the harmless drug that sellers claim it to be. Ecstasy evidently damages nerve fibers in the brain and reduces serotonin levels. Such damage is possibly permanent. In time, this may lead to disorders like depression and memory loss.

Some deaths have been reported among ecstasy users. Then, too, a number of drug dealers mix ecstasy with heroin in order to hook their clients.

How Easy to Obtain?

In many countries drugs have dropped in price as supplies have increased. This is partially due to political and economic changes. South Africa is a typical example, where political change has resulted in increasing trade and interchange with other countries. This along with limited border controls has given a boost to the drug trade. With increasing unemployment, thousands depend on illicit drug sales for an income. Where drugs abound, violent crime is seldom far away. According to a newspaper report, children in schools in Gauteng, South Africa

—some only 13 years old—are under surveillance by police for drug dealing. A number of schools in the area have begun subjecting pupils to drug tests.

What Is the Root Cause?

There are clearly many reasons why people abuse drugs. But these are all symptoms of a deeper problem, a root cause. Writer Ben Whitaker hinted at this: "The contemporary expansion of drug use is a warning signal of weaknesses and faults in our society, besides loneliness and despair: why otherwise should a significant number of talented and privileged people prefer drugs to the reality of the present day?"

This is a good question, which makes us realize that our materialistic, achievement-obsessed society often fails to meet our emotional and spiritual needs. Even most religions have not been able to fill those needs because they have overlooked the root cause of man's problems.

We must unearth and face up to that root cause before we can find the only permanent solution to the drug problem. This will be dealt with in the following article.

How Safe Is Marijuana?

A number of countries are considering legalizing marijuana, mainly for medicinal use. The drug has been found to alleviate the nausea caused by chemotherapy, and it evidently helps AIDS sufferers to overcome loss of appetite. It has also been used as a pain reliever.

While there is disagreement about the results of research findings, tests that were reported on in *New Scientist* magazine have established some of the harmful effects of marijuana.

A Harvard University test compared a group who smoked marijuana daily with a group who used

it less often. They found little difference on standard mental tests. However, on one test dealing with adaptability, the heavy marijuana users scored much lower.

Another university tested a group of regular marijuana smokers and a group of cigarette smokers, over a period of 15 years. The marijuana smokers usually had three or four joints a day, while the cigarette smokers had 20 or more cigarettes a day. Equal numbers from both groups suffered from coughing and bronchitis. Examination of the lungs revealed similar cell damage in both groups.



U.S. Navy photo

Although the marijuana smokers indulged much less often, it was found that a single joint releases three times as much tar as a cigarette. Furthermore, *New Scientist* reported: "Marijuana smokers inhale more deeply and hold their breath longer."

In addition, immune cells from the lungs of the marijuana smokers were found to be 35 percent less capable of fighting bacteria than were cells from the cigarette smokers.



DRUG ABUSE THERE IS AN ANSWER!

HUGE Cocaine Haul Found in Wine Bottles." The newspaper article following that headline explained how police in Johannesburg, South Africa, seized a shipping container of 11,600 bottles of South American wine. Mixed in the wine were between 150 and 180 kilograms of cocaine. This was believed to be the largest haul of cocaine to have entered the country to date.

While such finds sound encouraging, the truth is that police seize only an estimated 10 to 15 percent of illegal drugs worldwide. Unfortunately, this is similar to a gardener

snipping a few leaves off a virulent weed but leaving the roots in the ground.

The huge profits made from drugs hamper government efforts to curb their production and sale. In the United States alone, the estimated annual illegal drug market is many billions of dollars. With such big money at stake, it is not surprising that police and government officials, even some in high positions, are susceptible to corruption.

Alex Bellos of *The Guardian Weekly* newspaper reported from Brazil that according to a parliamentary inquiry, "three congressmen,

12 state deputies and three mayors were named . . . in a list of more than 800 people allegedly involved in organised crime and drugs trafficking in Brazil." The list also included "policemen, lawyers, businesspeople and farmers in 17 of the 27 states." About these findings a professor of politics at Brasilia University said: "It's a massive indictment of all sections of Brazilian society." The same might be said of many societies where drugs have a pervasive hold. The market laws of supply and demand are what drive the problem.

Considering the limited success of legal restrictions, some advocate legalizing certain drugs. The general concept is that individuals should be allowed to possess small amounts for personal use. It is felt that this would make government control easier and would cut the huge profits made by drug lords.

Some Succeed

Detoxification may first get addicts off drugs and then improve their physical health. Unfortunately, the chances are that once an addict returns to his usual environment, he will be tempted to return to drugs. Writer Luigi Zoja gives the reason for this: "It is impossible to simply eliminate a behavior without redirecting the patient towards a completely new dimension."

Darren, mentioned in the preceding article, found a "new dimension" that changed his life. He explains: "I was a professed atheist, but in time, even though I was on drugs from morning till night, I came to the realization that there must be a God. During a period of two or three months, I tried to break free from drugs, but my friends would not let me refuse them. Although I still took drugs, I started to read the Bible regularly before I went to bed. I associated with my

friends less often. One evening my roommate and I were very high on drugs. I mentioned the Bible to him. The next morning he phoned his brother, who was one of Jehovah's Witnesses. He referred us to a Witness who was living in the same city as we were, and I went to see him.

"We talked until 11:00 p.m., and I left with about a dozen Bible study aids. I started to study the Bible with him and stopped abusing drugs and smoking. About nine months later, I was baptized as one of Jehovah's Witnesses."

Breaking the drug habit is not easy. Michael, mentioned in the preceding article, reveals the difficulties he had when he

**Many have
been motivated
to break free
from drug abuse**



"A Painful Indictment" of Parents

stopped taking drugs after 11 years of abuse: "I found it very difficult to eat and thus lost weight. I also experienced sensations of pins and needles, had sweats, and saw auras around people. I felt a tremendous craving to return to drugs, but drawing close to Jehovah in prayer and studying the Bible helped me to stay clean." These former drug abusers agree that it was essential for them to break away totally from their former associates.

Why Human Efforts Fail

Illicit drug abuse is just one facet of a larger global problem. An overwhelming influence for evil, violence, and cruelty grips the whole world. The Bible says: "The whole world is lying in the power of the wicked one." (1 John 5:19) That "wicked one" is identified by the apostle John at Revelation 12:9: "So down the great dragon was hurled, the original serpent, the one called Devil and Satan, who is misleading the entire inhabited earth; he was hurled down to the earth, and his angels were hurled down with him."

In addition to his own weaknesses, man has had to contend with this powerful enemy. Satan is the one who caused man's downfall at the start. He is determined to bring further degradation on mankind and to turn them away from God. Mankind's abuse of drugs appears to be a part of his strategy. He is acting with great anger because he knows that "he has a short period of time."—Revelation 12:12.

What Is God's Solution?

The Bible reveals the Creator's loving provision to redeem mankind from their sinful condition. At 1 Corinthians 15:22, we are told: "Just as in Adam all are dying, so also in the Christ all will be made alive." Jesus willingly came to earth as a perfect human and sacrificed his earthly life to redeem mankind from the effects of sin and death.

Knowing the reason for death as well as the

An editorial in the South African newspaper *Saturday Star* expressed concern over the alarming increase in drug abuse among youth in South Africa and commented:

"That our children do this [take drugs] is often a painful indictment of us as parents and of society in general. Week in and week out we grub for money, worshipping at the temple of material success. Our kids tax our minds, our strength. Quality time? It's easy to throw money at them to get them out of our hair. Easier than listening to them—to their fears, their hopes, their hassles. Tonight, as we sit at a restaurant table or relax in front of the TV, will we even know what they're doing?"

