

Awake!

APRIL 8, 1983



**Is THE World GETTING
BETTER OR WORSE?**

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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 C.E. passes away.

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Feature Articles

For decades many knowledgeable people have been predicting a gloomy future for mankind and this earth. How much truth is there in such views? What is being done about it? On the other hand, there are solid reasons for believing that the future will be magnificent, not gloomy! Why?

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How CAN You TELL?

"If things go on as they are, by the year 2000 the world will be . . ."

PREDICTIONS of this sort have now become commonplace. Books, magazines, newspaper articles and broadcasts on the subject saturate the market. Professional "futurologists," not unlike ancient court seers, get paid for forecasting the future. And the bewildering amount of often conflicting facts and figures they generate leave most people wondering just what to believe.

Overwhelmingly, such predictions paint a picture of gloom and doom for the future. They tell of population explosion, food shortage, pollution, energy crisis, nuclear war, and so forth. For example, the 800-page *Global 2000 Report*, published by the United States government, warned that time is fast running out, and "unless nations collectively and individually take bold and imaginative steps . . . the world must expect a troubled entry into the 21st century."

The UN Environment Program presented a similar picture in a 637-page report. It spoke of "a diseased, crowded world whose neurotic inhabitants continue to foul the air and sully the water



while devising more efficient methods to kill one another," according to Toronto's *Globe and Mail*.

On the other hand, there are equally qualified experts who regard such reports as nothing but calamity howling. They feel that such are gross exaggerations by officials of international agencies for the purpose of increasing their funding. Technology, they say, will find the ways

and means to make up for the shortages, and things will work themselves out.

It is interesting to note, though, that very often the experts on both sides will seize upon the same data and come to completely opposite conclusions. For example, in the book *The Ultimate Resource*, economist Julian Simon argues that even though "there will always be shortage crises because of weather, war, politics and population movements," these are only in the short term. "An increased need for resources," he claims, "usually leaves us with a permanently greater capacity to get them, because we gain knowledge in the process." And as the population increases, he adds, "there will be more people to solve these problems and leave us with the bonus of lower costs and less scarcity in the long run."

Taking a completely opposite view is environmentalist Garrett Hardin, well known for his 'lifeboat ethics.' He claims that what we have is a "veneer civilization—a layer of something good on top and trash below." His reaction to the argument that more people means more problem solvers is classic: "England now has 11 times as large a population as it had in Shakespeare's day—but does it have 11 times as many Shakespeares? Does it have even one Shakespeare?"

As we follow the pros and cons, we note a common denominator that stands out among all of this: the acknowledgement that mankind today *is* facing overwhelming threats and problems as never before, and *something* urgently needs to be done. While the experts are debating what to do, millions of people are suffering and dying from malnutrition and disease, more plants and animals are be-

coming extinct, air and water are being polluted, and the nuclear arsenals of the nations are expanding.

It gives little comfort to know that the *percentage* of people dying for one reason or another is smaller today when that percentage represents millions of lives. Or that the material standard of living in some areas is going up when the majority of mankind still live in dire poverty and deprivation, with no real hope for improvement.

Even in those few areas where there is relative abundance, it is difficult to say if the quality of life is getting any better. People there may not be struggling for food and fuel, but they live in constant fear of annihilation by nuclear war. Their lives and property are threatened daily by crime, violence and vandalism. Their wealth is eaten away by inflation. Their families are wrecked by divorce and juvenile delinquency. And the list goes on and on.

In our quest to know the future, it is essential that we see the difference between what really is happening and what some people think or promise will happen. We should go only on facts, not on someone's speculation. Nobel prize winning physicist Niels Bohr once said, "Prediction is very difficult, especially about the future." The phrase, "If present trends continue" or, "Unless something is done," so frequently seen in futuristic forecasts, tells us that a better future depends not only on finding the ways and means to solve today's problems but also on whether we are willing to act on them.

Have all the doomsayings moved peoples and nations to act? Will they?

WHAT THE PAST TELLS ABOUT THE FUTURE

THE future has long been a popular subject. Visit any library and you will probably find a shelfful of books about it. A closer look will reveal that many of these books were written 20, or even 30, years ago. For example, George Orwell's satirical novel *1984*, published in 1949, painted the picture of a dehumanized society under totalitarian rule. And in 1962, Rachel Carson's book *Silent Spring* drew worldwide attention to the dangers of environmental pollution due to indiscriminate use of chemicals. Since then, the best-seller list has been crowded with books on the subject.

But what have all the predictions and warnings accomplished? Have they aroused the public and the authorities to take action to curb the problems and to safeguard the future? The author of the best-seller *The Population Bomb*, Paul Ehrlich, who has been writing and broad-



When big business and government agencies delayed in solving pollution problems in Japan, people paid the price

casting on environmental issues since the 1960's, had this to say: "In some senses, we've come a long way. We have the National Environmental Policy Act, we have environmental impact statements, and so on. But it's nowhere near enough progress to keep up with the rate at

which we're tearing things apart . . . I've wasted a lot of breath, I guess." He summarized his hopes for the future this way: "If completely optimistic is 10, and completely pessimistic is one, I would put it at about one point two." Thus, all the books, reports, studies and conferences in the last several decades have done little to change most people's thinking and attitude as to the future.

Why Warnings Go Unheeded

Why have world conditions continued to deteriorate in spite of all that the experts are telling us? Could it be that most people today are unconcerned about their future? Strange as it may seem, that is just what researchers have found—most people's real concern is about today rather than the future.

For example, an article in *Psychology Today*, entitled "The Future Can Fend for Itself," gives the results of a nationwide survey and reports: "To an unhealthy degree perhaps, [people's] thoughts were dominated by the present. Economic issues crowded out all other concerns—even crime, religion, peace in the world." The survey found, for instance, that when people were asked what they wanted most in life, by a ratio of five to one they tended to mention a better living standard for themselves more often than a better future for their children.

Not to be overlooked is the effect of the widespread practice of information manipulation, or even distortion, by governments, businesses, industries, and so forth. It is not uncommon, for example, for the harmful effects of a product such as asbestos, or a project such as nuclear power plants, to be suppressed. Or, clever advertising campaigns, even

scare tactics, may be employed to delude the public into believing untruths or ignoring well-founded warnings. Even if the truth comes out in the end, the net effect is that the public turns skeptical and cynical about the experts, and becomes ever more unwilling to make any changes or sacrifices in the name of the future.

Thus, by and large, people's interests and concerns appear to be focused on the here and now, and on themselves. Of course, they think about the future, but most people feel that there is little that they can do about it. What matters to them is the day-to-day affair of living and what they can get out of it now. The future will have to take care of itself, they feel.

Results of Inaction

This state of mind played an important role in shaping the course of events leading up to the critical world conditions we see today. Many of the serious threats to a better future—nuclear war, pollution, crime and violence, to name just a few—are the results of decades of warnings ignored or facts concealed. Consider, briefly, a few examples.

The threat of nuclear war and the dangers of the international arms race have long been recognized. Protests and warnings have been sounding forth for many years. In 1964, nearly 20 years ago, two eminent American scientists who served as presidential advisers pointed out the folly of the arms race this way: "Both sides in the arms race are thus confronted by the dilemma of steadily increasing military power and steadily decreasing national security. . . . The clearly predictable course of the arms race is a steady open spiral downward into oblivion." In

other words, the more the nations arm themselves, the less secure they will feel, and the end result is catastrophe.

But has such advice been taken seriously? In a recent speech to the British Parliament, United States President Ronald Reagan emphatically stated: "Our military strength is a prerequisite to peace." Apparently this is also the viewpoint of most governments today, for, in the name of national security, nations have taken to arming themselves with more and more deadly weapons of war—nuclear, chemical, biological and others. Following the lead of the superpowers, a number of the developing nations are not far from joining the nuclear club. The result is that no nation feels secure any longer, and all of this is bringing man and his home, the earth as we know it, to the brink of total destruction.

For years environmentalists have been decrying the devastating effects of technological development on air, water, soil, and plant and animal life. But the lure of profit and higher living standards proved to be far more appealing. People rationalize that if a project creates jobs and profits, then whatever environmental damage or health hazard it may produce can be overlooked. A clear case in point is what took place in Minamata, Japan. Early in the 1950's it was discovered that the high methyl mercury level in the fish eaten by the people of the fishing villages near that city led to serious impairment of their hearing, sight and speech, and to deformed bodies and limbs in infants and older people. The mercury came from industrial discharges of the factories in the area. Action was not taken until a second outbreak at Niigata, Japan, provoked the government to establish a pollution-control agency.

