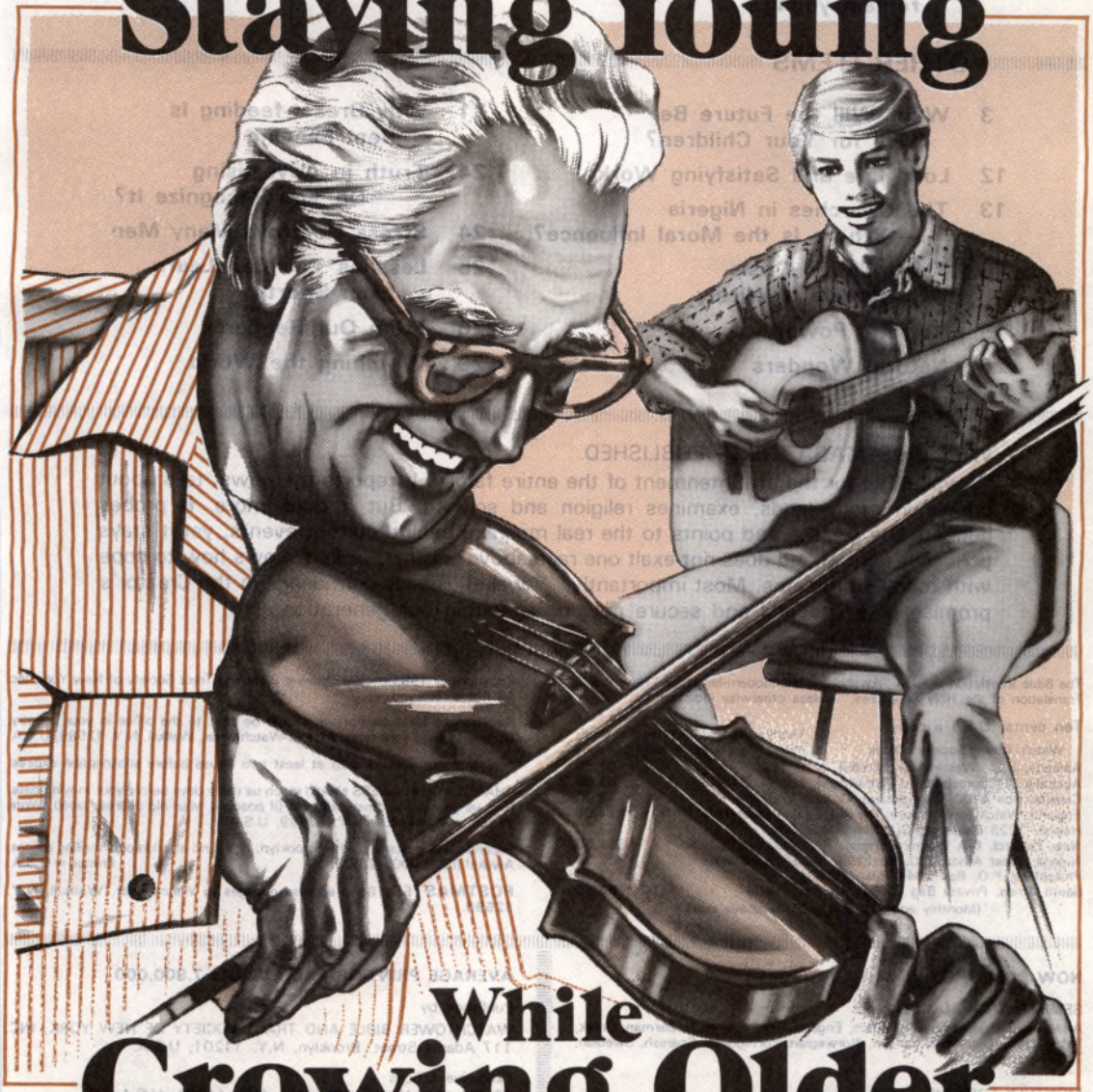
Awake!

JULY 22, 1981

Staying Young While Growing Older



Awake!®

July 22, 1981
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FEATURE ARTICLE

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"Have a goal in life," a 94-year-old man advises those who wish to stay young while growing older. But he had one goal after another before he found the one that was of lasting value, one that would for all eternity allow him to grow older and yet for all eternity let him remain young

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WHY THIS MAGAZINE IS PUBLISHED

"Awake!" is for the enlightenment of the entire family. 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. It also shows how to cope with today's problems. Most importantly, "Awake!" builds confidence in the Creator's promise of a peaceful and secure new order within our generation.

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What Will The Future Be Like For Your Children?

A YOUNG boy was asked what he wanted to be when he grew up. After a thoughtful pause, the youngster blurted out, "Alive." Yes, many children share the same concern for the future as do well-informed parents. All parents who truly love their children want the best future for them. Yet the future looks dim.

Morals: "Nearly half the nation's 15- to 19-year-old girls have had premarital sex—and the numbers keep climbing," reported a recent American study. Many youngsters worldwide say: 'If it feels good, do it. Everybody else is doing it. You owe it to yourself.' But engaging in promiscuous sex, drug abuse and drunkenness has led to countless ruined lives—even to suicide. The future looks even worse.

Unemployment: Many parents wonder why they spent the money to help their children to get an education. Often their graduating children are termed "overqualified" for work, or there are not enough jobs. The number of children out of work is at a serious level. In Canada one out of every five teenagers desirous of work is unemployed. In Italy it is three out of four.

Nuclear war: "I am 14 years old, and I am scared," wrote one young girl, 'scared that I won't have a future, that we will blow ourselves up before I graduate from high school." Her fears are very real when one considers the stockpile of "doomsday weapons" resting in the arsenals of many nations. This same youngster reflected on the tense situations scattered throughout the globe and concluded: "Doesn't anyone care what happens to their children?"

What Hope?

No doubt you care what happens to your children. But you have only limited control over their future. You can teach your child proper moral standards and this may help him to enjoy a happier future. Yet what about all those other threats to your child's future? Is there someone else who really cares, yet is powerful enough to improve matters?

The very existence of your child is proof of the reality of someone with superhuman intelligence and power. Why so? Just consider the awesome "miracle" of conception and birth. From just two microscopic cells a human develops—complete with skin, bones, eyes, muscles and sophisticated internal organs. The book *Miracle of Birth* describes such development as a "fantastically complicated series of events"

that are "perfectly timed, to produce the most superb of all achievements: a new human life."

Such miraculous development argues for design. Logic leads us to the conclusion that there must exist a superhuman Creator who designed this amazing process. The wonderful way in which we are created surely indicates that this One cares about us and wants us to enjoy living. He will not let things on this earth go unchecked forever, nor let man destroy himself. But what will the great Creator do?

From just two microscopic cells a human develops in the womb

What Does God Promise for the Future?