Or, we might add, thinking?

solution to man's problems has given many the motivation and courage to break free from drug addiction. But the Bible does more than help us deal individually with the drug problem now. It tells of the time, after the termination of Satan's influence, when all the world's ills, including drug abuse, will end permanently.

The book of Revelation describes "a river of water of life, clear as crystal, flowing out from the throne of God and of the Lamb." (Revelation 22:1) This symbolic river pictures God's provision through Jesus Christ to restore man to perfect life on a paradise earth. Revelation describes trees of life flourishing along the river and states: "The leaves of the trees were for the curing of the nations." (Revelation 22:2) Those symbolic leaves picture Jehovah's curative provisions to restore mankind to spiritual and physical perfection.

At last, man will be free, not only from drug abuse but also from all the other ills and problems that plague him in this degraded system!

Is It Wrong to Mourn?

"MOREOVER, BROTHERS, WE DO NOT WANT YOU TO BE IGNORANT CONCERNING THOSE WHO ARE SLEEPING IN DEATH; THAT YOU MAY NOT SORROW JUST AS THE REST ALSO DO WHO HAVE NO HOPE."

—1 THESSALONIANS 4:13.

THE Bible holds out a hope for those who have died. The resurrections performed by Jesus, as well as his teachings, point to a time when the dead will be brought back to life. (Matthew 22:23-33; Mark 5:35, 36, 41, 42; Luke 7:12-16) How should this hope affect us? The apostle Paul's words quoted above indicate that this hope can prove comforting when a loved one dies.

If you have lost a loved one in death, you have no doubt felt the emotional pain that accompanies such a tragedy. Theresa, whose husband of 42 years died shortly after heart surgery, states: "It was such a shock! My first feeling was absolute fright. Then came the tremendous pain that grew worse as time went on. I cried a lot." Do such reactions indicate a lack of faith in Jehovah's promise to resurrect the dead? Do Paul's words mean that it is wrong to mourn?

Examples of Mourning in the Bible

We find the answer to those questions by examining examples of mourning in the Bible. In many accounts the death of an immediate family member was accompanied by

a period of mourning. (Genesis 27:41; 50:7-10; Psalm 35:14) The feelings associated with this mourning were often very intense.

Consider how some men of faith mourned over the death of a loved one. Abraham, for example, had strong faith that God could resurrect the dead. (Hebrews 11:19) Even with this conviction, when his wife died, he "came in to bewail Sarah and to weep over her." (Genesis 23:1, 2) When Jacob's sons lied and told him that his beloved son Joseph had died, Jacob "ripped his mantles apart and . . . continued weeping for him." (Genesis 37:34, 35) Why, many years later the thought of his dear son's death still weighed heavily upon Jacob! (Genesis 42:36-38) King David too grieved openly and intensely over the deaths of his two sons Amnon and Absalom. Although both of them had caused distress to David and his family, they were still his sons, and their deaths brought him much sorrow.—2 Samuel 13:28-39; 18:33.

At times, the whole Israelite nation mourned, as they did over the death of

Moses. Deuteronomy 34:8 tells us that the Israelites wept for him for 30 days.

Finally, there is the example of Jesus Christ. His close friend Lazarus died. And when Jesus saw how Lazarus' sisters, Martha and Mary, and their friends were weeping, he "groaned in the spirit and became troubled." Though he knew that in a few moments he would bring his friend back to life, he still "gave way to tears." Jesus loved his dear friends Martha and Mary. So he was deeply moved when he saw their distress over their brother's death.—John 11:33-36.

Abraham, Jacob, David, and Jesus all exercised great faith in Jehovah and his promises, yet they grieved. Was their mourning a sign of spiritual weakness? Was their grief an indication of a lack of faith in the resurrection? Absolutely not! Mourning is a normal reaction to the death of a loved one.

Why We Mourn

It was never God's purpose for mankind to die. Jehovah's original purpose, as expressed to Adam and Eve, was for the earth to be transformed into a beautiful paradise filled with a loving, happy family. Death would come only if that first couple chose to disobey Jehovah. (Genesis 1:28; 2:17) Sadly, Adam and Eve did disobey, and because of disobedience, "death spread to all men." (Romans 5:12; 6:23) Death is thus a cruel enemy that was never meant to be.—1 Corinthians 15:26.

It is only reasonable, then, that the unnatural event of the death of someone close sparks deep emotional pain for those it touches. It creates an enormous vacuum in their life. Theresa, the widow mentioned above, stated with regard to her husband: "I am sure that I will see him again in the resurrection, but I miss him so much now. That is what really hurts." The death of a parent may remind us of our own mortality. The death of a young person particularly pains

us because of the tragedy of a life not fully lived.—Isaiah 38:10.

Yes, death is unnatural. The pain that it spawns is to be expected, and Jehovah does not view mourning as a lack of faith in the resurrection. As seen by the examples of Abraham, Jacob, David, the Israelite nation, and Jesus, outwardly expressing our pain of heart is no indication that we are lacking spiritually.*

Nevertheless, while we as Christians certainly do grieve because of death, we do not sorrow "as the rest also do who have no hope." (1 Thessalonians 4:13) We do not indulge in unreasonable extremes of grieving because we are not confused as to the condition of the dead. We know that they are not in pain or distress but in a condition like a deep, peaceful sleep. (Ecclesiastes 9:5; Mark 5:39; John 11:11-14) We also have full confidence that Jesus, "the resurrection and the life," will act on his promise to bring back "all those in the memorial tombs."—John 5:28, 29; 11:24, 25.

Therefore, if you are grieving at this time, take comfort from the knowledge that Jehovah understands your pain. May this knowledge and your hope in the resurrection temper your grief and help you to cope with your loss.

* For help in coping with grief, see pages 14-19 of the brochure *When Someone You Love Dies*, published by Jehovah's Witnesses.

IN OUR NEXT ISSUE

Volunteers —Can They Make a Difference?

How Can Prayer Help Me?

Coping With an Unspeakable Tragedy

ROME'S MANY FACES

★
ROME

BARI



▲ **The Colosseum**

BY AWAKE! WRITER IN ITALY

"It seems to me that Romulus [a mythical founder of Rome in 753 B.C.E.] must at the very beginning have had a divine intimation that the city would one day be the seat and hearthstone of a mighty empire."

**CICERO, ROMAN ORATOR AND STATESMAN,
FIRST CENTURY B.C.E.**

LIKE other cities with millenniums of history, Rome has had many faces, and as centuries have rolled by, these have left their imprint. Would you like to see them? Now is as good a time as any, especially if you are invited to attend one of the conventions of Jehovah's Witnesses to be held August 10-12, 2001, in Rome, Bari, Turin, and Milan.

Arch of Titus,
with frieze depicting
the looting of
Jerusalem's temple

But which Rome do you want to see? There is ancient Rome, republican Rome, and imperial Rome. Closer to our time, there is medieval Rome, Renaissance Rome, baroque Rome, and finally modern Rome. To round out the picture, there is papal Rome, the Rome of the common people, and the Rome of the nobility. At every turn in this metropolis, there are surprises.

The Ancient City

The oldest settlements, Iron Age hut villages, appear to have risen long before the eighth century B.C.E., on the Roman hills around what was once a depression

by an ancient ford of the river Tiber. Since in bygone days the heights that surrounded the area were easily recognizable, it was said that the city rose on seven hills—Quirinal, Viminal, Esquiline, Caelian, Aventine, Palatine, and Capitoline. To this day certain areas of the city bear some of these names.

If you decide to visit Rome, don't forget to bring an accurate guidebook and a map. You might get an idea of what an ancient Roman possibly saw some 2,000 years ago.

Let Us Visit the Forum

"The Forum was the center of political, commercial and judicial life in ancient Rome," says one guidebook. The main entrance to this area is on Via dei Fori Imperiali. The Metro and several bus routes will get you there.