Such incidents can be multiplied many times the world over. And many of them involve far more serious problems, such as acid rain, depletion of the ozone layer, increase of carbon dioxide in the atmosphere and disposal of toxic wastes. The net result is not just physical damage to the people of Japanese fishing villages

Profits and higher living standards prove more appealing

but the potential breakdown of the entire life-supporting system of the earth. Yet, "there is around the world today still a complacency about the state of the environment," says James A. Lee, director of environmental affairs for the World Bank. "Despite the heightened awareness over the past decade," he adds, "environmental concerns somehow are not regarded as serious enough or the consequences seem too far removed in time." People and nations are too entangled with the present economic and political issues to be bothered with the future.

Other examples can be cited, including the ailing world economy and rampant crime and violence, which greatly affect the quality of life. Simply stated, much of this is the result of people's insatiable pursuit of pleasure and wealth—now. Wanting to "do their own thing," they abandon all standards and restraints, leading to utter disregard for other people's property and life. And, wanting to have everything now, people—and governments—plunge heavily into credit buying, leading to runaway inflation, which can render worthless what they have. As long as the "me first" and

Japanese girl struggles to dress; she was poisoned while in her mother's womb

"now" mentality remains it is unlikely that the future will be any better.

Lessons to Be Learned

What can we learn from all of this? What does the past tell us about the future?

First of all, in spite of the fact that a great deal more information about trends and dangers is readily available today, it is highly unlikely that people will act any differently from the way they did in the past. Much of the information will continue to be ignored, just as it has been previously.

If a better future depends on people's willingness to make sacrifices and change their way of life (which many authorities recognize to be the case), then we have very little reason to be optimistic. The proviso "unless something is done" in the futurists' forecasts is resting on very shaky ground.

More serious than this, however, is the fact that many of the difficulties that we are facing today are a direct result of the evident shortsightedness on the part of governments, agencies and private individuals. Many of the studies, conferences and special commissions often work at cross purposes in their vying for fundings and recognition. And, at best, they are merely tinkering with the symptoms.



There is no government, agency or individual on earth wise, powerful and influential enough to plot the course and bring about the changes needed for a better future.

Where does all of this leave us? What hope is there for a better future?

Hope for A BETTER FUTURE

SURVEYING the earth from 150 miles up, the commander of space shuttle *Columbia*'s third flight, Jack Lousma, proclaimed: "It's clear that we were looking at a world that was just the way that God made it without those boundaries that we see on the globes and maps that we have in our homes and schools." Then, comparing the earth to a spacecraft, he added, "We're going to have to get along better as a crew or it's not going to be a successful flight for any of us."

By now, it is clear to most observers that the scope of the problems facing us today is far beyond what any one nation, or even a group of nations, can handle. Many authorities and agencies have recognized that the only way mankind's pressing problems can be solved is for the nations to surrender, or at least to subordinate, their individual sovereignty to a central, or world, government.

Arnold Toynbee, the noted British historian, in his 12-volume *A Study of History* and in other writings, repeatedly advocated the idea that the future of mankind lies in the creation of "a World

united under the control of a single political authority" and a "confederation of peoples with a central government claiming and receiving the direct personal allegiance of every individual citizen of the union." He also saw such an arrangement as the only way by which war can be eliminated. "War can be waged only by states, and it takes at least two states to wage it." "No state, no war," as he put it.

Though Toynbee's views of a quarter of a century ago have been criticized as being idealistic, many other similar voices have been heard since. For example, Aurelio Peccei, founder of the Club of Rome, asserts that today's political order of individual, competing sovereign states not only is "unstable, irrational, obsolete" but also fails to "correspond to modern realities." Though not advocating an absolute world government, he feels that a new kind of world society is needed to save mankind out of its present predicament. "If you are aboard a sinking ocean-liner," he adds, "there must be solidarity between crew and passengers, otherwise a riot would develop and all would perish."

The logic and insight of such observations are very evident. But they also raise the question: How is such a world order, or government, to come about? Indeed, who is qualified to be the ruler to save mankind from destroying itself?

Source of Hope

About 3,000 years ago a wise and capable king, near the end of a successful reign of 40 years, said:

"Yours, O Jehovah, are the greatness

and the mightiness and the beauty and the excellency and the dignity; for everything in the heavens and in the earth is yours. Yours is the kingdom, O Jehovah, the One also lifting yourself up as

head over all. The riches and the glory are on account of you, and you are dominating everything; and in your hand there are power and mightiness, and in your hand is ability to make great and to give strength to all."—1 Chronicles 29:11, 12.

In expressing the above, King David of ancient Israel recognized what political thinkers are searching for—a powerful, unifying, rulership with greatness, excellence and dignity, yet at the same time with the "ability to make great and to give strength to all" its subjects. But the important question for us is whether the Almighty God Jehovah himself is interested enough in the affairs of mankind to want to rule over us. Here is his answer through the prophet Daniel:

"And in the days of those kings [the individual, competing sovereign states on earth in this time of the end] the God of heaven will set up a kingdom that will never be brought to ruin. And the kingdom itself will not be passed on to any other people. It will crush and put an end



Will THIS be the future or . . .

to all these kingdoms, and it itself will stand to times indefinite."—Daniel 2:44.

Yes, God's Kingdom and Sovereignty will come to man's rescue. A better future for mankind lies just ahead.

This is not a Utopian dream or something imagined by men who are in a desperate situation. For in his Word, the Bible, God has clearly set out how he will bring about the solution to mankind's problems.

Peace and security will be realized, not by an arms race, but by total disarmament. "He is making wars to cease to the extremity of the earth," says the Bible. How? "The bow he breaks apart and does cut the spear in pieces; the wagons he burns in the fire." (Psalm 46:9) What the United Nations organization claims to do, namely, "they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more" will be realized only under the righteous and peaceful rule of God's Kingdom.—Isaiah 2:4, *Authorized Version*.



... will it be THIS?

A clean and safe environment, free from pollution and its ill effects, will be the result of God's Kingdom administration on earth. Mankind will not have to abandon the earth and go off to outer space to look for such an environment in which to live. God will stop the destruction and pollution of the environment by 'bringing to ruin those ruining the earth.' (Revelation 11:18) Then the subjects of the Kingdom will be given the opportunity to carry out God's original mandate to subdue the earth and take care of its plant and animal life. (Genesis 1:28) Earth will be mankind's permanent home—a Paradise.

Happiness and freedom will be the lot of every inhabitant of that cleansed Paradise earth. This will not be achieved by abandoning all standards or by following the "do your own thing" philosophy. The well-known golden rule—"All things, therefore, that you want men to do to you, you also must likewise do to them"—will become the everyday rule of conduct. Everyone will come to appreciate that, indeed, 'there

is more happiness in giving than in receiving.'—Matthew 7:12; Acts 20:35.

In our brief examination of the subject of the future, we have seen that for many years environmentalists,

scientists, historians and others have been warning that urgent action is needed to avert a catastrophic end to civilization as we know it today. We have also seen that, by and large, such warnings have been ignored, resulting in serious threats to mankind's continued existence, not to speak of a better future.

Act Now to Secure a Better Future

On the other hand, a new kind of world society is seen as the only alternative to extinction. While the experts are hard pressed to come up with a workable scheme, Jehovah God, long before mankind even became aware of the problems, clearly outlined a detailed, step-by-step arrangement for restoring the earth to a Paradise under one righteous government, his Kingdom.

For over 100 years Jehovah's Witnesses have been pointing to God's Kingdom as mankind's only hope for a better future. It is our earnest desire to assist you, our reader, to find out what you must do now to secure that happier future for yourself and your loved ones.

The DNA "Blueprint" —An Exquisite Design

EACH of us begins life as a tiny single cell that some 20 years later yields a full-grown adult. From that one minuscule cell come all the various body parts: heart, stomach, liver and other internal organs; the intricate eyes and ears; the versatile fingers. Have you ever contemplated the sheer volume of information contained in that original single cell and its positively exquisite design?

Consider the following example. Suppose you needed to explain to someone who had never seen an automobile how to build one from raw materials. Each part, from the rearview mirror to the valves in the carburetor, must be described in every detail. Then you would have to explain how to manufacture and assemble these parts. Where do the spark plugs go? How is the steering wheel attached? All this information would have to be so precisely written that the reader could not possibly misunderstand. He must be able to build a complete and fully functional automobile by following your instructions to the letter. Imagine the number of pages of detailed instructions that it would take!

Now think again about that single human cell. The human body is far more complex than an automobile, yet, as the Bible says, "all its parts were down in writing." (Psalm 139:16) The Creator has provided the entire blueprint in one tiny cell. Where does the cell store this huge amount of information?