For centuries, persons have prayed to "our Father in heaven" and have implored: "May your Kingdom come; may your will be done on earth as it is in heaven." (Matt. 6:10, *Today's English Version*) God's kingdom is a real heavenly government that will see that our caring heavenly Father's will and purpose are carried out. The Bible indicates that the rule of God's kingdom will bring lasting peace to earth and will forever remove oppression and injustices.—Ps. 72:1, 3-7, 14, 16.

Conditions on earth then will reflect those foretold by the Bible writer Isaiah. Describing the time when God would accomplish his will toward his people, Isaiah wrote: "People will build houses and get to live in them—they will not be used by someone else. They will plant vineyards and enjoy the wine—it will not be drunk by others. Like trees, my people will live long lives. They will fully enjoy the things that they have worked for. The work they do will be successful, and their children will not meet with disaster. I will bless them and their descendants for all time to come." (Isa. 65:21-23, *TEV*) What security! What peace of mind! Imagine having meaningful work for all and knowing that your children "will not meet with disaster." These blessings will be enjoyed by all who learn and do God's will. —1 John 2:17.

Will This Come During Your Child's Lifetime?

The Bible indicates that it will. Jesus Christ foretold certain conditions that would indicate the nearness of a world change. He said: "Nation will rise against nation and kingdom against kingdom, and there will be food shortages and earthquakes in one place after another. All these things are a beginning of pangs of distress. And because of the increasing of lawlessness the love of the greater number will cool off." —Matt. 24:7, 8, 12.

Certainly with the outbreak of World War I in 1914, our earth has witnessed every one of these conditions. Jesus added: "Truly I say to you that this generation will by no means pass away until all these things occur." So before the "generation" that saw "these things" begin in 1914 'passes away,' dies off, God will bring in a secure new order of righteousness. Since those of that "generation" are up in years, the foretold change is very near.—Matt. 24:35.

There are other parts of this "sign" mentioned in the Bible. Why not invite Jehovah's Witnesses to help you to learn more about these?

Staying Young While Growing Older

By "Awake!" correspondent in the Federal Republic of Germany

DESPITE his 94 years, the man with the sparkling eyes sitting across from me looked surprisingly young and fresh. Just the right person, I thought, to read and evaluate my manuscript before I present it for publication. It was an article entitled "Staying Young While Growing Older." But first of all I wanted to know what Wilhelm Hillmann's secret for staying "young" was. I asked my question and waited.

"The secret of staying young?" he repeated my question, thinking about it. "Well, it's nice that you would ask an 'old eagle' like me."

I wondered about the expression "old eagle." Later I would understand.

"First of all, I think, to stay young you need a goal in life. I already had mine as a teenager." He paused and smiled as he said: "I didn't realize then that my goals would change, that I wouldn't find my real one for over 60 years. But in my teens I was fascinated with sailing ships. My goal, I decided then, was to build them when I grew up. After completing school, I worked as an apprentice on the docks in the north German port of Bremerhaven. Then in 1905 a dream came true. I was permitted to take my first sea trip—not on just any ship—but on the *Preussen,* the most famous sailing ship of that time and the largest five-masted ship ever built."

He pushed a picture across the table for me to see. It was of the *Preussen,* and was very impressive.

"We were to haul saltpeter from Chile," he continued. "It was a 68-day journey around Cape Horn. What an experience for a 19-year-old! I remember the storms—why, the wind and the hail beat our faces almost to a pulp! And it was no easy job fighting to keep the sails under control. Once when I was working at my utmost high up among the sails, a sailor nearby shouted to me through the wind: 'Only God can help us now.' I answered: 'And he will.' Even as a youth, I never once doubted man's dependence upon God."

A Change in Goals

I wanted to know if my elderly friend had really grown up to build ships.

"Well, I was advised against it," he said, "and rightly so, because at the beginning of the 20th century sailing ships were already on their way out. And I had no interest in building steamships. But what about combining my love for the sea with flying? The land planes we had at that time could not make it across the Atlantic to America. So what we needed, I thought, were flying boats, or, as they are sometimes called, seaplanes. I had a new goal.

"October 10, 1913, was

a big day in my life. Clutching my pilot's license tightly, I now had what later would make me eligible to become an 'old eagle.'"

That term again—I was afraid it would need explanation, and I asked for it.

"Well, in 1934 a flying association called 'Old Eagles' was formed," he explained. "Any pilot who had gotten his license before the beginning of World War I could join. I had made it by less than a year.

"Meanwhile an Englishman—later knighted as Sir Thomas Sopwith—had built a single-hull flying boat. So I went to England, learned to fly seaplanes there and then returned home as Germany's very first flying-boat pilot. Now I could begin building my own.

"Soon the German government became interested in buying one of Sopwith's flying boats, but it was to be done secretly. So a private citizen, Captain von Pustau, ordered the plane and sent me to England to watch over its construction.

"When the plane was finished, one of Captain von Pustau's 'friends'—actually a government inspector in disguise—came to accept delivery. I was asked to take him on a trial flight. After we were airborne, he directed me to fly over Portsmouth. Now this was normally forbidden, because Portsmouth was an important naval port. But he was determined. I gave in.

"The next morning von Pustau rushed into my hotel, almost incoherent: 'Hillmann, get packed—your flight over Portsmouth—they're going to arrest us for espionage!' He crammed my hand full of pound notes and disappeared. I wondered, what now?

"The police restricted me to my hotel. Several days passed. I began planning to slip away secretly at night. The plane was ours; it had been paid for. And at my speed—it could fly 110 kilometers an hour*—they'd never catch me.

"Meanwhile, my former flight instructor in England—we had become good friends—intervened in my behalf and got the matter settled. I left for Germany immediately. Not yet 30, I could now get on with the business of living the full life I hoped still lay ahead. And then—WAR!"

Flying During and After the War

"As a fighter pilot during the 1914-1918 war, I learned its horrors firsthand. One experience made a lasting impression. In an air battle the famous French ace Védrines shot me down. As soon as he saw that my plane was disabled, however, he flew away, rather than coming in for the kill. I made a crash landing and lay unconscious beneath the wreckage. The French troops, nearby in their foxholes, made no attempt to prevent my friends from rescuing me.

"How grateful I was to God to still be alive! But the consideration Védrines and the French troops had shown impressed me, too. Why were we trying to kill one another? War seemed so unnatural. I decided that from then on I would do all I could to promote German-French friendship.

"This became still another goal, after the one of building seaplanes. Years later I was rewarded for what I did in this new endeavor by being made an honorary citizen of Paris. Yet, even this was not the goal that would later change my life—that was still to come."

"In an air battle the famous French ace Védrines shot me down"

Time was slipping by and my manuscript had gotten no farther than

* Equivalent to 68 miles per hour.

the table between us. But who could blame me for letting myself get side-tracked? "Did your war experiences make you want to stop flying?" I asked.

"No, you can't keep an 'old eagle' grounded. In fact, every year I go to southern France, where I still enjoy the thrill of glider flying."

"At 94 years of age?" I exclaimed.