Among the most famous monuments in this area is the Colosseum, also known as the Flavian Amphitheater, symbol of the imperial era. It is 157 feet high, equivalent to a modern 16-story building. Its length is about 620 feet, and its width is about 510 feet. With its 80 entrances, it had room for 55,000 spectators! It was commissioned by Emperor Vespasian in the year 72 C.E. Think of that when you stand next to it. If the walls could speak . . .



**Column
of Marcus
Aurelius**



▲ The Appian Way

For centuries this amphitheater hosted brutal gladiatorial games. Contrary to popular belief, however, it seems that no Christians were martyred here.*

Near the Colosseum is the Arch of Titus, erected to celebrate the same campaign. Inside the arch you can see scenes of the triumphal procession, with Jewish captives and sacred furnishings from

* See *Awake!*, April 8, 1991, pages 24-7.

Recent finds suggest that the amphitheater was completed thanks to the loot that the Roman legions brought back to the city after their victorious campaign in Judea, which culminated in Jerusalem's destruction in 70 C.E. (Matthew 24:1, 2; Luke 21:5, 6)

▼ The Pantheon, a former pagan temple to all the gods, now houses a Catholic church



The Circus Maximus, the Palatine Hill, and various other sites and monuments beckon us to travel back in time. As further reminders of the pomp and grandeur of the sixth world power of Bible history, ancient obelisks and engraved columns, such as those of Trajan and Marcus Aurelius, still stand at various points in the city.

**Rome of the
Apostolic Period**

Though apostolic Christianity was soon replaced by apostate Christendom, episodes in the lives of early Christians can still be

the temple on parade. The Jews likely passed this very spot!

Another well-known ancient monument, impressive and well preserved, is the Pantheon. It is a former pagan temple dedicated to all the gods; now it houses a Catholic church. Emperor Hadrian (76-138 C.E.), famous for his protective wall in northern England, designed this masterpiece of Roman engineering during 118-128 C.E. The height and the diameter of the rotunda are identical —142 feet.

**Detail from
Michelangelo's
"Last Judgment,"
in the Sistine Chapel**



glimpsed in Rome. For example, when visiting the Appian Way, how could we fail to recall the account of the apostle Paul being escorted by his Christian brothers as far as the city? (Acts 28:14-16) But we need to be careful not to accept tradition blindly. As a case in point, near the Forum there is the so-called Mamertine Prison, allegedly a place where the apostle Peter was detained. But there is no Biblical evidence that Peter ever set foot in the city.

While in the area of the Appian Way, you might want to visit the famous catacombs—several hundred miles of underground tunnels that served as burial places. Finds related to the cults of the dead and the martyrs and ideas concerning the immortality of the soul indicate that the users of these ancient cemeteries were no longer true followers of Jesus' original teachings.*

How the Renaissance Changed Rome

From the time of the Renaissance (14th to the 16th century)

While the Renaissance was still in progress, Rome underwent a profound transformation as a result of, among other things, growing papal power and prestige. Artists, architects, and craftsmen were called to the papal court. One of the most famous was Michelangelo. Some of his masterpieces are conserved in Vatican City. Famous are "The Last Judgment," in the Sistine Chapel, and his frescoes on the chapel ceiling, which can be seen by entering through the Vatican Museum. It is worthy of note that "The Last Judgment" does not depict purgatory.

Another of Michelangelo's works is his statue of Moses, found in Rome's Church of St. Peter in Chains. His influence can also be seen in a number of details in St. Peter's Basilica. This church holds several masterpieces, including Michelangelo's sculpture the "Pietà." It depicts the dead Christ in the arms of his mother.

A point of interest for Jehovah's Witnesses is that the basilica contains a number of renderings of the Hebrew Tetragrammaton, representing the divine name, Jehovah. Look for it on Clement XIII's



**▲ Bernini's Fountain
of the Four Rivers**

funerary monument and in the Chapel of the Presentation.

The Spectacular Baroque Rome

The most spectacular face of Rome is probably that offered by the baroque city. The baroque style "is large in scale and filled with dramatic details," notes one encyclopedia. It appeared in the late 16th century, and by the 18th century, it had become the more intimate rococo style. A famous piece of baroque is the monument by Bernini to Pope Alexander VII in St. Peter's. Bernini was the favorite papal artist. He transformed churches, pal-

* See *Awake!*, August 8, 1995, pages 16-20.

aces, statues, and fountains in Rome. Take a look in the piazza (square) before St. Peter's Basilica, surrounded by Bernini's spectacular colonnade, or in the Piazza del Popolo, which "forms a grand symmetrical antechamber to the heart of Rome." Baroque and Bernini are everywhere! Be sure to see the scenic effects produced by the Trevi Fountain or the fountains of Piazza Navona, such as Bernini's Fontana dei Fiumi (Fountain of the Four Rivers) and the Fontana del Moro (Fountain of the Moor).

The Modern City

Today innovations in city planning are rare. The last major project dates back to the 1930's, with the construction of the Esposizione Universale di Roma (E.U.R.). It was intended to glorify Fascism during the rule of Mussolini.

City administrators are now intent on conserving and giving due importance to Rome's



Branch office of Jehovah's Witnesses

invaluable artistic heritage, one that can be enjoyed not only in the streets and squares but also in the more than 100 city museums. Before setting out to visit museums, monuments, and archaeological sites, though, it may be wise to obtain information on opening times by checking appropriate sites on the Internet or a good travel guide.

Rome, although known for the Vatican, also has a diversity of religions. Jehovah's Witnesses have their branch office and an Assem-

bly Hall here. In the metropolitan area, there are almost 10,000 Witnesses, who gather in some 130 congregations and groups. They hold their meetings in 12 languages besides Italian. You will be welcome at any Sala del Regno (Kingdom Hall).

So whatever Rome you want to visit, among the many it offers, we invite you to come because, as the German author Johann Wolfgang von Goethe wrote, "only in Rome can one educate oneself for Rome."

▼ Trevi Fountain



Awake! July 8, 2001

**Legend has it that
Romulus and
Remus, mythical
founders of Rome,
were suckled
by a she-wolf**



BARI—Apulia's Lively Capital

APULIA is the region that forms the "heel" of Italy's "boot." (See map on page 14.) It is famous for its olive oil and wines. Bari is its capital city, with a population of about 350,000. The city dates back, it is believed, to pre-Roman times. At one point it came under Greek influence. The Romans, who penetrated the region in the fourth century B.C.E., called the city Barium and made it a *municipium*, that is, a settlement that was inhabited by Roman citizens and that retained its own administrative independence.

From the time of the first Crusade (1096 C.E.), Bari grew in importance for routes to the Orient. It also became the port of departure for many Crusader ships.

City of "Father Christmas"?

Bari's most important monuments are closely tied to historical events. A building particularly related to Bari's history is the Basilica di



Tetramgrammaton in the Church of the Holy Trinity and Saints Cosma and Damiano

San Nicola. The Nicola in question is said to have been bishop of Myra, a city of Asia Minor, in the fourth century C.E. In antiquity, the details of his life became confused with those of another cleric of the same name, who lived in the sixth century. So legends of different origins surrounded this person. One, among the many, called this Nicola the protector of children because it was said that he resurrected three children who had been cut to pieces and pickled by a wicked innkeeper! It is not surprising, therefore, that during the Middle Ages, an unscriptural veneration of this personage spread and supposed relics of his

were much sought after.