All this information is found in a substance called DNA (deoxyribonucleic acid), most of which is located in a small compartment in the cell known as the nucleus. Human nuclei have 46 chromosomes. These chromosomes are essentially very long, thin strands of DNA. The strands are so long because all the needed information, contained in 3 to 4 million genes, is stored in the sequence of the DNA.

The Amazing DNA

The DNA is only about 0.0000008 inch (0.000002 cm) wide. However, the total length of the DNA strands in a single human cell is 5 feet 8½ inches (1.74 m). Each gene is a tiny section about 0.00001 inch (0.00003 cm) long. Imagine: all the information to make a complete human body is stored on strands less than 6 feet long and only 80 billionths of an inch wide!

Incredibly, this 5 feet 8½ inches of DNA is contained in a nucleus that is only about 0.00004 inch (0.0001 cm) wide! We can more easily comprehend how amazing that is by visualizing the DNA as 600 times larger, a thread 0.024 inch (0.06 cm)—about $\frac{1}{40}$ inch—wide. On this scale the nucleus would be a ball about a foot (30 cm) in diameter. This ball would contain lengths of thread totaling in all 330 miles (530 km)! To get an idea of the genetic complexity of the human body, picture yourself walking 330 miles and seeing a new gene every 5 inches.

A Packaging Problem

How is all this DNA packaged into the cell nucleus? Because the cell must be able to consult its "blueprint" by "reading" the genes along its DNA, these strands cannot simply be crammed into the tiny nuclear space. Even though there are so many long, thin strands, no strand can become tangled up in any other strand. The DNA is so neatly arranged that small sections of any strand can be quickly and easily "read" whenever necessary.

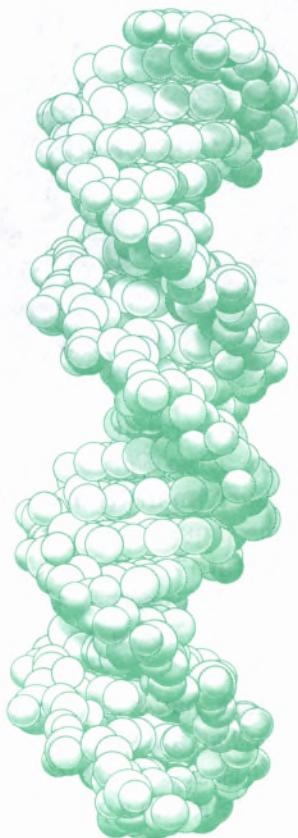
The DNA blueprint is vital to a cell. When a cell divides, each of the two new cells will need its own blueprint. This means that before a cell can divide, all the DNA must be copied to generate a duplicate set of genes. After the DNA has been carefully copied, the strands are coiled back and forth on themselves into very dense bundles. As the cell divides, these bundles are divided equally between the two new cells so that each receives an identical blueprint. Once inside the new cells, the bundles are uncoiled. All these manipulations are performed in such a meticulous manner that no sections of the strands—none of the vital genes—are accidentally knotted up, broken off or lost. Yet these processes occur inside a cell nucleus only a tiny fraction of the length of the DNA. What an extraordinary feat of design!

An Awesome Marvel

Many other features of the cell and its DNA remain a mystery to scientists. Adult humans have 90 to 100 different types of cells, each with a distinctive shape and size, and each specialized to perform a different task. Since almost every cell in the human body contains an identical copy of DNA strands, why do certain cells become skin cells and

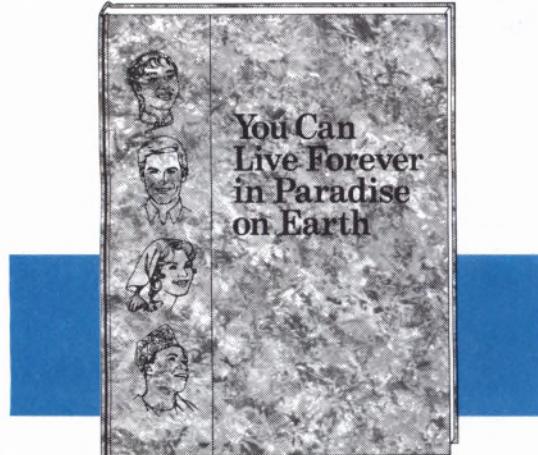
others become muscle, nerve or bone cells? In other words, how does the cell know which part of the DNA to "read" and when to "read" it?

Pondering over the cell and its DNA, we become awed by the creativity and intelligence of the One who designed this marvel, Jehovah God. As was Job, we are moved to say: "I have come to know that you are able to do all things, and there is no idea that is unattainable for you."—Job 42:2.



Model of DNA molecule as proposed in 1953 by biologists Francis Crick and James Watson

A Marvelous NEW Teaching Aid



THE new illustrated Bible study book *You Can Live Forever in Paradise on Earth* is such an instrument. Although it was released just last summer at the "Kingdom Truth" District Conventions of Jehovah's Witnesses, already some 10 million copies have been printed in 22 languages.

Many letters have been received reporting on what an extremely effective study book it is. As one Ohio, U.S.A., congregation of Jehovah's Witnesses wrote: "You have done a marvelous job. It reminds us of what the crowds said about Jesus' manner of teaching at Matthew 7: 28, 29. They were simply astounded at such clear, authoritative teaching."

Fascinating Reading

Yet, at the same time, the book is fascinating reading. "It's actually fun to read," a letter from Maine says. "It makes your heart warm up to what God requires of us. The book moves you to love Jehovah more and stirs you to action! This book makes you feel good."

A writer from Indiana explains: "Please be assured that when I returned home after that final day of the convention I had no intentions of reading the book through in one sitting. However, the very next day, when I commenced with the opening sentence, I did not close my eyes until I completed the entire reading of all 30 chapters. . . .

"Its conversational style of writing has a warm and heartfelt appeal that will surely beckon all readers of honest heart to learn about our loving heavenly Father. . . . To sum it up, I would have to say this new provision from Jehovah is so delicious to me for this main reason: It teaches as Jesus himself taught, in living color for all to understand."

A letter from Quebec, Canada, declares: "It is one of a kind and no doubt it will have tremendous success. It is striking in the simple way in which deep subjects are explained and made accessible to everyone. . . . In a word, this book is marvelous."

"I just couldn't contain my happiness any more about the new book *You Can Live Forever in Paradise on Earth*," wrote a reader from Kansas. "I've always appreciated the Society's aids to learning, but this is so great I felt I just had to write. Praise Jehovah for providing these things at the right time!"

Effective Teaching Instrument

A couple serving as missionaries on a Caribbean island explained: "We have been using the new publication for just two weeks now and have been immensely impressed with the effect it has had on our Bible students. The way it is written, its format and especially the pictures have made it so that our students are able to understand the truth much easier. . . . It's just the thing we needed."

Providing an example of how it has proved effective, a Witness from California reports: "I have been studying with an older man who . . . strongly believed in the hellfire teaching. No amount of reasoning would remove this teaching from his belief. . . . Then we studied chapter 9 in the new *Live Forever* book, 'What Kind of Place Is Hell?' We finished the chapter in one lesson. His belief in hell as a place of torment was now his past belief. . . .

"The next difficulty to overcome was his understanding that the soul kept living after the person died and was separate from the body. We had studied other publications and reasoned on scriptures, but all to no avail. Then we studied chapter 8, 'What Happens at Death?' I have studied with quite a number of persons in my 10 years in the truth, but I have never seen anyone with a deeply ingrained belief in the immortality of the soul change his belief in one study lesson. Paragraph 7 was the clincher, with Psalm 22:29 the outstanding force therein, especially when his *Authorized Version* said the same."

Effective Teaching Illustrations

The new book has over 150 beautiful pictures, most of which are in vivid color. Typical of the words of appreciation

is this letter from Florida: "The illustrations in this book are marvelous! And not only because of their color and clarity but also because they are such fantastic teaching aids. I spent an hour and a half just studying the pictures when it was first released and would have spent more had I had the time. As examples of the depth of teaching I cite the pictures on pages 106, 131, 176-177, 227 and 229. . . . One sister remarked, 'A child could teach from this book!'"

"The illustrations are so real, some of them even bring tears to my eyes," a letter from Alabama reports. "One of my favorite ones is on page 162. The joy in that lady's heart is right there on her face for all to see. It moves my heart to know that one day in the very near future we will be able to welcome back loved ones we've lost in death."

The illustrations help make this book truly an effective teaching aid for all age groups. A letter from Texas says: "Our two-year-old grandson is so enamored with this book that we have to read it to him all the time. . . . If a two-year-old child is learning from it, and is so moved by the beautiful illustrations in this publication, how great an aid this book will be in teaching adults!"