"You asked what kept me young," he responded. "I have always tried to live for the future and not fret about the past. This has helped keep me young. Besides, we all have our close calls in life in one way or another. Like the one I had in 1926—and all because of a parachute."

I laid down a picture of him in an old airplane, reminiscent of long-past days. And I listened.

"It was a foggy January morning and I had gone to renew my pilot's license. The weather report said the ceiling was at 180 meters.* But at 360 meters I was still surrounded by heavy fog. Suddenly my plane began to act up; I was losing control.

"Now in those days not all planes had parachutes. But fortunately this one did. Upon jumping from the plane the parachute would be triggered open by a 25-meter-long cord, one end of which was fastened to the parachute and the other end to the plane. I remember praying to God, asking: 'Should I jump or not?'

"As if in answer, an idea flashed through my mind. I sent the plane into a steep dive and pulled it out at 150 meters. As it jerked up, I heard a loud cracking noise. Ice had formed on the wings and was now breaking off. This had caused the trouble. I landed safely. Just at that moment an airport official walked past, looked at the plane and shouted: 'Who the devil forgot to tie the parachute cord to the plane?' Now if I had jumped, this 'old eagle' would have been a 'dead duck' for sure!"

"Youth, with all its goals and dreams, had come and gone—and all so quickly"

It was gratifying to me to see that he had not permitted old age to rob him of his sense of humor.

In a Concentration Camp—Almost

"During the Nazi regime I was chief engineer at Weser-Flug, an airplane factory in Bremen. Although in charge of over 5,000 workers, I refused to join the Nazi party. I could not go along with Hitler's policies. This almost got me into serious trouble.

"In 1939 Weser-Flug sent me to Berlin to oversee the construction of a second factory. It was to be on the site of Tempelhof airport, the airport that was later to become world famous in the 1948-49 Berlin Airlift. The Nazi foremen assigned to work under my direction wanted to build a large platform adjoining one of the central buildings, where Hitler could deliver his talks when in Berlin. Seeing no need for this, I struck it from the plans. 'We don't need a stage to build airplanes,' I told them.

"For this and other 'misdemeanors' I soon ended up in court. But my superior at Weser-Flug came to my rescue, telling Göring: 'Take Hillmann and you can forget about Tempelhof.' So I was released and was able to build the airport to completion, more or less the way it can still be seen today."

The End—and Yet the Beginning

"The war was over. I was 59 years old, without work, unable to build either ships or airplanes. Youth, with all its goals and dreams, had come and gone—and all so

* One meter equals 3.28 feet.

quickly! But the thought of not working was unacceptable. I needed to feel that I could still be a useful member of society.

"For nine difficult postwar years I searched before finding a suitable job in a city quite some distance away. Already 68, I kept the job until I turned 81. At that time my career ended. But something far grander was due to begin, a goal I could never have even imagined possible before this. You see, it was . . ."

He was interrupted by his wife's entering the room. "Wouldn't you like a cup of tea?" she asked. I thanked her for the refreshments she placed before me. Taking advantage of the break, I shoved my manuscript across the table to Wilhelm and I began to engage his wife in small talk. Out of the corner of my eye I saw him pick up the typewritten papers and adjust his glasses. This is what he read under the title of my article,

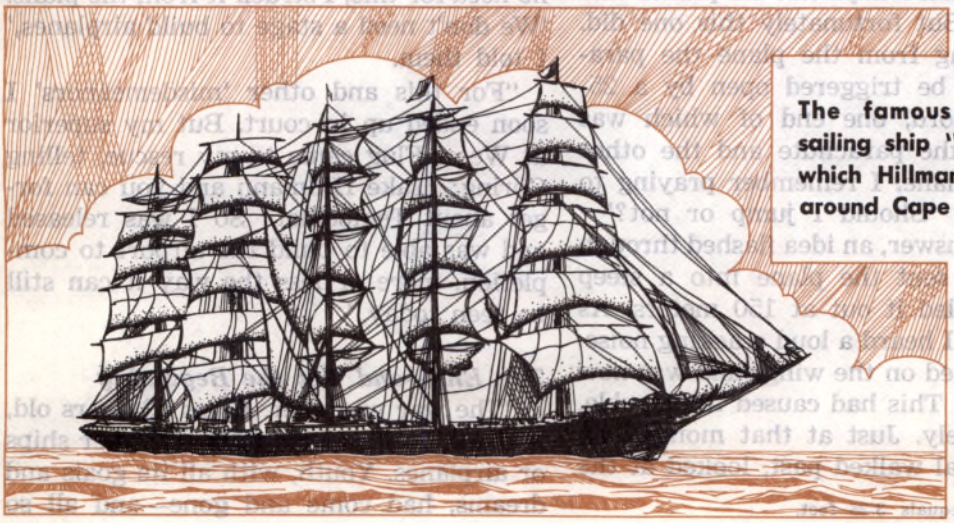
"STAYING YOUNG WHILE GROWING OLDER"

WHILE visiting friends, I turned to their son and asked: "Werner, how old are you—13?" A slightly indignant Werner was not slow in answering: "No! I'm already going on 14!"

Young people can hardly wait to grow older, and some of them will go to great lengths to make you think they are older than they really are—maybe by dressing as older people do, by carefully cultivating a beard or mustache, or just by putting on an air of adult sophistication. Nothing deflates the budding ego of a would-be adult more quickly than by treating him as of his own age; nothing flatters him as much as by treating him as the adult he is trying so hard to be.

But youth is fleeting. As health fails and circumstances force him to slow down, that would-be adult all too soon turns into a would-be youth. How you long for those "good old days"! Remember when you could still read without glasses? could eat without struggling with slipping dentures? were never plagued with an aching back or fallen arches? And when you could remember things without having to write them down, instead of, as is now the case, forgetting to read what you've written down to remember?

And who besides an older person can



The famous five-masted sailing ship "Preussen," on which Hillmann sailed around Cape Horn

really know the sorrows that old age often brings? What teenager can possibly know the grief of losing a marriage mate of several decades, or the loneliness that comes with the loss of this devoted companionship? Or feel the insecurity that comes with failing eyesight, faulty hearing and feebleness? Or know what it means to struggle to make both ends meet on a small pension? Or know the empty feeling of wondering: "Will I be alive next spring to hear the robins sing again?"

Yet, as problematic as old age can be, it does have its advantages. Years of experience have bettered your discernment and insight into the problems that people have. Think of the knowledge you have accumulated. You have become wiser, are probably better balanced, and almost surely you have a deeper appreciation of life.