According to the book *Puglia-Dal Gargano al Salento*, Nicola, known in Latin as *Sanctus Nicolaus*, "became Santa Claus in lands north of the Alps and later in North America; his bishop's cloak was transformed

The promenade



into a fur-trimmed cassock, his miter into a hood, and the saint into a charitable, white-bearded old man with a bag full of presents." Lo and behold, Father Christmas!*

There are other interesting monuments in the city, but for Jehovah's Witnesses, a building of particular interest may be the Church of the Holy Trinity and Saints Cosma and Damiano, built in the 1960's. Its apse contains a mosaic depicting the Tetragrammaton.

Have You Ever Seen a Trullo?

You do not need to travel too far from Bari to find plenty of interesting places to visit. In Alberobello, about 35 miles southeast of Bari, there are the famous trulli. These are unusually shaped white buildings with a conical roof. They have been called petrified tents and bizarre kiosks built among the trees. They were built with stones placed on top of each other without mortar. The construction method might make the trulli seem rather unstable, even unsafe, yet they have endured. Many are centuries old. They are also well insulated, making them cool in summer and warm in winter.

If you are a camera buff, you may want to take pictures of the impressive Castel del Monte, some 25 miles west of Bari. It was commissioned

* See *The Watchtower* of December 15, 1989, pages 26-8, and *Awake!* of December 8, 1989, page 14.

Trulli in Alberobello



Castel del Monte

by Frederick II in the 13th century. As one guidebook states, it "outclasses every other castle associated with Frederick II. It is also one of the most sophisticated secular buildings of the Middle Ages." The book describes it as "a harmonious geometrical study with two stories of eight rooms each." Its octagonal design incorporates eight satellite towers. It is worth a visit.

In Bari some 1,600 of Jehovah's Witnesses and numerous friends meet in 18 congregations. All are eagerly waiting to welcome the many visitors to the 2001 "Teachers of God's Word" District Convention to be held in the city's San Nicola Stadium.



GOD'S NAME Changed My Life!

AS TOLD BY SANDY YAZZIE TSOSIE

TRYING to hide, my sisters and I were under the bed giggling and hitting each other when the Mormons knocked at our door.* When I finally answered the door, I rudely told them that we were traditional Navajo and did not want them talking to us about any white man's religion.

Our parents had gone to the trading post for necessities. They were due back at sunset. On their return they learned that I had been rude to the Mormons. They gave me good counsel never to treat anyone with disrespect again. We were taught to treat people with respect and kindness. I remember when an unexpected visitor arrived one day. My parents had cooked a meal outdoors. They hospitably invited the visitor to eat first, and then we ate afterward.

Life on the Reservation

We lived at Howell Mesa, Arizona, nine miles northwest of the Hopi Indian Reservation, far away from congested cities and towns. This is in the southwestern United States, where there is spectacular desert scenery, punctuated by unusual red sandstone formations. There are many mesas—high, steep-walled plateaus. From these we could watch our sheep graze five miles in the distance. How I loved the serenity of this country, my homeland!

During high school I became very close

to my cousins who supported the American Indian Movement (AIM).* I was very proud of being a Native American and voiced my opinions to white people about the decades of oppression, which I believed were caused by the Bureau of Indian Affairs (BIA). Unlike my cousins, I did not openly display my hatred. I kept it secret in my heart. That led me to hate anyone who possessed a Bible.

I reasoned that it was because of the Bible that the white people had the power to take away our land and rights and our freedom to practice our own sacred rites! I even forged my father's signature to get out of the Protestant and Catholic religious ceremonies when we were forced to attend church during my boarding school days. Those schools were intended to assimilate us and make us forget our Indian heritage. We were not even allowed to speak our own language!

We had a deep respect for nature and our surroundings. Each morning we faced the east, uttered our prayers, and gave thanks by sprinkling the sacred corn pollen.

* AIM is a civil rights organization founded by a Native American in 1968. It is often critical of the BIA, which is a government agency established in 1824, ostensibly to promote the welfare of the nation's Indians. The BIA often leased mineral, water, and other rights on the reservations to non-Indians.—*World Book Encyclopedia*.

* For detailed information on the Mormon religion, see *Awake!*, November 8, 1995.



len.* This was my formal training in worship the Navajo way, and I wholeheartedly accepted it with pride. Christendom's idea of going to heaven did not appeal to me, nor did I believe in a fiery torment in hell. My heart was set on living on the earth.

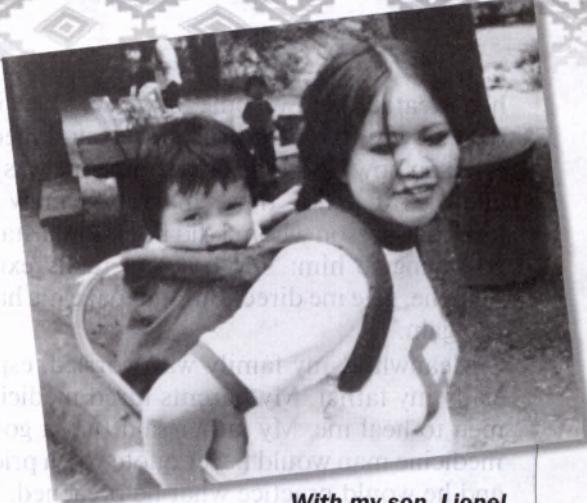
During school vacations I enjoyed my close-knit family. Cleaning the hogan—our Navajo dwelling—weaving, and caring for the sheep were my daily routine. We Navajo have been sheepherders for centuries. Each time I cleaned our hogan (see photo below), I noticed a little red book that contained the Bible book of Psalms and several books of the "New Testament." I kicked it here and there, never giving any thought to its contents and meaning. But I never got rid of it.

Marriage—Illusion and Disillusion

After graduation from high school, I planned to attend trade school in Albuquerque, New Mexico. However, I met my husband-to-be before I left. I returned to the Navajo reservation, which we call the Rez, to marry. My parents had been married for many years. I wanted to follow in their footsteps, so I married. I loved being a homemaker and enjoyed our domestic life, especially

* Pollen is considered to be a sacred substance and is used in prayer and rituals, symbolizing life and renewal. Navajo believe that the body becomes holy when one travels over a trail sprinkled with pollen.—*The Encyclopedia of Native American Religions*.

A typical Navajo Hogan



With my son, Lionel

with the birth of our son, Lionel. My husband and I were very happy—until one day when I heard heartbreaking news!

My husband had another woman! Our marriage was shattered by his infidelity. I fell apart and became very hateful toward him. I wanted revenge! But during the course of our divorce battles over our son and financial support, I simply became sad, feeling worthless and without hope. I used to run for miles to ease my grief. I broke down in tears readily and lost my appetite. I felt totally alone.

Some time later, I started a relationship with a man who had similar marital problems. We were both hurting. He showed me fellow feeling and provided the emotional support I needed. I told him of my innermost thoughts and feelings about life. He listened, which showed me that he cared. We made plans to get married.

Then I found out that he too was unfaithful! As difficult and painful as it was, I forced him out of my life. I felt rejected and deeply depressed. I became bitterly angry, revengeful, and suicidal. I made two attempts to end my life. I just wanted to die.

My First Inkling of a True God

I shed many tears while praying to a God whom I did not know. Yet, I tended to believe that there was a Supreme Being who

had created the awesome universe. I was intrigued with the beautiful sunsets and meditated on how wonderful that Someone was to allow us to enjoy these marvels. I grew to love that person whom I did not know. I started saying to him: "God, if you really exist, help me, give me direction, and make me happy again."

Meanwhile, my family was worried, especially my father. My parents hired medicine men to heal me. My father said that a good medicine man would never quote you a price, and he would practice what he preached. To please my parents, I went through the Navajo Blessing Way religious ceremonies on several occasions.