A young person from England writes: "I really am going to try hard to serve Jehovah and talk to my friends at school with the help of this book . . . The things in it are explained wonderfully, and the contents have everything in it that you would want to know."

Truly this new book is an effective teaching aid. As Jehovah's Witnesses put it to full use in their ministry, it will no doubt help many to come to an accurate knowledge of God's purposes and requirements.

This article particularly concerns women who are experiencing the menopause, or who wonder what it will be like. The information in it is also valuable for their husbands, children, relatives and friends.

A Woman's Changing Years

THE sun shone gently through the half-closed drapes. Outside, a bird was singing cheerfully. It was a very beautiful morning indeed.

Yet somehow, for the woman still

lying in bed, this morning seemed different. She lay staring up at the ceiling with a sad look in her eyes. For some unexplainable reason, she felt that she wanted to cry.

She heard her husband's footsteps as he came whistling down the hall. But even that seemed to grate on her nerves.

"Time to get up," he called out cheerfully. When she failed to answer, he came to the bed and laughingly pulled the covers back a little. "Come on, dear, time to get up."

Suddenly, she sat up in bed and angrily cried: "Leave me alone! Leave me alone!"

"I'm losing my youth"



Before her startled husband knew what was happening, she fell back into the pillow and buried her face in it, sobbing as though her world had fallen apart.

The Menopause

This woman was having a bad day during her menopause. Usually, things are not as drastic as this, but when they are, the entire family is affected. The husband does not know what to do; the children may be upset. Yet the mother is the one having the bad experience.

An understanding of what is going on can help everyone concerned. A lot of tales are circulated about the menopause. One woman who has just come through it remarked: "Often you suffer more anxiety from what people say than from the menopause itself." With proper information, no one needs to suffer unnecessary anxiety.

In English, menopause is often called the change of life. But some object to that term. Why? Because it suggests that at this time life is somehow going to be completely changed. This need not be the case at all. True, some women feel a sense of loss that they will not be able to have any more babies. But in their work, their marriage, their recreation and in many other aspects of life, things can be nearly the same afterward or, in some ways, even better.

Then again, calling it *the* change suggests that it is the only change that ever happens. This is not true. A woman's life is full of dramatic changes, such as the onset of puberty, getting married and having a baby. The menopause is another change in the series. Hence, the German language has a kinder word for it: *die Wechseljahre*. This means "the changing years." What are some things

that all of us should know about a woman's "changing years"?

● What Are They?

They are the time when a woman's monthly, or menstrual, cycle draws to a close, and with it her ability to bear children. This is reflected in the word "menopause," which is drawn from two Greek words meaning "month" and "cease."

● What Are They Not?

The "changing years" are not the beginning of aging. Age creeps up on us gradually. When we are as young as 25, our fine muscle tone starts to deteriorate. At 30, we start to lose muscle and bone tissue, and our hair may start to get gray. These processes continue through the menopause and may be accelerated by it, but they are not caused by it. And *old age* is still many years away from a woman of 40 or 50 who is experiencing menopause.

Furthermore, menopause is *not* a disease, although at times its symptoms may make it feel like one.

● What Causes It to Happen?

The body is adjusting to a new situation. At puberty a young girl's body begins to make hormones that stimulate

The "changing years" are
not the beginning of old age

her ovaries to supply mature eggs on a regular basis.

During the "changing years" the opposite happens. The body ceases to produce the hormones, and the supply of mature eggs tapers off. One of the hormones involved is estrogen. If the supply of estrogen stops gradually, the menopause may be easy. If it decreases rapid-

ly, the menopause will usually be more difficult.

● When Does It Start?

For most women, it may start sometime between the ages of 45 and 55. A few experience it before the age of 40, and even fewer experience it later than average, perhaps even in their 60's. Early menopause can be brought on by such things as surgery or poor general health.

Usually, a warning of things to come is signaled by irregularity in the monthly period. For some this becomes more and more irregular until menstruation ceases altogether. For the blessed few, it stops suddenly and that is all there is to it. For others, it may become more frequent than normal, or weak and heavy periods may alternate in the time leading up to the complete cessation of the menstruation.

● How Does It Affect Women?

According to gynecologist Dr. Johanna Perlmutter, "It is reassuring to know that most women go through menopause with relatively minor symptoms, if any." (*The Menopause Book*) That is good news, but what if you are one of those with more than "relatively minor symptoms"? Dr. Perlmutter says: "Most of those with more serious problems can get help from their doctors." What are some of these "more serious problems"?

A common one is the hot flash. This has been described as a sudden feeling of warmth that pervades the upper part of the body. The face may flush up, and sometimes there can be profuse perspiration afterward. The hot flash can come frequently—up to dozens of times a day. It can last for just a second or so, or go on for minutes. At night the sufferer can wake up drenched with perspiration.

No one knows for sure the physical cause of the hot flash. Is it traumatic? In most cases, no. The words women use to describe it are more like "a nuisance," "annoying" or even "exasperating."

Other symptoms that may or may not be experienced include insomnia and sudden fatigue. Numbness, dizziness, nausea, heart palpitation and backaches are also mentioned, as are pains in the chest, tension headaches and vaginal dryness and irritation. Is that a frightening list of symptoms? Well, take comfort. Most women have only a few of them, if any. And even if you experience severe problems, there are usually ways to get relief.

● What About Depression?

Yes, some women do get mildly depressed during the "changing years"—usually so mildly that only they and perhaps their immediate family know about it. They may start crying for no reason at all. Or, perhaps, their husbands and children, whom they loved dearly the day before, suddenly become obnoxious and irritating. Then, a normally well-organized woman may be temporarily forgetful and disorganized. Or she may have inexplicable feelings of panic.

If you experience anything like this, remember that it is not all in the mind. There is usually a biological reason for it. So do not feel that you are losing control of yourself. Give yourself time. Such symptoms, although perhaps frustrating or demoralizing, are usually transient. Relax and the feelings will pass!*

* If a husband notices that his wife's depression seems to be lasting too long, or it has worrying symptoms such as loss of self-esteem or suicidal thoughts, he would be wise to encourage her to get professional help. Sometimes the menopause can trigger depression that has roots in some other problem in a woman's life.

Coping With the "Changing Years"

Writer Madeline Gray, who experienced a difficult menopause after a hysterectomy, says: "Your body is a God-given machine. It can do what no man-made machine can do—repair itself. But this repair takes time." (*The Changing Years*) The symptoms you experience during the "changing years" are due to the body's adjusting itself to a new situation. These symptoms may be uncomfortable, but they are not dangerous. So how can they be handled?

Your Doctor Can Help

When symptoms start to appear, it is wise to go to your doctor for a physical checkup, just to be sure. Often, when a woman first enters her "changing years," she thinks something serious is wrong. One doctor said: "I have often seen the relief on a woman's face when I told her that she is not sick but just starting the menopause. It really takes a weight off her mind." It is worth having a checkup with your doctor, just to experience that relief and know that there is nothing seriously wrong.

Then, most authorities recommend having a thorough physical checkup once a year until it is all over. This will help to ensure that things are progressing normally, and no other problems are creeping in under the cover of the menopause.

Look After Yourself

Some women put on weight during this period, but seemingly that does not *have* to happen. For one thing, eating less food containing animal fats will help a woman to keep her weight down, and there are health benefits, such as keeping

blood cholesterol levels lower. Madeline Gray insists: "A woman does not just naturally get fat during the menopause. And if she does, there is something she can do about it." She goes on to say: "You may . . . be eating more now out of sheer nervousness. Or boredom. Or as a compensation for other things you miss." Hence, control your eating habits, and do not allow yourself to gain weight unnecessarily.

During these "changing years," a woman's bones tend to lose calcium. Eating foods rich in calcium, along with regular exercise, can help to counteract this. In some cases, it may be advisable to take supplemental calcium too.

Many find it best to keep busy. One woman advised: "Get out of your home for at least part of the day. Get out and do challenging things." Some recommend walking a little, doing some gardening or some other activity that will serve as exercise. However, do not overdo it and become exhausted. Allow yourself enough sleep at night, and, if you need it, try to schedule a short nap during the day.

If your symptoms are temporarily uncomfortable, you may be interested in what some have recommended to alle-

An experienced woman recommended: "A woman who learns to relax will get through this time more easily"

viate them. Some women have reported being helped by homeopathic medicine, herbs, acupuncture or chiropractic treatments.

Others have tried taking supplemental vitamins, such as vitamin E. Mary Catherine Tyson suggests that one vitamin B complex tablet a day may help to control hot flashes to some extent—although it will not eliminate them.