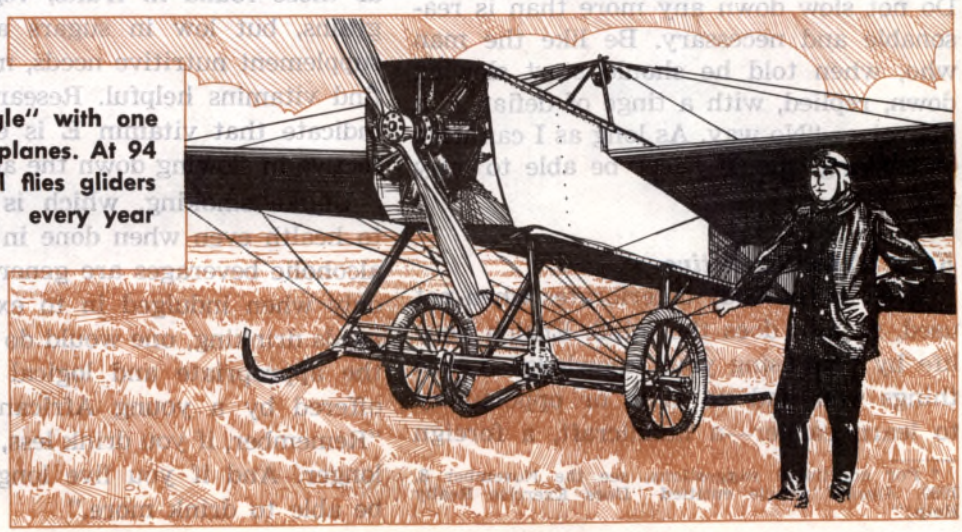
How wonderful it would be if it were possible to enjoy the best of both worlds —the physical vigor of youth along with the wisdom and other benefits of age! And to a limited extent you can, for even though you may be unable to lengthen your life, at least you may be able to lengthen your youth. But how?

Growing old is not just a matter of the body; it is also a matter of the mind, a matter of attitudes. Expect to live long, desire to stay young, and your chances of doing both will increase. It has been said that a person starts growing old the day he begins to worry about it.

Think Young and Think Happy

This obviously rules out rocking away your last years of life on the front porch, oblivious to what is going on in the world. Keep up-to-date. Do not limit your association to friends your own age, with whom discussions may tend to get bogged down in the latest obituary columns. Associate with young people, too. Listen to what they have to say. Learn about their problems. They will appreciate your interest and you will gain their respect. Besides, some of their youthful enthusiasm, cheerfulness and optimism is bound to rub off.

The unpleasant aspects of old age will not be improved by a disposition that has forgotten how to smile. Find joy in small things. Experience the same delight you



The "Old Eagle" with one of his earlier planes. At 94 he still flies gliders every year

The empty feeling of wondering: "Will I be alive next spring to hear the robins sing again?"

felt when as a little child you watched a kitten chase its tail. Let your face light up with the same glow it had when, as a young person, you were surprised with a gift.

Replace thoughts about "dying with dignity" with the more positive ones of "living with a purpose." Remember, a happy and contented spirit can go far in reactivating an unhappy and discontented body. In the seas of life "cheerfulness," as a 100-year-old expressed it, "is our life preserver."

Keep Physically Active

Physical activity engaged in regularly, although in moderation, is essential. This strengthens the heart and lungs, keeps you trim and prevents muscles from sagging. Whatever your preference (some type of sport or simply taking long walks), you will be aided in staying physically active.*

Exercise is particularly important if you have reached retirement age. Retirement should not mean inactivity. Keep busy, working at something that interests you. Do not slow down any more than is reasonable and necessary. Be like the man who, when told he should start slowing down, replied, with a tinge of defiance in his voice: "No way. As long as I can keep on moving, they'll never be able to bury me!"

Keep Mentally Active

Even as the body deteriorates when not used, so also does the mind. Enrich your life by increasing your knowledge. Learn things you had no time or opportunity to learn earlier—a handicraft, a foreign language or how to play a musical instrument. Did you know, for example, that almost two million Americans over the age of 55 have returned to school, many of them now studying at colleges and universities?

In fact, a university solely for students of retirement age was opened in Geneva, Switzerland, in 1975. The initial enrollment of 600 students had climbed to over 2,000 by 1979. A German scientific magazine commenting on this said that university officials had found that, "contrary to the popular notion that old people are unable to learn, it had been established that in general their receptiveness and powers of learning were quite normal."

Watch Eating and Drinking Habits

Studies of the Ecuadorian village of Vilcabamba, one of three regions in the world known for the longevity of its inhabitants, reveal that the people there eat sparingly. They subsist on a low-calorie diet rich in complex carbohydrates, such as those found in fruits, vegetables and grains, but low in sugars and fats. To supplement nutritive needs, many persons find vitamins helpful. Research seems to indicate that vitamin E is especially effective in slowing down the aging process.

Unlike smoking, which is detrimental to health even when done in moderation, alcoholic beverages are generally harmful only when indulged in to excess. As regards drinking, one would do well to heed the appropriate and logical advice once offered by a young African, who said: "Remember, if you drink less, you will live longer. And if you live longer, you will be able to drink more."

* For additional suggestions, see the November 8, 1980, *Awake!* article entitled "Does Exercise Really Help?"

Remain as Independent as Possible

Do not let younger people, even if well meaning, set you back to the days of childhood by being overly protective and condescending in their dealings with you. If you can still live alone, do so. If you can still care for your home, do so. If you can still do your own cooking, do so. If you can still mow your own lawn and wash your own car, do so.

If, on the other hand, you have become feeble in either body or mind and need help, accept help when offered, doing so graciously and with gratitude. Let people help you according to need, not according to age. In this way you will maintain self-respect and will have no reason to feel guilty about unduly imposing upon others.

Do Not Live in the Past

Treasured memories are fine, but keeping too many physical ties with the past, like old letters and pictures, or spending too much time reminiscing, can make you despondent. Rather than living in the past, try to come to grips with the present, while at the same time making plans for the future. Decide what you would like to do tomorrow or next week, and daily you will have something for which to live.

Memories from the past can be transplanted into the present. For example, instead of being like the widow who says: "I haven't done any baking since Charlie died," surprise neighbors or friends by baking them a cake. Tell them: "I thought you might like it. Charlie always did. In fact, chocolate cake was his favorite." By making others happy, you will make yourself happy. Suddenly, that treasured memory has taken on new dimensions.

"I learned that God's original purpose for man was that he live forever and never grow old"

Accept the Obvious

Make allowances for the fact that you are not as young as you used to be. But, then, who is? Do not feel you must keep up with others half your age. There is no reason to "prove" you are still young when it is quite obvious that you are not. Grow older gracefully, with no apologies.

Never cease being grateful for the opportunity you have had to grow old. Millions of young persons, whose lives have been snuffed out prematurely, never had that chance. Do not be like the young man who, when getting up in the morning, complains that he *must;* be like the old man who rejoices that he *still can.*

–The End–

From time to time as Wilhelm read he chuckled and smiled, and nodded his head at certain points. I took these reactions as good signs, but, like most writers, felt some apprehension as to his verdict.

"The article is good—informative and helpful. There is one more point."