I spent days secluded in the hogan with only a radio by my bedside. I listened with abhorrence to a clergyman's condemnation because I didn't accept Jesus in my heart. I was so turned off! I had had it with the white man's religion and even with my own religion! I made up my mind to find God in my own way.

During my seclusion I noticed that little red book again. I discovered that it was part of the Bible. By reading the Psalms, I learned about King David's sufferings and depression, and I felt comforted. (Psalm 38:1-22; 51:1-19) However, because of my pride, I quickly dismissed everything I read. I would not accept the white man's religion.

Despite my depression, I managed to take good care of my son. He became my source of encouragement. I started watching religious TV programs that offered prayers. I picked up the phone and made a desperate call to an 800 number for help. I slammed the phone down when I was told to make a pledge of \$50 or \$100!

The divorce court trials depressed me, especially seeing my husband not being truthful to the tribal judge. It took a long time to finalize our divorce because of battles to

get custody of our son. But I won. My father, without a word, lovingly supported me during the trials. He saw that I was deeply hurt.

My First Contact With the Witnesses

I decided to take life one day at a time. On one occasion I noticed a Navajo family talking to my neighbors. I could not resist spying on them. The visitors were involved with some type of door-to-door work. They came to my home also. Sandra, a Navajo, identified herself as one of Jehovah's Witnesses. The name Jehovah caught my attention more than anything else. I said: "Who is Jehovah? You must be a new religion. Why was I not taught God's name in church?"

She kindly opened her Bible to Psalm 83:18, which says: "That people may know that you, whose name is Jehovah, you alone are the Most High over all the earth." She explained that God has a personal name and that his Son, Jesus Christ, was a witness for Jehovah. She offered to teach me about Jehovah and Jesus and left me the book *The Truth That Leads to Eternal Life*.^{*} Excited, I said: "Yes. I would like to try this new religion!"

I finished the book overnight. Its contents were new and different. It explained that life has a purpose, and it was what I needed to rekindle my interest in life. I started studying the Bible, and to my delight, many of my questions were answered from the Bible. I believed everything that I learned. It made sense, and it had to be the truth!

I started teaching Bible truth to Lionel when he was six years old. We prayed together. We encouraged each other with the thought that Jehovah cared and that we needed to trust him. Sometimes I had no strength to cope. Yet, his little arms around me, together with the confident and reassuring comment, "Don't cry, Mummy, Jehovah will take care of us," made a world of difference. How that comforted me and gave

* Published by Jehovah's Witnesses but now out of print.

me determination to continue studying the Bible! I prayed incessantly for guidance.

The Effect of Christian Meetings

Our appreciation for Jehovah inspired us to travel 150 miles round trip to attend the meetings of Jehovah's Witnesses in Tuba City. We attended twice a week during the summer and all day on Sunday during the winter months because of the inclement weather. On one occasion when our car broke down, we hitchhiked to the Kingdom Hall. The long drives were tiring, but a comment Lionel made that we should never miss a meeting unless we were dying impressed upon me the importance of not taking for granted spiritual instruction from Jehovah.

At the meetings my tears flowed easily when we sang Kingdom songs that emphasized living forever without life's miseries. I drew comfort and encouragement from Jehovah's Witnesses. They followed the course of hospitality by inviting us to their homes for lunch and refreshments, and we participated in their family Bible studies. They showed an interest in us and listened. The elders in particular played a key role in empathizing with us and reinforcing our conviction that Jehovah God cared. I was happy to gain real friends. They were refreshing and even wept with me when I felt I could continue no longer.—Matthew 11:28-30.

Two Big Decisions

Just when I felt content with Jehovah's provisions, my boyfriend returned to make amends. I still loved him and could not refuse his pleas. We made plans to get married. I thought that the truth would change him. That was the biggest mistake of my life! I was not happy. My conscience bothered me terribly. To my dismay, he did not want the truth.

I confided in one of the elders. He reasoned with me from the Scriptures and prayed with me over my decision. I con-

cluded that Jehovah would never hurt me or cause me pain but that imperfect people would, no matter how much we adore them. In fact, I learned that there is no security in so-called common-law marriages. I made a decision. It was very difficult and painful to end this relationship. Even though I would be suffering financially, I needed to trust in Jehovah with all my heart.

I loved Jehovah and resolved to serve him. On May 19, 1984, I symbolized the dedication of my life to Jehovah God by water baptism. My son, Lionel, is also a baptized Witness of Jehovah. We received much persecution from my family and ex-husband, but we continued to put matters in Jehovah's hands. We were not disappointed. My family calmed down and accepted our new way of life after 11 long years.

I love them very much, and all I want is for them to give Jehovah a chance so that they can be happy too. My father, who thought that he had lost me to depression and suicide, defended me courageously. He was content to see me happy again. I found that praying to Jehovah, attending the meetings of Jehovah's Witnesses, and applying God's Word are vital to the healing process.

Hope for the Future

I look forward to a time when all traces of suffering, imperfection, falsehood, and

With Russian friends at the international convention in Moscow in 1993





**With my spiritual family in the
Kayenta Congregation, Arizona**

hatred will be completely gone. I imagine our Navajo land blossoming with endless vegetation, with the peach and apricot trees that used to be here. I see the joy of different tribes taking part in transforming their arid homelands into a beautiful paradise with the help of rivers and rain. I see us sharing land with our Hopi neighbors and other tribes instead of being rivals as we have been in recent history. I now see how God's Word unites all races, tribes, and clans. In the future I will see families and friends united with their dead loved ones by means of the resurrection. It will be a time of great rejoicing with everlasting life in view. I cannot imagine anyone not wanting to learn about this wonderful prospect.

Theocratic Expansion in the Land of the Navajo

It has been a thrill to see a Kingdom Hall in Tuba City and to watch the growth of four congregations on the Navajo and Hopi reservations*—Chinle, Kayenta, Tuba City, and Keams Canyon. When I first enrolled in the

* For more information see the series "American Indians—What Does Their Future Hold?" in the September 8, 1996, issue of *Awake!*

Theocratic Ministry School in 1983, I only imagined that one day it would be conducted in Navajo. It is no longer a product of my imagination. Since 1998, the school has been conducted in the Navajo language.

Telling others that God has a personal name has brought endless blessings. Being able to read and share the faith-strengthening expressions in our own native tongue that are found in the brochures *Nihookáá'gi Hooláágóó liná Bahózhoóodoo!* (Enjoy Life on Earth Forever!), *Ha'át'fiish éí God Nihá yee Hool'a?* (What Does God Require of Us?), and the latest, *Ni Éí God Bik'is Díileelgo Át'é!* (You Can Be God's Friend!) is too overwhelming to explain in words. I am grateful to the faithful and discreet slave class for spearheading this Bible education work so that all nations and tribes and languages can benefit, including the Navajo people, the Diné.—Matthew 24:45-47.

I work full-time to support myself but enjoy the auxiliary pioneer service regularly. I appreciate my singleness and desire to serve Jehovah without distractions. I am content and happy to tell my people and others, especially those in despair, that "Jehovah is near to those that are broken at heart; and those who are crushed in spirit he saves."—Psalm 34:18.

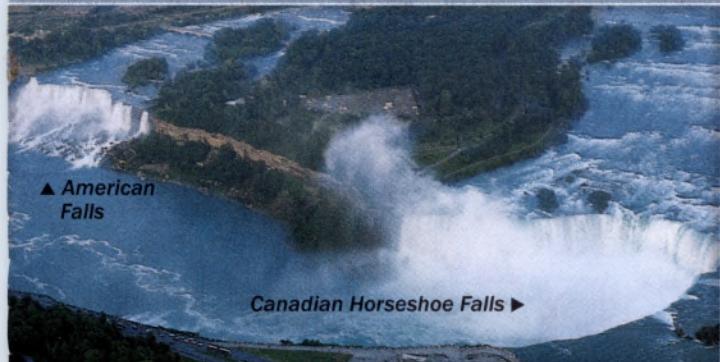
I no longer feel that the Bible is the white man's religion. God's Word, the Bible, is for everyone who wishes to learn and apply it. When Jehovah's Witnesses call on you, let them show you how to be truly happy. They are bringing you good news of God's name, Jehovah, the name that changed my life! "*Aoo,' Diyin God bízhí Jiihóvah wolyé.*" ("Yes, God's name is Jehovah.")