But, remember, if your symptoms are *really* difficult to live with, your doctor *can* help in a number of ways. He can give you a harmless ointment for that irritating internal itching. He may recommend intermittent use of tranquilizers or mild sedatives for headaches or

nervous symptoms. Or he may suggest supplemental hormones or other medicines that can relieve the hot flashes.

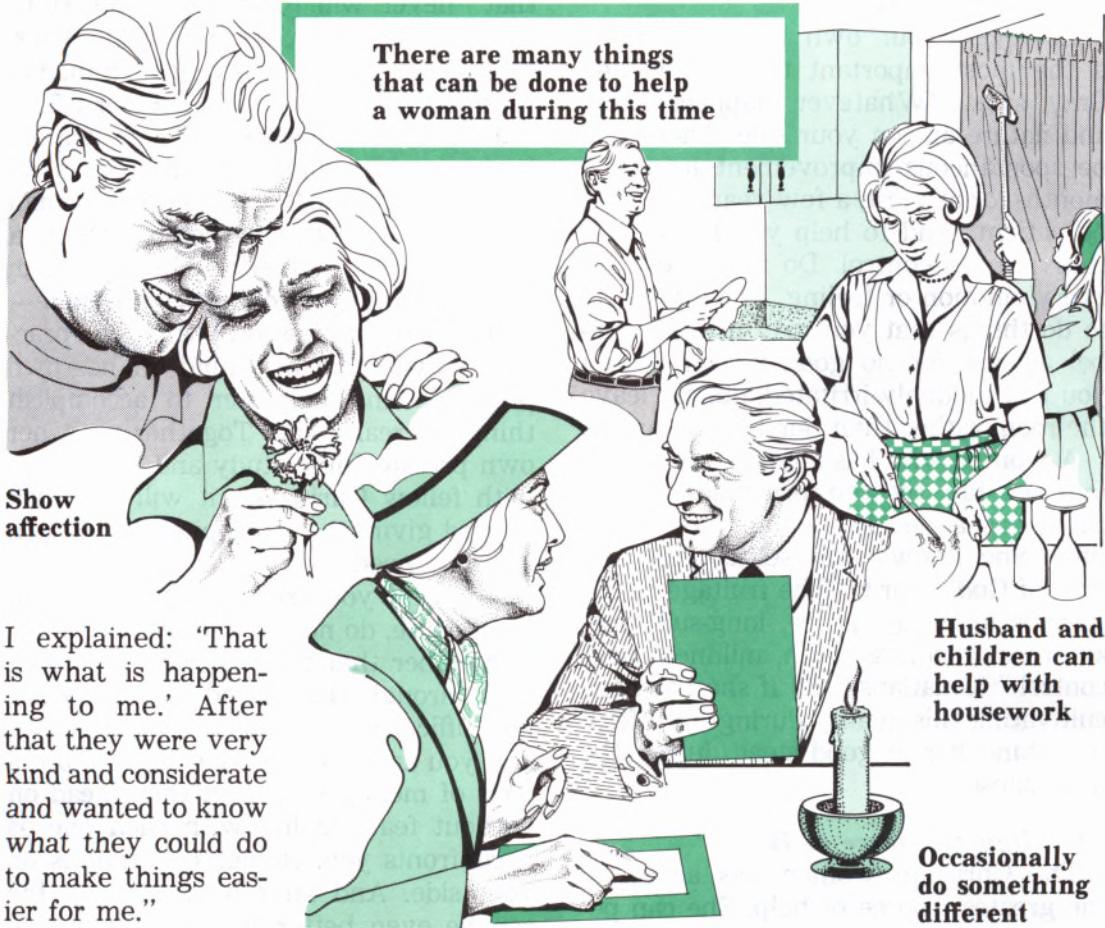
Many are nervous about taking tranquilizers or hormones, remembering that such treatment may have side effects, as does any strong medicine. It is wise to be aware of any possible risk if you take these drugs. However, if your symptoms are very uncomfortable, these medicines can give relief, and you have the assurance that the risks are minimized if you have a regular medical checkup and carefully follow your doctor's instructions while taking them.

Can Others Help?

The experience of one woman suggests that they can. She reports: "There were two boys boarding in the house with me

when I was in the menopause. They were fine young men, but they had some irritating habits. One of them used to whistle a lot. I got very irritated with them, and that made me annoyed at myself. So I gave them some literature describing what happens to a woman during menopause and asked them to read it. Afterward





I explained: 'That is what is happening to me.' After that they were very kind and considerate and wanted to know what they could do to make things easier for me."

Hence, she suggests: "Let it be a family project. Do not build it up as a sickness, but let the husband and children know what is going on. This will eliminate much misunderstanding. Then, if one day you seem a bit tense, they will think, 'This is one of Mum's bad days,' and help you to get through it." This will be an especially good time for the other members of the family to apply Paul's counsel: "Clothe yourselves with the tender affections of compassion, kindness, lowliness of mind, mildness, and long-suffering. Continue putting up with one another and forgiv-

ing one another freely."—Colossians 3: 12, 13.

The husband, by helping with the household chores, can also assist his wife to conserve her strength and feel better about things. He might suggest going out for a meal occasionally, or in some other way make a pleasant break in the daily routine. And he should remember that this is not the best time to tease his wife about personal things. Rather, this is the time to deal with her 'according to knowledge, assigning her honor.' —1 Peter 3:7.

You Can Help Yourself

However, your own mental attitude is the most important thing. Madeline Gray says: "Whatever happens, time and nature are on your side. There will be spontaneous improvement in a few months, or at most, a few years." Hence, be patient. And to help you be patient, cultivate self-control. Do not give in to every emotion or feeling. Force yourself to do things that you may inwardly rebel against for no good reason. When you feel suddenly irritated, quietly leave the room rather than burst out in anger.

A woman who has already been guiding her life by the principles of the Bible has a decided advantage at this time. She knows that self-control is a fruit of God's spirit: "The fruitage of the spirit is love, joy, peace, long-suffering, kindness, goodness, faith, mildness, self-control." (Galatians 5:22) If she has been cultivating this quality during her life, it will stand her in good stead during the menopause.

The Highest Source of Help

The Christian woman has access to the greatest source of help. She can petition Jehovah God in prayer and ask him for the needed strength during these "changing years." The Bible assures her

that "never will [God] allow the righteous one to totter." (Psalm 55:22) Thus, "throw all your anxiety upon him, because he cares for you."—1 Peter 5:7.

Jesus Christ once said: "There is more happiness in giving than there is in receiving." (Acts 20:35) A Christian woman who has already made helping others a part of her life—especially helping them to study and get to know the Bible—will be greatly blessed by this good practice. It will take her mind off her own problems and help her to accomplish things of real value. Together with her own private Bible study and association with fellow Christians, it will do much toward giving her the spiritual strength she now needs.

Hence, if you are nearing the age of menopause, do not be unduly concerned. Remember that the majority of women pass through this period with only minor difficulty.

If you are now experiencing the problems of menopause, meet them head on without fear, coping with each one as it confronts you. Remember, time is on your side. And after it is all over, life can be even better than before. Listen to this comment from a woman whose "changing years" have just finished: "I feel better than ever before. I don't have the monthly pain or emotional upset. In many ways, after this time you can look forward to a more restful time."

While it lasts, keep busy with things that will work for your upbuilding. Have a regular medical checkup to make sure things are progressing smoothly. And, even more important, consult the wisdom that comes from God himself, as the Creator of mind and body surely knows what your spiritual and emotional needs are during your "changing years."