His New Goal—Staying Young Forever

"While I was still working out of town, I worked there until I was 81," Wilhelm Hillmann explained, "my wife began a systematic study of the Bible. On weekends I would travel home to be with her. Once I was home a whole week and was able to join in on the study she had with Jehovah's Witnesses. It was quite interesting. Later, after I quit work, I regularly participated.

"During the studies I learned that God's original purpose for man was that he live forever and never grow old. It was a thrill to learn that God's kingdom will soon carry out this original purpose. Bible

prophecies, like the one at Revelation 21: 4, will then be fulfilled: 'And he [God] will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away.'

"Among the 'former things' that are due to pass away, I learned, is old age with all its problems and difficulties. Hope began to grow as I was told I could live to see Job 33:25 fulfilled—on myself and others: 'Let his flesh become fresher than in youth; let him return to the days of his youthful vigor.'

"Little by little, the Bible, which until then I had considered interesting but purely historical, became a book of faith. Finally, well into my 80's, I was baptized as one of Jehovah's Witnesses.

"When I meet some of my friends from earlier times, they tell me I don't seem to be getting any older. And I tell them they just may be right, and then I explain why."

Pushing his Bible across the table, he pointed to Isaiah 40:30, 31 and had me read: "Boys will both tire out and grow weary, and young men themselves will without fail stumble, but those who are hoping in Jehovah will regain power. They will mount up with wings like eagles."

"No one should think himself too old to learn about Jehovah and to hope in him," he said. "Take it from an 'old eagle'! It's the hope of knowing that in God's new system we can for all eternity grow older and yet for all eternity remain young."

LONG LIFE AND SATISFYING WORK

A WORLD-RENOWNED symphony conductor signed a five-year contract with a major record company to make four recordings a year. That may not sound unusual. But the conductor, Leopold Stokowski, was 95 at the time and the contract would have kept him busy at his demanding job until 100! He died in his 96th year.

That is not an isolated instance. The concert stage seems to be particularly crowded with octogenarians and nonagenarians. Pianist Artur Rubinstein is now 95, violinist Jascha Heifetz is 80, and guitarist Andres Segovia is 88, to name just a few of the most famous. Among musicians of the past, Arturo Toscanini, the paragon of conductors, remained active to age 90, Arthur Fiedler led the famed Boston Pops orchestra until he died only last year at 85, and Spanish cellist Pablo Casals remained the director of the Casals Festival until age 96.

In compiling a list of 35 deceased conductors, Dr. Donald H. Atlas, an assistant professor of medicine at the University of California at San Diego, noted that their average age was 73.4 years. In comparison, the average life span of American men, according to Dr. Atlas, is 68.5 years. The doctor commented that "since I have not been able to find a single death in this group at an age younger than 58, I firmly believe that these men were protected by some undetermined factors from the modern scourge of early fatal ischemic vascular disease."

Perhaps shedding some light on those "undetermined factors" were the findings published by the Department of Health, Education and Welfare in a 1973 report entitled "Work in America." The report suggested work satisfaction and general happiness as two leading contributors to longevity.

Some 3,000 years ago, wise King Solomon observed: "I have seen that there is nothing better than that the man should rejoice in his works [enjoy his work, *The New English Bible*], for that is his portion." (Eccl. 3:22) Contrary to popular opinion that "taking it easy" may be the secret of long life, the foregoing studies and examples seem to indicate that meaningful and satisfying work can contribute to longevity. Dr. Atlas added: "I hope that the apparently fulfilling life pattern of conductors will show us how to add life to years as well as years to life."

The Churches In Nigeria —Where Is The Moral Influence?

By "Awake!" correspondent in Nigeria

A NIGERIAN government official told religious leaders: "You have lost [your] grip on your members." He was referring to the current wave of crimes and immoral behavior on the part of many church members.

The government official also stated: "A new God of materialism has been installed . . . a century and a quarter of Christianity has not confirmed us in faith." A university student observed that the social climate in Nigeria was one of "blatant disregard for law and order."

This social climate is reflected among youths. Religious leaders blame this on the absence of religious instruction in schools. However, the lack of discipline is more rampant among adults than among youths. Teachers are often accused of introducing immorality to their students. Parents are blamed for not training their children and for not setting a right example for them. Many of these adults were instructed in church schools.

The *Sunday Chronicle* observed: "Time was when religious instruction was taken seriously. . . . However, recent probe findings do not seem to show that those who emerged from the missionary schools subsequently really put into practice what they learnt."

This decline in influence by the churches is a recent one. What is the reason for it?

The Climate in the Churches

Many people blame church leaders. A *Sunday Statesman* correspondent said that the clergy had "abandoned the traditional code of conduct of the Great Master" and seemed "to love the world more than the ministry." "Although they preach God," declared a college professor, "they have mostly forsaken Him in their pursuit of material things." Retired Anglican Bishop Kale, too, admitted that "officers of the Church have not all been upholding the . . . principles of Christian standards and life."

Then there is the involvement in politics. Government leaders have criticized the churches for "mixing religion with politics." In 1979, the then head of state reminded religious leaders of the evil results when they "openly encouraged" the political excesses that caused the Nigerian Civil War of 1967-1969. With reference to the same war, a *Sunday Chronicle* editorial spoke of "the harm that political religion can do."

This editorial showed another misuse of political influence by the churches. It referred to their various calls "for the banning of certain religious sects." Thus, the churches use political influence against other religions, often in the context of nationalism. And an *Evening Times* report noted: "Of all the religious sects operating in Africa, the worst victims [of persecution] have been the Jehovah's Witnesses."

In addition, there is the disunity existing within each denomination. There are repeated cases of struggles between church factions. Some groups break away and set up their own churches. Others turn away to paganism or to atheistic philosophies.

Bible Illiteracy

Perhaps the real reason for all of this is the lack of Bible education. The Anglican archbishop of Nigeria admitted that university graduates were "poorly equipped in knowledge of the essentials of our religion." Another clergyman noted that "many of the highly secularly educated believers . . . know very little or nothing about the Bible."

It is true that various religious denominations operate schools. Yet religious instruction in such schools has not produced good results.

What about teaching Christian morals *right in the churches?* This is what church services lack most. Generally a Bible text is simply read as a prelude to a social or a political sermon. Obviously, if sermons are politics-oriented and services are ritualistic and uninstructive, the moral influence is bound to be hindered. Christian congregations should be centers not for political indoctrination or unbiblical doctrines but for moral training, education in Christian living and Bible study. Happily, there are congregations that do meet this standard.

What About Jehovah's Witnesses?

Let us examine the impact of the Witnesses as a moral force. Do they conform to the Bible's requirements?

MORALS: The Bible says that Christians must not be corrupt or immoral or undisciplined. (1 Cor. 6:9-11; Eph. 4:25-32; 5:3-12) Though subject to the pressures of these "last days," Jehovah's Witnesses strive to avoid wrong practices. (2 Tim. 3:1-5) Wrongdoers are helped to adjust so that they can conform to God's laws. But those who persist in unchristian conduct are expelled from the congregation. (Gal. 6:1; 1 Cor. 5:11, 13) Sociologist Bryan Wilson observed that African Witnesses "have been uniquely successful in getting their following to keep high standards of moral rigour and self-discipline."