NIAGARA FALLS

An Awesome Experience



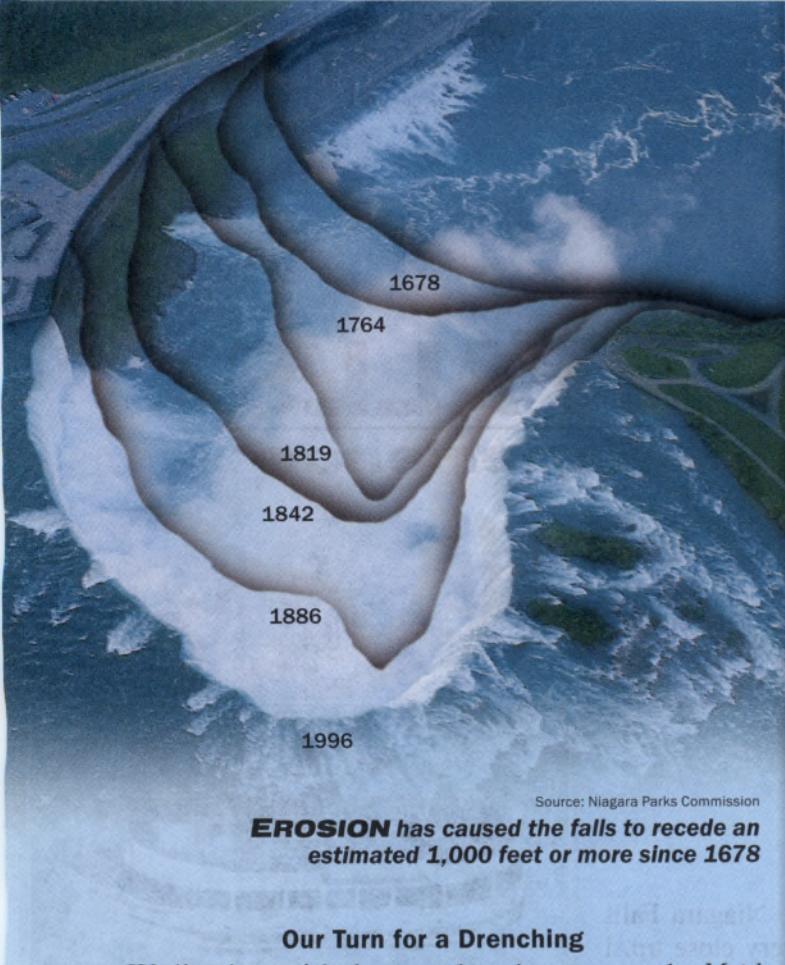
I RECENTLY had occasion to see Niagara Falls as I had never seen it before—very close up. I can assure you that it is an awesome experience. My friends and I were visiting the Canadian Horseshoe Falls, called such because of its shape. I had been there several times since my first visit in 1958, but there was one thing that I had never done before—I had never taken a boat ride up the river, right into the face of the falls. Yet, people have been doing this since the Maid of the Mist boat excursions were inaugurated in 1848. Millions have taken this exciting journey. Now it was my turn.



▲ American Falls

Canadian Horseshoe Falls ▶

Boats leave regularly from both sides of the river, the American side as well as the Canadian side. The queues are constant. We could see people of every age group, even little children, donning the lightweight blue plastic raincoats that are a necessary protection against the spray. (For those visiting the American Falls on the other side, the coats are yellow.) The boat *Maid of the Mist VII* can carry up to 582 passengers. It weighs 145 tons and is 80 feet long and 30 feet wide at the beam. Currently there are four boats in service, the *Maid of the Mist IV, V, VI, and VII*.



Our Turn for a Drenching

We lined up with the crowd, and as soon as the *Maid of the Mist VII* had disgorged its group of wet and bedraggled tourists, we streamed on. I could see that we were in for an exciting journey. In the distance, less than a mile away, the waters thundered over the lip of the falls, dropping a distance of 170 feet into the 180-foot-deep basin below. Our boat headed out into the river and made its way over to the American

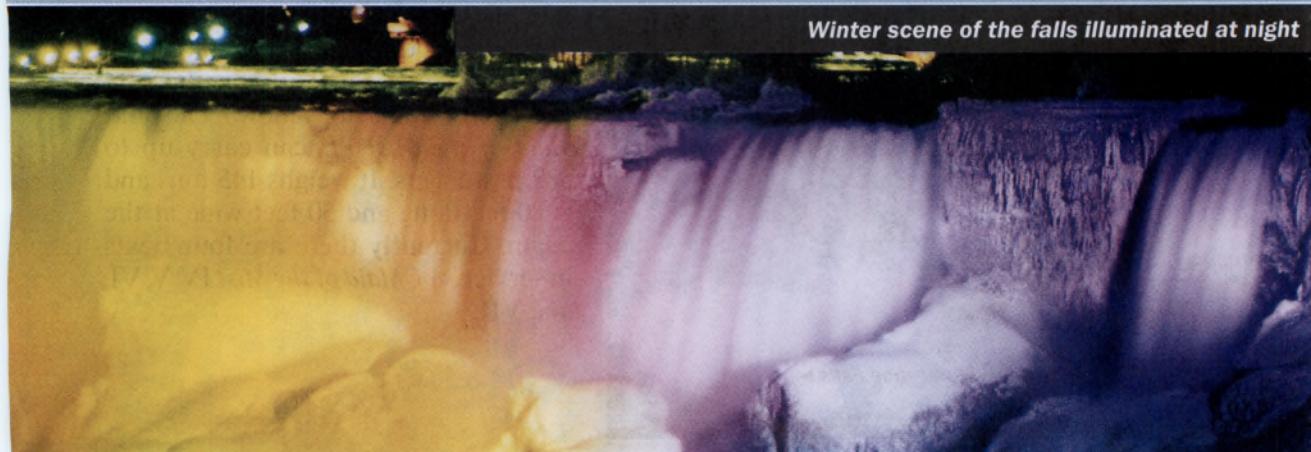


NIAGARA SPANISH AERO CAR

Three miles down from the falls is a huge whirlpool "formed at the end of the Rapids, where the Great Gorge turns abruptly to the northeast. Here the brooding, emerald green vortex coils and uncoils to escape through the narrowest channel in the Gorge."

—Ontario's Niagara Parks.

The best way to appreciate the overall size of this remarkable pool is to take a ride in the Niagara Spanish Aero Car, a cable car that crosses over the pool and gives impressive views of the river, both upstream and downstream. But why is it termed the "Spanish" Aero Car? It was designed and built by an ingenious Spanish engineer, Leonardo Torres Quevedo (1852-1936), and has been in use since 1916. It is the only one of its kind in existence.



side, where we plowed through the swirling waters at the foot of the American Falls, which has a total drop of 176 feet.* The most exciting part lay just ahead of us.

Tension heightened as we got nearer and nearer to the crashing waters. It soon became impossible to take photos because of the wind and the violent spray that filled the air. The pilot seemed to take forever as he edged the boat closer and closer to the point of impact where every minute more than six million cubic feet of water breaks over the crest line and crashes down just in front of the boat! The noise was tremendous. You could hardly hear yourself shout. My heart pounded. I could actually taste the Niagara water, cold but apparently pure. This was indeed an experience of a lifetime!