In Our Next Issue

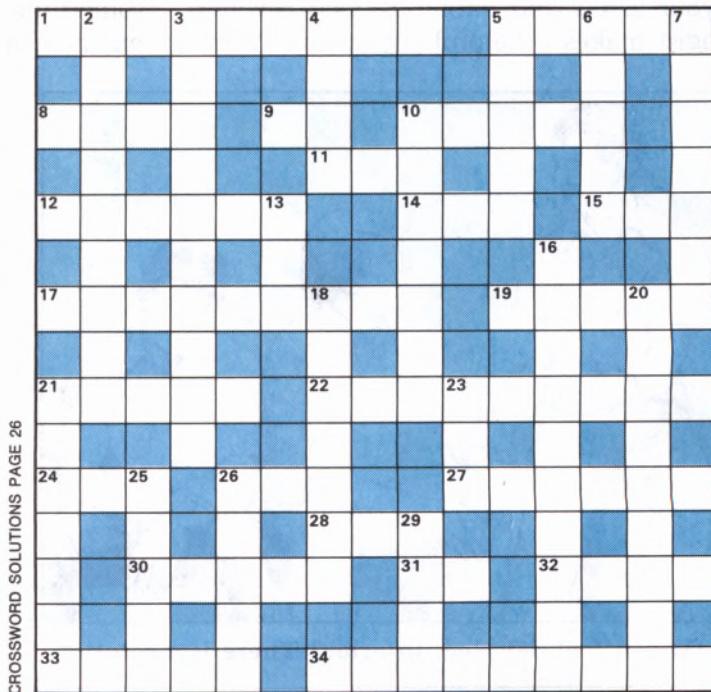
- *The World Economy
—Where Is It Heading?*
 - *Our Son—Handicapped!*
 - *Does God Have a Mother?*
 - *What's the Harm in
Pornography?*
-

crossword puzzle

Clues Across

1. Uncanonical writings
5. One of David's mighty men (2 Samuel 23:8, 25)
8. Father of Ahira, chieftain of the tribe of Naphtali in Moses' day (Numbers 7:78)
9. City where Lot's father, Haran, was born and died (Genesis 11:27, 28)
10. Ancient dry measure equal to 10 omers (Exodus 16:36)
11. Consume (Leviticus 17:12)
12. To deliver (Psalm 140:1)
14. An Israelite slave would have it pierced if he did not want to be set free (Exodus 21:2-6)
15. "In the days of long ---" (Psalm 44:1)
17. One who possesses supreme authority (Revelation 6:10)
19. Another of David's mighty men (2 Samuel 23:8, 33)
21. The descendants of one individual (Acts 13:26)
22. Represented by a helmet in a Christian's spiritual armor (Ephesians 6:13, 17)
24. Animal sacrificed by Abraham in place of his son (Genesis 22:1-13)
26. Common lamp fuel of ancient times (Matthew 25:1-9)
27. The type of crown put on Jesus' head by the soldiers (John 19:2, 5)
28. A metal taken as one of the spoils from the defeated Midianites (Numbers 31:9, 22)
30. Jeremiah was lifted out of the cistern by means of these (Jeremiah 38:10-13)
31. Judah's firstborn son, put to death by Jehovah before he could father any children (Genesis 38:6, 7)

32. He rebuilt Jericho at the forfeit of two of his children (1 Kings 16:34; Joshua 6:26)
 33. Forefather of a family of Nethinim who returned with Zerubbabel to Jerusalem (Ezra 2:1, 2, 43, 53)
 34. A convert to Judaism (Matthew 23:15)
- ## Clues Down
2. Jewish festival day when holy spirit was poured out (Acts 2:1-4)
 3. That which excuses or accuses one (Romans 2:15)
 4. Free from moral fault or guilt (Psalm 51:10)
 5. A grandson of Abraham by his wife Keturah (Genesis 25:1-4)
 6. Father of Amasa by David's half sister Abigail (2 Samuel 17:25)
 7. The father of Judge Barak (Judges 4:6)
 10. What Jehovah's power and
 13. A female sheep (Isaiah 53:7)
 16. Apart from wartime, his is the only case of suicide mentioned in the Hebrew Scriptures (2 Samuel 17:23)
 18. Affronts (2 Corinthians 12:10)
 20. Christian women should put the emphasis on the internal one and not the external (1 Peter 3:3, 4)
 21. It seduced Eve (2 Corinthians 11:3)
 23. Juices from the winepress are collected here (Mark 12:1)
 25. The site where Joshua surprised the northern kings (Joshua 11:5, 7)
 26. Unlike Ruth, she left Naomi to return to Moab (Ruth 1:1-17)
 29. Mount from which Moses viewed the Promised Land (Deuteronomy 34:1-4)



Young People Ask...

How Can I Build My Self-Respect?

“WE LIKE ourselves!” So declared more than two thirds of a group of recently polled youths. Typical was 16-year-old Edward who said: “I feel sure of myself and I like that feeling.”

But what about the other third?

They battle feelings of inferiority. And you, too, may occasionally feel bad about yourself. How, then, can youths build self-respect?

Inventory Time!

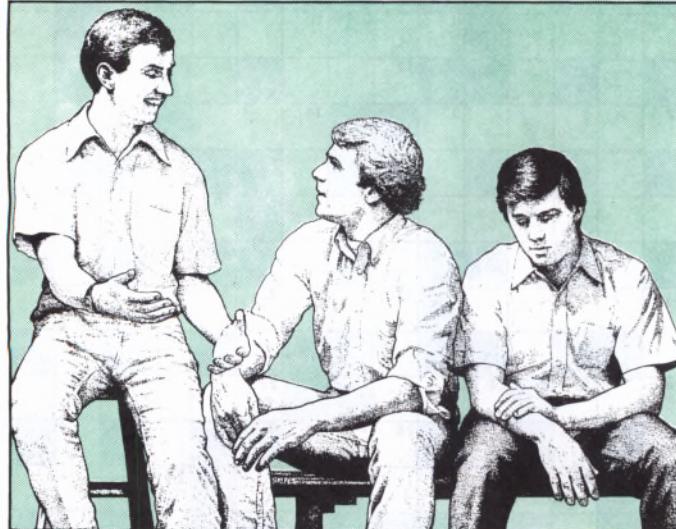
First, it might be helpful to know your assets and liabilities. One psychologist makes a helpful suggestion: Write

down all the things you like and dislike about yourself.

If you’re one who feels “not OK” most of the time, your list of faults may be pages long. You might berate your looks, your intelligence, your temperament. But you’ll also see that many so-called faults are either quite petty or out of your control—your looks, for example. Why fret over the unchangeable? On the other hand, your personal inventory may reveal serious flaws, such as a quick temper or selfishness. These you *can* do something about! Conscientiously work on these problems and your self-respect is sure to grow.

Don’t blind yourself to your assets. You may not think that being able to cook or fix a flat tire is that important. But to a hungry person or a stranded motorist, such skills make you a hero! And what about your virtues? Are you studious? Patient? Compassionate? Generous? Kind? Are you also humble, modest, meek and teachable? These virtuous qualities far outweigh physical liabilities. And, remember, we all have qualities that can make us valuable!

What are some specific ways to build self-respect,



Do you feel dejected, inferior? There is a solution

though? This brief checklist gives but a few:

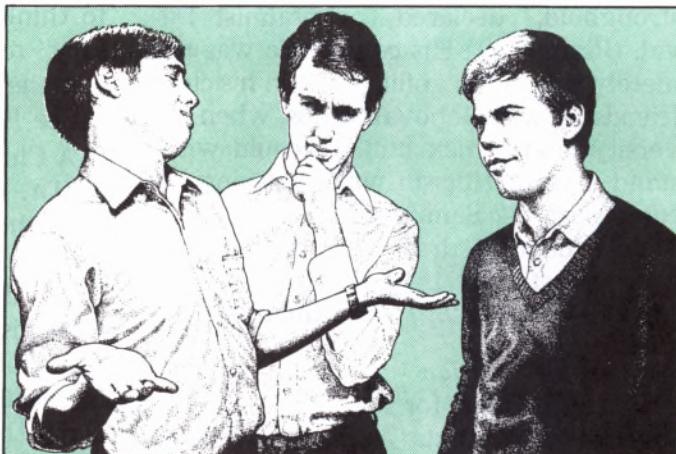
SET REALISTIC GOALS: If you always shoot for the stars and fall short, you can suffer bitter disappointment. So set goals that are attainable.

What might some be? How about learning a skill, such as typing? Improve or branch out in your reading. Have you ever read the Bible from cover to cover? You owe it to yourself to read God's book of wisdom. Time spent watching TV can easily be diverted to this worthwhile project. Then there is the challenge of learning to play a musical instrument or speak another language. Self-respect is often a useful by-product of accomplishment!

DO GOOD WORK: Do you have a part-time job or do you work around the house? If you do shoddy work you're not going to feel too good about yourself. God, however, took pleasure in his creative works and declared the creative epochs to be "good" at their completion. (Genesis 1:3-31) You, too, can take pleasure in whatever work you do and do it skillfully.—See Proverbs 22:29.

DO THINGS FOR OTHERS: Self-respect is not gained by sitting back and letting others wait on you hand and foot. Rather, Jesus said that "whoever wants to become great . . . must be [a] minister," or "slave," for others.—Mark 10:43-45.

Sharing Bible truths with others is an especially fine way to help others and it gives great personal satisfaction. For example, 17-year-old Kim budgeted 60 hours each month of summer vacation to preach to others. She says: "It has brought me closer to Jehovah. It has



The "self-confidence" of boasters and braggarts outstrips their true worth

also helped me to develop a real love for people." It is not likely that this happy young woman will be lacking in self-respect!