Even criminals have noted this. When a group of prisoners at Warri invited Jehovah's Witnesses to visit them, they said: "We belong to the churches but we have not been helped to develop a good character. We have seen that Jehovah's Witnesses are different. There are none here in prison. We want you to give us some of that medicine that makes your people so good." They were shown that it is the Bible, not some "medicine," that produces the change. So a Bible study class was started in the prison.

Many who have been discharged from prison have associated with congregations in Warri. Others have asked for letters of introduction to congregations in their villages. They are now teaching others to be Christians. Prison officials appreciate the help given to these men that has produced their changed conduct.

POLITICS: The Bible says that the kingdom of Christ is "no part of this world." Those who become friends of the world are called 'enemies of God.' (John 18:36; 15:19; Jas. 4:4) Yet many church leaders disagree with God's Word.

One clergyman said that the refusal of Jehovah's Witnesses to become involved in politics portrays them "as enemies of [the] nation." But political leaders have condemned the clergy, not Jehovah's Witnesses, for dabbling in politics.

Such statements by clergymen show that Jehovah's Witnesses stand solidly in line with the Bible's in-

'What church services lack most is the teaching of Christian morals'

struction. Furthermore, their neutrality on political and military issues has made them stable and trustworthy citizens wherever they may live.

SOCIAL AND RELIGIOUS ACTIVITIES: The Bible says that "pure, unspoilt religion" is this: "Coming to the help of orphans and widows when they need it, and keeping oneself uncontaminated by the world."—Jas. 1:27, *The Jerusalem Bible.*

Jehovah's Witnesses minister to people's

human needs without material profit to themselves. But greater attention is paid to people's spiritual needs and to the evangelizing work that Jesus has assigned to Christians. They go out to "make disciples of people of all the nations, . . . teaching them to observe" all of Jesus' commands. (Matt. 28:19, 20) This impresses people. Clergyman David J. Usen, while asserting that Jehovah's Witnesses were not Christians, indicated that they were following the counsel of Christ. He called on church members to imitate them.

Usen said that the "majority of Christians and Christian churches are static in life and witness," whereas any "honest person who has ever come in contact with

"Give us some of that medicine that makes your people so good"

the Witnesses would be impressed by their zeal" in going to people to teach "the Bible and its message." He said that church members "should note the importance which the Witnesses place on study circles which have produced their highly instructed people."

Jehovah's Witnesses focus on Bible education in their meeting places and homes. This, and their public preaching, makes them an influence for good in their families, congregations and in the community. This is remarkable when we consider that people prefer "their own pleasure to God" and "keep up the outward appearance of religion but . . . have rejected the inner power of it."—2 Tim. 3:4, 5, *JB.*

Witnesses in all walks of life acknowledge that it is the insistence on adherence to the Bible that prevents worldly ways from invading their congregations. Speaking of her high school years, a young Witness and geologist said: "Although I used to desire the social activities of worldly youths, the truth was in my heart. This prevented me from doing the things others were doing and that I thought I wanted to do. Given the opportunity to share in these things, I realized that I did not really desire them. I continued to receive reminders at our congregational meetings and this served as a protection for me."

Jehovah's Witnesses will be happy to assist all those who want to practice the Christianity of the Bible. We invite you to get in touch with them locally or by writing to the publishers of this magazine. It can result in your embracing a way of life that has real power for good.

The Inflation Crisis —Handle It Wisely

"IF IT continues at this rate for much longer the time will come when nobody will be able to eat. Instead of belt-tightening we're going to see people *eating* their belts," said a Brazilian lawyer.

Brazil has suffered severe inflation recently, but it is not alone. From wintry Iceland to tropical Ghana, most countries —whether communist or capitalist, democracies or dictatorships—have suffered from inflation to some degree. Experts differ as to why this is so, but one thing is certain: Ordinary people have to live with it. How do they manage?

For the wealthy, adjustment may not seem too painful. Interviews with professional people in Rio de Janeiro revealed that some had cut down on their trips abroad and others had dismissed their maids, while one had switched from an expensive brand of whiskey to a cheap brand. But what of those who have no maids to dismiss, or who cannot afford even cheap whiskey? One commercial clerk commented: "For people in the low-income brackets this thing must be incredible!"

A Nigerian mother of three revealed to a newspaper reporter that, because of inflation, she had been forced to stop serving her family three meals a day. Now she serves just two. "I'm not the only one, mind you," she maintained. "Hundreds of others [do this] also." True, two "square meals" a day instead of three do not represent starvation. For some persons, however, this is a severe adjustment in their living standard.

Hundreds of millions of persons are having to make drastic changes in their way of life. How do they react?

An Unwise Reaction

Inflation causes many to become fearful. The Philippine magazine *Panorama* stated that, because of inflation, "there's a real, physical nationwide deprivation and, with it, fear. Will we lose our job tomorrow? . . . Can we bear the tyranny of the economy of our time?" This fear can lead people to act unwisely.

An article in *U.S. News & World Report* commented: "Struggling to maintain their lifestyles despite double-digit inflation and the deepening recession, a growing number of middle-class Americans are turning to crime." It goes on to show that a lot of "normally law-abiding citizens" now engage in such crimes as passing bad checks, embezzlement, shoplifting and cheating on taxes. The remark is made: "They're not evil. They are earning less in real dollars and paying more for energy, more for rent, more for food. They wonder how . . . do you cut back?"

Resorting to such crimes to avoid cutting back is not a wise solution. Stealing may give momentary relief to economic difficulties, but it does not solve them. Once the stolen money is spent, the problems come back. If the thief is caught, embarrassment and public shame are added to his problems. Sadly, the growth of crimes such as mugging and theft has added the dimension of uncertainty and terror to the lives of all people around the world, including the poor.

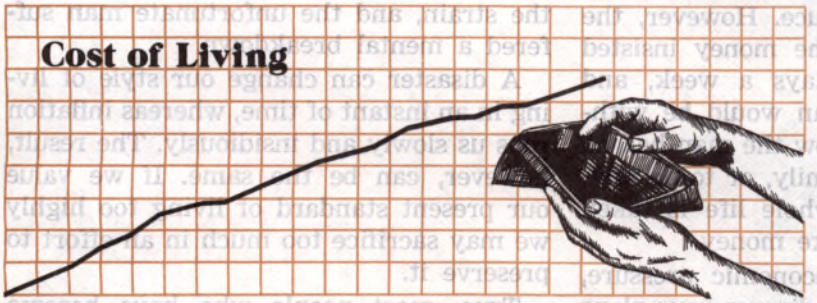
A proverb of Solomon, which expressed

godly wisdom, says: "Do not become envious of the man of violence, nor choose any of his ways." And it points to a strong reason for avoiding such a course, saying: "For the devious person is a detestable thing to Jehovah, but His intimacy is with the upright ones." (Prov. 3:31, 32) There are better ways than crime for handling inflation.