After what seemed like an eternity, the pilot at last slowly backed our *Maid* away from the danger line and swung us downstream. I breathed a sigh of relief. We had made it. But really, there never was any doubt. The company that operates these boats has an accident-free record. Emil Bende, the general manager of the steamboat company, assured us that each boat is equipped with life jackets and rafts sufficient for the maximum capacity of passengers. No room for any *Titanic* mistakes here!

The Falls Are Retreating!

Yes, erosion has taken its toll on the falls. It is estimated that over the last 12,000 years, the falls at Niagara have retreated about sev-



* "At the American Falls, the water plunges vertically ranging from 21 to 34 metres (70 to 110 feet) to the rock[s] at the base of the falls."—Ontario's Niagara Parks.

en miles, to their present location. At one time the rate of erosion was about three feet per year. Now it is down to about one foot every ten years. What is the reason for this erosion?

The water passes over a hard top layer of dolomite limestone that lies on layers of soft sandstone and shale. These lower layers get eroded, and then the limestone rocks collapse and fall to the basin below.

Water Not Wasted

The vast quantity of water that comes down the short Niagara River (35 miles) is from four of the five Great Lakes. It flows northward from Lake Erie to Lake Ontario. During this short journey, it is exploited to produce hydroelectricity, which is shared

by Canada and the United States. It is said to be one of the world's greatest sources of hydroelectric power. The Canadian and U.S. power plants have, between them, a capacity of 4,200,000 kilowatts. The water for the turbines is taken from the Niagara before the river reaches the falls.

Honeymoons and the Night Lights

Niagara Falls is a favorite spot for honeymoon couples. This was especially true after the 1953 film *Niagara*. At night the falls are illuminated by colored spotlights, which give another dimension to the beauty and majesty of this unique spot on our planet. Certainly a visit to Canada and the United States is incomplete without a trip to this wonder of the world. And if you are a little adventuresome, don't forget to take a boat ride! You won't regret it or forget it.—Contributed.

WATCHING THE WORLD

Seventy-Nine Million Women "Missing"

A UN-funded survey of "India, Pakistan, Bangladesh, Nepal, Sri Lanka, Bhutan and the Maldives said some 79 million women were 'missing in South Asia' due to discrimination against females, both before and after birth," states a Reuters report. The women are "missing" as a result of abortions as well as "infanticide and the preference given male babies in the region in dishing out food." The latter is said to continue into adulthood, resulting in chronic nutritional problems for females. There are "high levels of mortality among young girls and women in their child-bearing years," the report said. The figure of 79 million was based on the fact that there are only 94 women for every 100 men in the region, while worldwide the ratio is 106 women for every 100 men.

Longest Road Tunnel Opened

The world's longest road tunnel has been opened in Norway, reports the newspaper *Frankfurter Allgemeine Zeitung*. The Laerdal Tunnel is 15.2 miles long and connects Norway's two biggest cities, Oslo and Bergen. Before this, car drivers had to choose between a winding mountain road and a ferry journey across a fjord. A high priority has been placed on security in the new tunnel. It has a turnaround every third of a mile,

huge fireproof fans that can extract smoke and poisonous gases through a ventilation shaft, and state-of-the-art emergency systems. Because many people are afraid of long tunnels, large plazas divide the Laerdal Tunnel into four sections. The walls of these plazas are illuminated with blue lights to give the impression of daylight and fresh air. Still, a survey showed that 25 percent of Norwegians—fearful of accidents or fire—will avoid the tunnel.

Endangered Animals Return to Israel



Many animals that disappeared from Israel are making a comeback, stated an article in the Israeli newspaper *Haaretz*. Jackals and wolf packs are back in the Negeb and the Golan Heights. At last count, the number of eagles in northern Israel had increased to 450. Even a leopard has been observed in Galilee. Leopards were believed to be extinct in this region, and wolves were threatened with extinction. But now these predators are back, as is their prey—anelope, wild goats, and deer. While some animals return on their own, others have been reintroduced into their former

habitat. These include wild asses; more than 100 are once again roaming the Negeb.

More Nursing Advantages

"Want to boost your baby's IQ?" asks *Psychology Today* magazine. "It may be as easy as choosing breast milk over store-bought formula." Two fatty acids that occur naturally in breast milk—docosahexaenoic acid (DHA) and arachidonic acid (AA)—seem to make the difference in neural development. Tests showed that "children who consumed both DHA and AA performed better than other groups in terms of memory, problem solving and language development skills," says the magazine, showing that natural breast milk is best.

"Research also casts light on why people are so deeply attached to the foods of their culture," states *Science* magazine. "Women who drank carrot juice while pregnant or lactating cultivated a taste for carrots in their offspring.... The work indicates that breast feeding is better than formula, because it makes children more accepting of new foods" and teaches them "what foods are safe—highlighting the importance of a healthful diet for pregnant and lactating moms."

Decent Work Still Desired

"Decent Work for All—Still a Dream," says a headline in the German newspaper *Hannoversche Allgemeine Zeitung* reporting on the symposium "Global Dialogue," held at the

world exhibition EXPO 2000 in Hannover. Although the principle of equal pay for equal work for men and women was adopted in 1951 and a ban on child labor in 1973, 150 million people around the globe are without a job, 850 million are underemployed, and 250 million children have to work. Half the world's population live on less than two dollars a day. And despite all efforts, the gap between rich and poor has widened rather than narrowed. The concerns of rich and poor countries are also quite different. While European politicians discuss share option schemes and the influence of trade unions, their colleagues from developing countries have to care for much more fundamental issues, such as basic school education for all and creating jobs for the rising generation.

Masada in Danger?

"Masada must not fall again!" is a rallying cry that inspired Jews as they built the modern nation of Israel. "But Masada could conceivably fall again," notes an NBC news release, "literally, to the forces of nature." The popular tourist site "is situated on one of this planet's most volatile faultlines: the Dead Sea Rift Valley." The mountain's cliffs are split into hundreds of blocks, some of which could possibly be shaken loose by an earthquake. Indeed, computer analysis indicated that several on the eastern Snake Path side were at the point of doing just that, and these have already been reinforced by 60-foot-long steel rods. How-

ever, the remains of a palace that King Herod built on the northern face of Masada "is also on shaky ground" and in need of being shored up. As yet, work on this section has not begun because of lack of funds. It was at Masada, 60 miles from Jerusalem, that a group of 967 Jewish rebels withstood two years of siege by the Roman army almost 2,000 years ago. The night before the Romans broke through their fortifications, it is said that the Jews opted for suicide rather than surrender.

Be Wary of the Sun



Prolonged exposure to the sun without adequate protection can cause skin cancer, states an article in *El Universal* newspaper of Mexico. According to dermatologist Adriana Anides Fonseca, solar radiation has a cumulative effect that generally manifests itself as malignancy after the age of 50. She recommends applying sun screen 30 minutes before sunning oneself and reapplying it every three or four hours, after going into the water, or when perspiring profusely. Light-skinned people need a filter with a sun protection factor above 30 or 40; and dark-skinned people, one with 15 to 30. Even then, it must be remembered that sunscreen does not prevent radiation damage

completely, and tanning lotions can make matters worse by producing deeper burns. Special care should be taken to protect infants from direct exposure to the sun, as their epidermal defenses are not yet fully developed.