PICK YOUR FRIENDS CAREFULLY: "My relationship with myself is a very unhappy one," said 17-year-old Barbara. "When I am with people who have confidence in me, I do good work. With those who treat me as an accessory to a machine, I become stupid."

People who are high-minded or insulting can indeed make you feel bad about yourself. So pick friends that are truly interested in your welfare, friends that build you up. (Proverbs 13:20) And don't confine yourself to your own age-group. Though separated by many years, David and Jonathan enjoyed a very upbuilding friendship. (See 1 Samuel 18:1.) True, it may not be easy for you to make friends. But the Bible shows that if you give of yourself unselfishly, you'll attract friends.—See Proverbs 11:25.

MAKE GOD YOUR CLOSEST FRIEND: "Jehovah is my crag and my

stronghold," declared the psalmist David. (Psalm 18:2) His confidence was not merely in his own abilities but in his close friendship with Jehovah. Thus, when adversity later struck him, he could withstand severe criticism without losing his composure.—2 Samuel 16:7, 10.

You, too, can "draw close to God" and thus "boast," not in yourself, but in Jehovah!—James 4:8; 1 Corinthians 1:31.

A Word of Caution

While the need for self-love is *implied* in such Bible texts as Matthew 19:19 and Ephesians 5:28, 29, the Scriptures far more frequently warn against thinking *too much* of oneself! Why is this?

Apparently because most of us, in our efforts to gain self-confidence, overshoot the mark. Many become egotistical. Others grossly exaggerate their skills and abilities or are prone to put others down. These are the boasters and braggarts. However, their self-esteem outstrips their true worth.

Even Christians can fall into this trap. Rivalry between Jews and Gentiles (non-Jews) afflicted the congregation in first-century Rome. The apostle Paul thus gave straightforward counsel. He reminded the Gentiles of their sordid past. Only by means of God's "kindness" had they been "grafted" into a position of God's favor. (Romans 11:17-36; 1:26-32) Self-righteous Jews, too, had to confront their imperfections. "For all have sinned and fall short of the glory of God."—Romans 3:23.

Did Paul, however, strip them of self-esteem; reduce them to cowering beggars? Not at all. "For through the undeserved kindness given to me," Paul continued, "I tell everyone . . . not to think *more* of himself than it is necessary

to think." (Romans 12:3) It was "necessary" to have a measure of self-respect. But they had to avoid going overboard. —See Romans 11:20.

A Christian therefore avoids extremes. As Dr. Allan Fromme observes: "A person who has an adequate conception of himself is not sad, but he does not have to be deliriously happy. . . . He is not pessimistic, but his optimism is not unbridled. He is neither foolhardy nor free of specific fears . . . He realizes that he is not the outstanding success of all time, nor is he a perennial failure."

So be modest. "God opposes the haughty ones, but he gives undeserved kindness to the humble ones." (James 4:6) Acknowledge your assets, but don't ignore your faults. Rather, work on them.

You'll still doubt yourself from time to time. But you need not ever doubt your self-worth or that God cares for you. For "if anyone loves God, this one is known by him."—1 Corinthians 8:3.

CROSSWORD SOLUTIONS

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Cooking Curry—An Indian Delight

Daily cooking presents a challenge for housewives everywhere. To the extent possible, they want variety in the dishes that they serve. And food should be appetizing. But it is not easy to do it day after day, week in and week out.

Perhaps, for a change, would you like to serve your family curry this week? We would like to share with you some suggestions from housewives in India. You may wish to prepare a simple rice and vegetable curry, which may also help your budget.

First, to obtain your spices you may need to find a store that specializes in food items from India. Now we can check some of the ingredients: three to four carrots, a handful of French beans, a small cabbage, two large eggplants, two tomatoes, three onions and a bulb of garlic. Adjust quantities according to the number you are cooking for. You will also need curds of milk, or natural unsweetened yogurt.

To make the cumin paste you will need, grind a quarter teaspoon of cumin seeds with three garlic cloves and a chopped onion, and keep it until needed. Dice into equal sizes all the vegetables except the tomatoes and onions, and mix them together in a pan. Add one and a half cups of water, a quarter teaspoon of turmeric powder, four fresh green and one dried red chili pods, one chopped onion, salt to taste, and cook. Soon your mouth should be watering!

Mix in two diced tomatoes, a few curry leaves, the prepared cumin paste and half a coconut grated finely. When your curry boils add two tablespoons of curds or yogurt, remove it from the stove and leave it until needed.

Next, heat a small quantity of cooking oil in a frying pan and when it is really hot add a pinch of whole mustard seeds. When the seeds burst add half a chopped onion and when it is completely browned pour the contents into the vegetable curry and stir thoroughly. By now your kitchen

will be filled with the spicy aromas of the East. Of course, you will serve your hungry family an adequate amount of nicely boiled rice with your newly created, savory curry.

For mutton curry, first cut about two pounds (nearly one kg) of meat into about one-inch (2.5-cm) cube pieces, wash them and set them aside. You can buy curry powder, but you may wish to know how Indian housewives grind their own fresh curry powder. Grind and mix four dried red chilies, two tablespoons of coriander seeds, half teaspoon turmeric powder, two teaspoons aniseeds and four black peppercorns—the result is curry powder! Next grind into a paste one and a half ounce (42 gm) of root ginger, six garlic cloves and one onion. Steep the grated meat of a coconut for two minutes in a cup of boiling water, squeeze out the rich extract of "milk." Then steep the residue in three cups of boiling water and leave it for some minutes. Squeeze it out for later use.

At this point heat five tablespoons of cooking oil in a heavy-bottomed pan, and when the oil is very hot add four cloves and an inch of cinnamon bark. Simultaneously, brown three chopped onions and mix in your ginger-garlic-onion paste for two minutes. Next add your ground spices or your commercial curry powder (not both), plus three split green chilies. Stir the whole mixture for two minutes, then add the mutton pieces, cook them for five minutes, stirring constantly, and savor the fragrant spice harmony of the Indies. Your next step is to stir in three cups of coconut "milk," a few curry leaves and salt to taste. Place the lid on your pan and let the contents simmer on a low heat until the meat is cooked. When the meat is ready, add the rich coconut "milk," but do not boil it. Remove it from the stove, add a few drops of lime juice and serve with boiled rice and vegetables, and your household is in for an Eastern experience!

From Our Readers

The Slimming Nightmare

I want to tell you how much I appreciated the article "The Slimming Nightmare." (November 8, 1982) It is such a common problem today. I know because I recently recovered from it and I could relate personally to the article. I felt as though it was written especially for me.

S. L., California

Thank you for the article "The Slimming Nightmare." Our daughter had anorexia nervosa. Our experience with this terrible disorder underlined the importance of getting immediate medical attention. The cure takes hard work on the part of the individual, but the cooperation of parents and other children in the family is also extremely important. Is it worth it? To our family it was. We again have a healthy daughter who gave birth last April to our first granddaughter.

W. D., California

Celsius Versus Fahrenheit

Kindly be reminded that 60° C. equals 140° F. exactly and not 108° F. as you would have it in your article "A World's Fair Spotlights Energy." (October 22, 1982) This warrants an "errata."

P. H., Canada

The article was explaining a principle of geothermal energy and was showing how, as you go down into the earth, the ground temperature increases at the rate of 3 degrees Celsius per 100 meters. So if you were to dig down 2,000 meters, you would get water not of 60 degrees but 60 degrees hotter than you started with. The difference between freezing and boiling on the Celsius scale is 100 degrees, but on the Fahrenheit scale it

is 180 degrees. So on the comparative scale a difference of 1 degree Celsius becomes 1.8 degrees Fahrenheit, and a difference of 60 degrees Celsius becomes a difference of 108 degrees Fahrenheit. It is true that on the absolute scale 1 degree Celsius is 33.8 degrees Fahrenheit, and 60 degrees Celsius is 140 degrees Fahrenheit.—ED.

About Shyness

I want to thank you for the article "What Can I Do About My Shyness?" (November 8, 1982) My shyness was so severe that I imprisoned myself in my own house. Friends who might visit me would stay away because of my reluctance to visit them back. Now I've had a dramatic change after applying the suggestions on how to conquer shyness, discussing things with people, visiting friends, and so forth. I am glad that I'm no more a prisoner of shyness.

O. O., Nigeria

Appreciating Creation

I have enjoyed reading your magazine for years, but I just had to write to express my heartfelt appreciation for the beautiful article "Appreciating Jehovah's Creations" in your issue of January 22, 1983. In this world, where it is not considered popular to show appreciation to God, and we are encouraged to give credit to "nature" for the beauty of the heavens and the earth, it was very refreshing to hear the credit go to the rightful recipient, God. It draws us closer to our Creator to recognize the works of his hands and the love shown in that he created these things for our enjoyment.