Adjustments That Some Make

Robert Fuller, in his report entitled "Inflation: The Rising Cost of Living on a Small Planet" (as quoted in the Philippine newspaper *Bulletin Today*), said: "Like shortness of breath in the course of normal daily activities, inflation is a signal to us to change our pattern of living." This is true both of nations and of individuals.

Some people have begun to examine their life-style. They are seriously questioning the way they live. Instead of paying inflated prices, many are deciding to do things themselves. In the United States, families have started growing food in their gardens, repairing garments instead of buying new ones, doing their own home repairs and decorating. If something they consider nonessential—like a television set—cannot be easily repaired, they do without it.



In the Philippines, some have said that they are cutting down on smoking and drinking in order to cope with inflation. That is a move in the right direction. They also mentioned that they cut down on soft drinks. Sometimes they walk instead of taking public transportation. Additionally, rather than pay for family entertainment, they take their children for a romp in the park. Truly, "the best things in life are free." They are also immune from inflation.

Being Balanced

Yes, handling inflation wisely can involve changes in life-style. It also frequently involves altering our way of thinking. For example, in one Asian land, a man saved up enough money to buy two pigs. He planned to breed them and develop a small business selling pigs. However, the time came for a feast in his village, and since he was prominent there, he was expected to pay for most of the food. His savings were spent, and his small business—which could have been a hedge against inflation—never materialized.

In the same area, another man borrowed money from the bank to make improvements on his farm. Then, unexpectedly, his son got married. Following the custom of the area, the man prepared a wedding banquet, inviting the whole village to share. If he had done less, he would have "lost face." All the money from the bank loan was spent entertaining his neighbors, and now the bank is threatening legal action to get its money back. Sadly, the man might even lose his farm.

These experiences demonstrate another facet of wisdom in handling economic problems. It may be necessary to have the courage not to follow certain customs or traditions that, while not wrong in themselves, are too expensive to be practical.

'Struggling to maintain their life-styles, a growing number are turning to crime'

Balance is also needed in another matter. In some countries men are offered opportunities to travel to richer lands for work. They may stay abroad for periods of a year or more. When times are hard, such opportunities are difficult to resist. But such a step needs careful thought. What about the family left behind? A man owes his family more than merely money. Who will care for the wife or discipline the children while he is gone? Some who accepted such contracts later returned to find that their children had become delinquents.

Similar was the case of a man employed as a sugarcane cutter. When the world price for sugar plummeted, his wages were reduced and he did not have enough to pay his weekly expenses. He felt that the best solution was to borrow some cash and start a small business buying and selling livestock and produce. However, the one who loaned him the money insisted that he work seven days a week, and threatened that the loan would be withdrawn if he did not. Now the man has no time to care for his family, or to do anything but work. His whole life is taken up in the effort to make money.

When under great economic pressure, would it not be wise to discuss your plans with some experienced, mature persons in whom you have confidence? Is what you have in mind the only answer to your problem? How are other people handling the situation? The Bible says: "Where there are no wise suggestions, purposes come to nothing; but by a number of wise guides they are made certain." (Prov. 15: 22, *The Bible in Basic English*) "Wise suggestions" may help to prevent you from getting into unnecessary difficulties.

Perhaps the basic secret in handling the inflation crisis is to have a proper view of material things, to discern what is and what is not important. Not long ago, a severe flood swept through several provinces in the northern Philippines, destroying much property. One poor family, when they noticed the rising waters, took refuge in a mango tree. From there they saw the swirling waters wash away their flimsy house, their few pigs and chickens —all their material possessions. Their reaction? They thanked God that they were still alive. They appreciated that they still had their most precious possession: life.

One of their neighbors was quite wealthy. He had fields in which a large harvest of rice was waiting to be gathered. When the flood came, the whole crop was destroyed. Even after the disaster, this man probably was still much wealthier than his poor neighbors, but his loss had been greater. His mind could not take the strain, and the unfortunate man suffered a mental breakdown.

A disaster can change our style of living in an instant of time, whereas inflation robs us slowly and insidiously. The result, however, can be the same. If we value our present standard of living too highly we may sacrifice too much in an effort to preserve it.

True, most people who have become used to the conveniences of civilization would not willingly give them all up. Nevertheless, we can live without many of them. Handling the problem of inflation wisely may involve doing so more and more as time goes by.

The Course of Wisdom

King Solomon noted that "wisdom is for a protection the same as money is for

a protection." "But," he added, "the advantage of knowledge is that wisdom itself preserves alive its owners." (Eccl. 7:12)

Have a proper view of material things. Discern what is important and what is not

Solomon had an abundance of both wisdom and money. We do well, then, to consider his opinion of their comparative values. Since money is becoming less and less effective as a "protection," surely now is the time to look at the more valuable alternative—wisdom. Thousands today are coping with inflation simply because they apply Bible wisdom in their lives.

Even in the best of times, godly wisdom is superior to money. In what way? In that it teaches us about Jehovah God and his purposes. At the present time, godly wisdom helps us to understand why mankind is being inundated with seemingly insurmountable problems, such as inflation. It helps us to make the best possible use of the possessions we still have and points us to the fast-approaching time when God himself will intervene in world affairs and give faithful mankind life in an inflation-free paradise.

Additionally, godly wisdom teaches us that, even now, no matter how severe inflation or other problems may become, those who worship God in harmony with his Word of truth will not be forgotten by him. As many can testify, he watches over them so that they lack nothing that is essential for their life.—Matt. 6:25-33.

This godly wisdom is based on knowledge found in God's Word, the Bible. If inflation is destroying your peace of mind, or is posing apparently insoluble problems, we encourage you to look into the Bible and see how its wisdom can help you. You will find no better guide in these times.

VOLCANO POWER

"The violent eruption of Mount St. Helens [in Washington State] on May 18 of last year was one of the most closely monitored, most intensively photographed and most fully documented volcanic eruptions in history," says *Scientific American* magazine. The article observes that the power of such eruptions is often described in terms of the energy of a nuclear explosion—in this case, the equivalent of a 400-megaton bomb, or "eight times more powerful than that of the largest nuclear device ever detonated." But this method of comparison is said to be somewhat misleading because nuclear explosions occur in an instant, while the Mount St. Helens eruption was spread over nine hours. A more accurate comparison, the article suggests, would be the "serial detonation of some 27,000 Hiroshima-size bombs: nearly one a second for nine hours." The magazine also notes that "the eruptions of the past century are probably only small samples of the volcanic energy still at the earth's command."—March 1981, page 68.