Interest in the Priesthood Lost

Catholic parents are "no longer eager to say 'my son, the priest,'" says *The New York Times*. "Catholic leaders . . . are well aware that a major factor behind the shortage of priests is a shortage of Catholic parents who are willing to coax their children to consider vocations to the priesthood." Among the reasons given are smaller Catholic families, where "it is harder to accept an only son's joining a celibate priesthood," the article states. "In addition, the prestige of the priesthood has been shaken over the last decade with each news report about child abuse by priests, parents said in interviews." A survey of Catholics most active in the church, commissioned by the National Conference of Catholic Bishops, revealed that two thirds of the parents would not encourage their children to follow a career as a priest or a nun. According to Edward J. Burns, a priest and representative of the group, a young, unmarried couple at a family reunion would get no disapproving comments if they announced that they were living together. Yet, a young man contemplating the priesthood would be pulled aside by family members who would say, "Are you sure you know what you're doing?"

FROM OUR READERS

Nurses I have been a nurse for nearly three years. Dealing directly with illness and suffering is certainly no easy task. How good it was to read in the series "Nurses—What Would We Do Without Them?" (November 8, 2000) that others appreciate our work! Even more encouraging is the Bible's promise that soon nurses will no longer be necessary.—Isaiah 33:24.

J.S.B., Brazil

My husband and I run an outpatient nursing service, and this series was a great encouragement to us. It helped us to improve our attitude toward our profession and toward our patients. Well done!

S. S., Germany

I always thought that nurses had a secondary role. But these articles helped me to understand that nurses help alleviate much psychological suffering, and they offer the understanding and support that busy doctors often cannot give. I sent copies of the magazine to a number of my former classmates who are studying nursing.

F.G., Italy

Thank you for these sensitive articles. Nursing has helped me to mature in many ways. It was one of the factors that caused me to ponder the purpose of life and to study the Bible. This issue of *Awake!* has been the greatest expression of appreciation I have ever received. I will draw encouragement from it for a long time!

J. D., Czech Republic

Thank you for this series. I have been a registered nurse for many years. I feel such empathy for my patients that I get tears in my own eyes when I give them eye drops. I am sure that nurses around the world will respond positively to this *Awake!*

L.A.R., United States

Baby Teeth As part of my work at a dentist's office, I teach mothers how to take care of their baby's teeth. The article "Protecting Delicate Teeth" (November 22, 2000) has been a great help because it explains the risk of fermentation and bacterial damage. All the mothers who consult me now receive a copy, and the results have been excellent!

T.C.S., Brazil

Restless Legs I've just read your article "Do You Have Restless Legs?" (November 22, 2000) I have suffered with this for 18 years, and I thought that I was alone. I've often cried because of frustration and lack of sleep, and I have had all sorts of medications. Of course, the only complete solution is Jehovah's Kingdom.

S. T., Scotland

When I read this article, I was amazed because it described my symptoms exactly. Although my condition has not been officially diagnosed as Restless Legs Syndrome, I am relieved to know that others are putting up with the same thing. Now I am learning to live with what I have more effectively than in the past. Because I now know how to deal with the unpleasant sensations, the matter is much easier on me emotionally.

A. K., Japan

I am 43 years old and still find myself awakened during the night by those crawling sensations in my legs and arms. Before reading this article, I believed that this condition was unique to me. I had no idea that others suffered as much as I do. Thank you so much for printing articles like this to enlighten others about these uncommon conditions.

D. L., Canada

YEW TREES

Why in Britain's Graveyards?

BY AWAKE! WRITER IN BRITAIN

In 1656 a Church of England clergyman wrote: "Our forefathers were particularly careful in preserving churchyard Yews which by reason of their perpetual verdure were emblematical . . . of the immortality of the soul." Such is the tradition. What are the facts?

The linking of evergreens with immortality goes back in time. In Wales the tradition of the yew as such a symbol is linked with ancient Druid beliefs and customs. In England long before the Christian era, yew trees were planted on pagan temple sites, and they were eventually adopted by the church as "a holy symbol." Traditions die hard, and although Nonconformists did not follow the trend, modern British cemeteries still feature yew trees in their flora.

What does the Bible say about the immortality of the soul? Nowhere does it link the words "immortality" or "immortal" with "soul." England's Archbishop of York, in the lecture "A Theological Understanding of Life and Death," contrasted "crude ideas about the soul leaving the body" with a basic Bible truth. "There is nothing in our bodies which somehow departs when we die," he said.

What Kind of a Tree Is the Yew?

The English yew [*Taxus baccata*] is a stately evergreen that grows slowly and attains a height of 30 or 40 feet. Many of the larger specimens in Britain are, in fact, two or more trees that have welded themselves together, so that the bark has completely obliterated their fusion. One Scottish yew, with a girth of over 56 feet, is now known to be two trees joined in this fashion.

Yews can live for hundreds of years—some authorities say for thousands. Many old British yews are the sole survivors of medieval villages, around which new settlements have developed.

The mature seeds of the yew are covered by a bright-red, soft, cup-shaped membrane known as an aril. But these seeds, like the tree's needles and bark, are poisonous and can be fatal to livestock allowed to graze nearby. At one time it was believed that a house decorated with yew would lead to a death in the family.

Yew wood is fine-grained, somewhat like mahogany. Its heartwood has an orange-red color and makes strong furniture. Because of its tough, elastic property, it was used in the Middle Ages to make longbows, which English archers employed so skillfully in warfare.

Right: Colorful arils—but poisonous seeds



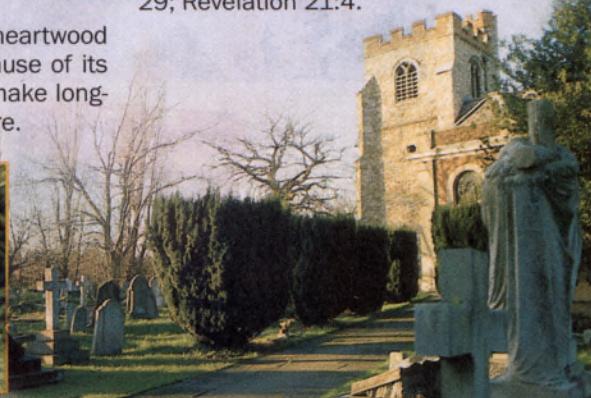
Far right: Trimmed Irish yews in St. Lawrence's churchyard, Little Stanmore, Middlesex



A thousand-year-old yew in
St. Andrew's churchyard,
Totteridge, Hertfordshire

In Britain and also in parts of Normandy once ruled by England, yew trees are a common sight in ancient churchyards. One churchyard in England boasts 99 yews, but such a number is exceptional. Yews were usually planted in twos, one at the lych-gate—the funeral entrance to the churchyard—and the other near the church door. Today, two lines of trimmed Irish yews sometimes mark this pathway, with additional yews planted next to raised tombs or graves.

However, the supposed immortality of the soul is a pagan Greek doctrine associated with the teachings of Plato. Resurrection of the dead to everlasting life on earth will be God's gift to mankind at a time when death has been done away with.—John 5:28, 29; Revelation 21:4.



HELP WHEN A LOVED ONE DIES

Some years ago Jehovah's Witnesses published a brochure that considered the challenge of dealing with the death of a loved one. Recently, a letter was received from an appreciative reader in the Federal Republic of Yugoslavia, who wrote: "From the bottom of my heart, I would like to thank you for the brochure *When Someone You Love Dies*. It indeed covers every detail about the loss of a loved one."

The writer explained: "When I lost my brother in a traffic accident, the brochure gave me 'emergency help.' The section 'Some Practical Suggestions,' on page 18, was of real comfort to me. However, after four months I began to feel a very deep pain along with nostalgia. I was afraid that my emotional health was in danger.

"Again, I read this brochure, and on page 9 in the box 'The Grieving Process,' I noted that the period of stabilization is accompanied by sorrow along with nostalgia. I was truly comforted. Thank you for your tender mercy, which you manifest through this brochure."