N. N., Texas



Watching the World

Human Cruelty

● Torture chambers are by no means a thing of the past, according to Amnesty International, a London-based human-rights organization. Its 1982 annual report shows that 121 nations around the world still resort to torture and execution in their treatment of political dissidents. The report says that interrogation proceedings used by many governments include electric shocks, burnings with cigarettes or a hot iron, beatings with barbed wire, sexual abuse, amputations and psychological tactics. It also recorded 3,278 executions of political prisoners, including some children, in 1981. In its effort to rally international action against such brutality, the report asserts: "Governments must not be allowed to evade responsibility when they choose to obliterate suspected opponents."

Korean View of Churches

● After a hundred years of evangelizing by Christendom's churches in Korea, what is the native non-Christian's view of the churches and their members? *The Korea Times*, in reporting the findings of a nationwide poll, says that while some

acknowledged the churches' contribution in the areas of education and charity, the majority mentioned "church schism," "difference between words and deeds" and "excessive occupation with money matters" as negative points. The poll also finds that so-called Christians are being viewed as "more egoistic, more money-grabbing and less conscientious" than non-Christians. And the majority of the people feel that "there are too many churches in the country." However, the *Times* article adds: "Regardless of their non-faith, 70 percent of the pollees highly evaluate the greatness of the Bible."

War Deaths Since 1960

● In just over two decades since 1960, more than 10.7 million people, civilian and military, have been killed in wars all around the world. So says the latest edition of *World Military and Social Expenditures*, published annually by a private research organization called World Priorities. The report lists 65 wars fought in 49 countries, which represent about two thirds of the world's population. Only wars in which over a thousand people are killed are included. The

figures are said to be incomplete because governments often make no effort to get an accurate count of civilian casualties. Among countries that have lost over a million lives in wars since 1960 are: Bangladesh (1,500,000), Nigeria (2,000,000), Vietnam (2,080,000) and Cambodia (2,310,000).

Realities of Politics

● "There's a lot of hypocrisy . . . and so forth in political life," said former U.S. President Richard Nixon in a recent TV interview. "It's necessary in order to get into office and in order to retain office." In speaking about political campaigning, he said: "As a candidate, you have to dissemble, you have to recognize that you can't say what you think about an individual because you may have to use him or need him sometime in the future." He felt that when a politician or a president says something he does not believe, it should not be viewed as lying; it is just a part of politics.

Modern Stargazing

● A three-day National Seminar on Astrology held in New Delhi, India, last January highlighted a modern twist in that ancient craft of stargazing and palmistry. The inaugural speech was given by India's agriculture minister, and the speaker of the lower house of parliament also addressed the seminar. "People in the most powerful sectors of Indian society are involved with it," said a high government official who was there as an amateur astrologer. Participants included professors, politicians, computer scientists, movie stars, business executives and others. But why is astrology so attractive to the educated upper and middle class? In today's high-stress, competitive and uncertain so-

society, people look to astrology as "part of the structure of the society that answers questions," said an observer at the seminar. A 14th-generation astrologer from Calcutta added: "Everybody wants to prosper."

British Churches Surveyed

● A year-end survey of church membership in Britain showed that "one person in every six who attended church at Christmas 10 years ago will not be there next weekend," said the December 19, 1982, issue of *Sunday Telegraph*. The survey revealed that only 17 percent of the adult population went to church regularly, and it gave the percentage drop since 1970 of the six main denominations as follows:

Roman Catholic	-14%
Anglican	-15%
Church of Scotland	-17%
Baptist	-18%
Methodist	-19%
United Reformed	-23%

In contrast, the report mentioned that Jehovah's Witnesses enjoyed further increase in Britain. There was an average of 83,564 Witnesses in the British Isles last year, a 3-percent increase over the previous year.

Free Rides

● Ridership of New York City's subways has fallen to its lowest point since World War I, according to the TA (Transit Authority). The reason? "There aren't fewer riders, just fewer who are paying to ride," explained William McKechnie, president of the Transit Patrolman's Benevolent Association. A confidential TA survey revealed that nearly 25 percent of all subway riders jump over turnstiles or slip through "slam gates," cheating the TA out of nearly \$200 million a year. Others use metal slugs instead of subway tokens. Then, one month after the state of Con-

nnecticut issued a 17.5-cent turnpike token that is the same size as the 75-cent subway token, 40,000 of them turned up in subway-fare boxes. Among the first 10 users arrested were 2 lawyers and several business executives.

Headphone Hazards

● Pocket radios and cassette players with lightweight headphones are producing more than just sweet music to the ear. "There can be no doubt that these units have the potential for inducing a permanent bilateral sensorineurial hearing loss—especially if they are used at a volume setting of 4 (on a 1 to 10 scale) or above for extended periods," writes Dr. Arnold Katz in a recent issue of *New England Journal of Medicine*. At level 4 on most such machines, the sound at the earphones is 94 to 104 decibels, depending on the type of music played. Yet, by industrial standards, exposure to sound levels of over 100 decibels for two hours or 95 decibels for four hours is considered hazardous. Katz found that people often turn their sets up to 6 or 7 to block out street noise. His advice is to keep the volume below level 4. "There's nothing we can do after hearing loss happens," he warns.

China's "Only" Child Syndrome

● One child per family may help China stem its population tide, but it is also creating a problem of its own—a generation of spoiled "only" children. To push the plan, the government rewards one-child parents with bonuses and special housing, medical and educational privileges. The result? "Single children are the sun in a family, and parents and grandparents are planets orbiting the sun," says *China Daily*. Consequent-

ly, "some only children never learn to care for others. When in kindergarten, they quarrel with their friends and refuse to share their toys." In an effort "to make parents stop doting on their little darlings," the government is distributing millions of copies of books and pamphlets on the subject of bringing up "only" children.

Microwave Limitation?

● Two Purdue University food scientists have tested the capability of microwave ovens to kill bacteria in turkeys. The scientists injected turkeys with three common forms of bacteria. Tests revealed that the microwave oven did not kill all the disease-causing bacteria. Said Bala Swaminathan, assistant professor of foods and nutrition: "At this point I can't recommend cooking turkey in microwave ovens. Microwave ovens cook quickly, and the heating is not uniform. The turkey was done as far as tenderness and taste was concerned, but was not as free of bacteria as turkey cooked in a conventional oven."

Third World Traffic Deaths

● According to a survey by Britain's Transport and Road Research Laboratory, highway accidents take more than 250,000 lives each year in third world nations. The survey found, for example, that in Nigeria, which tops the list in highway deaths, the fatality rate is 234 persons per 10,000 vehicles per year, compared with 3 in Britain. In Bangkok, 52 percent of drivers go through red lights at intersections, and only one percent of drivers in Surabaya, Indonesia, stop at pedestrian crossings. Poor roads, dilapidated and overloaded vehicles, and careless pedestrians are also cited as principal causes.

Employee Time Stealing

● On the average, each office or factory worker in the U.S. wasted or "stole" 4 hours and 8 minutes per week in 1982, according to a study covering 325 corporations, conducted by Robert Half, a New York executive. Such time stealing may involve coming to work late, leaving early, stretching lunch hours and coffee breaks, socializing and making personal phone calls during working hours. They add up to six 35-hour workweeks per person per year, costing U.S. business \$125 billion a year, more than losses due to arson, stealing, fraud and embezzlement combined. Half calls this "an enormous threat to the entire U.S. economy," and says it "erodes the

nation's productivity and feeds inflation."

Wash Your Hands, Doc!

● Hospital patients should start telling their doctors and nurses to wash their hands before touching their patients. At least that is the recommendation of infection-control expert Maryanne McGuckin and intensive-care-unit director Dr. Richard Albert. In a study of two hospitals, Albert found that "doctors handled urine bags, changed intravenous dressings and adjusted respiratory equipment without washing before each procedure," according to *American Health* magazine. Each year, 2 million cases of infections occur in U.S. hospitals.

Pension for the Dead

● The U.S. Office of Personnel Management is responsible for sending out pension checks to retired civil service employees each month. But, according to Congressman Les Aspin, many of the recipients are not only retired but also dead. "A cross-check of Social Security records shows that pension checks totaling \$8.4 million were sent to 682 dead people," reports *The New York Times*. Included among them was one who had died more than 16 years ago. The congressman reportedly has been pressing a number of federal agencies regarding the matter. But "we still haven't gotten satisfactory replies" from all concerned, says a spokesman.