Natural Wonders

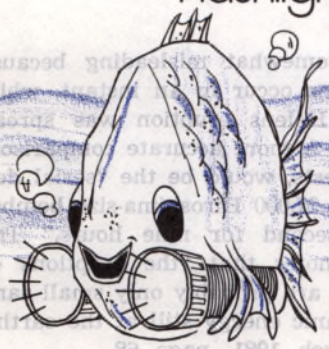
Father Love

Mother love has been well publicized. When the spotlight is turned on the emperor penguin, it's father's turn. This biggest of the penguins stands nearly four feet tall. About April—late fall in their homeland Antarctica—they all assemble in an agreed-upon place. There they court ashore for about two months. They live on love, you might say, since they do no eating during this time. Then the female lays an egg and leaves. The male rolls the egg onto his feet, covers it over with a slab of his fat, and stands there for two months. By then, hopefully, Mamma is back from her two-month eating binge with stored-up food for the newly hatched chick. If she doesn't show up, Daddy has to cough up the lining of his throat and feed it to his new offspring. By now he has fasted four months and is 40 percent lighter. But look at that beautiful baby—it makes it all worthwhile!

A Spider's Flypaper

Out of the orb-weaver spider's spinnerets comes the liquid protein material that quickly hardens as it is expertly strung into those beautiful webs you see laden with early morning dew. The spinnerets can be manipulated to produce several different kinds of web—some strands thick, some thin, and some sticky. Most of the silk is not sticky, but some strands strategically placed are. They are the ones that hang on to the hapless flies—yet never entangle the spider. With its mouth the spider oils its feet and then walks on the sticky silk with impunity.

A Fish With Flashlights



Have you ever been momentarily blinded at night by someone throwing the beam of a flashlight in your eyes? Then you know how some sea creatures feel when they are about to dine on a tasty fish and suddenly have it flash a green light into their eyes and temporarily blind them. By the time they recover, their meal has vanished. Flashlight fish, as these light bearers are commonly called, do not make their own light, as do fireflies and glowworms and most other bioluminescent creatures. In pouches under its eyes the flashlight fish stores bacteria that actually produce the light. The fish can regulate the amount of light the bacteria produce, mainly through the control of oxygen. The pouch containing the bacteria has its own separate eyelid by means of which it covers or reveals the green light. It is believed that in addition to using these flashlights to temporarily blind predators, the flashlight fish uses them in communicating and in foraging for food.

Why Breast-Feeding Is Best Feeding

By "Awake!" correspondent in Africa

IN Western nations bottle-feeding has long been preferred, but now pediatric experts are trying to persuade mothers that breast-feeding is better. On the other hand, in the developing nations artificial preparations are increasingly being chosen.

Is bottle-feeding beneficial? Why is breast-feeding now being advocated where bottle-feeding has been in vogue? Sound answers can help mothers to choose the method best for their babies.

JUST 100 years ago, practically all mothers breast-fed their infants. So did their mothers for thousands of years before that. Supplements to breast milk were introduced only when the weaning process began.

However, in Western industrial nations, the majority of young women today are employed outside the home and so find it more convenient to bottle-feed their babies. Many also regard breast-feeding as socially backward.

In developing countries, too, artificial feeding is being used for more and more babies of preweaning age. In hospitals, newborn infants are routinely placed on bottle-feeding schedules, because this is convenient for the hospital staff.

In developing countries a majority of infants are still either wholly or partially breast-fed. But a mother in an urban area may breast-feed at night and in the morning; then, while she is away at work, an older child or a relative bottle-feeds the infant.

Since local unprocessed milk or a pap is often used in this feeding, many feel that it is preferable to educate mothers to use infant formula preparations. But there are problems.

The Problem of Sanitation

The effect of poverty is an acknowledged problem affecting health in poor communities. The absence of sanitation and health care, along with the lack of sufficient food and safe drinking water, are basic causes of disease and death in infants. Where artificial feeding is increased under such conditions, the risk of contamination grows, if proper precautions are not taken to sterilize equipment.

There is much less possibility of contamination in breast-feeding than in bottle-feeding. This is why a Venezuelan doctor, when he found that 10,000 babies in that country die each year from gastroenteritis and pneumonia, said: "A totally breast-fed baby does not get sick like this." Similarly, it has been found in India that infants who were bottle-fed from birth had

a death rate nearly eight times as great as those who were breast-fed. Unhygienic handling of baby food is largely to blame for this. There is also another factor. Breast milk in itself provides better protection against disease.

Immunizing Benefits

The newborn infant enters a world that is full of diseases for which it does not yet have immunity. Breast-feeding provides for this in the colostrum that the mother secretes instead of milk for a few days after the baby's birth. This yellowish fluid is rich in antibodies and proteins that provide an immunity lasting several months against certain bacteria.

The breast milk, too, is rich in antibodies and chemical properties that destroy harmful bacteria and viruses and block the entry of foreign proteins that cause allergies. By contrast, the heat treatment used in preparing artificial infant food destroys some of the elements that fight disease. So the bottle-fed infant has less protection.

Nutritional Benefits

Breast milk also contains the needed elements in the right proportion and composition. Thus minerals, vitamins and other elements can be absorbed without overloading or causing stress to the baby's immature and delicate digestive system. It is easily digestible.

Let's look at some of the ways in which this is true: The low concentration of iron in human milk is absorbed in far greater proportion than from cow's milk. This supplies all the iron a baby needs during its first six months of life. If iron were present in greater concentrations, it would combine with certain protective proteins provided by breast milk, preventing their antibacterial actions. Researchers think that the lower concentrations of iron also contribute to the lower incidence of botulism in breast-fed infants, as larger concentrations may promote the growth of the organism that causes this illness.

Colostrum contains great concentrations of protein and another powerful growth-stimulating factor. This is thought to help in developing mucous membranes in the intestines and in building up resistance against certain gastrointestinal problems.

Babies have a great need for fats to supply energy and promote normal growth. The fats in human milk are readily absorbed without increasing the need for vitamin E, which must be supplied for babies fed on artificial preparations. The fatty content of milk, which causes a feeling of fullness, increases as the baby sucks. This discourages overfeeding and so tends to prevent obesity in infancy. This may also tend to safeguard against obesity in later life.

Breast milk contains high proportions of cholesterol, which is thought to be helpful in developing the baby's nerve tissue, body membranes and bile acids. This higher level of cholesterol may also predispose the baby's system to break down this element. It may thus help an adult who was fully breast-fed as a baby to handle the intake of cholesterol without developing atherosclerosis.

Other Benefits

From all that we have seen, bottle-feeding does not bring the greatest benefits to the baby. True, it may be more convenient for the mother and the hospital staff. And the sale of baby foods is certainly big

Bottle-fed infants had a death rate nearly eight times as great as those breast-fed

business for the manufacturers. But it is the baby who is on the losing end.

Breast milk is rich in antibodies that destroy harmful bacteria and viruses

Writing in the *Sunday Sketch* newspaper, a Nigerian psychiatrist drew attention to another benefit that comes to breast-fed babies. He said: "Many mothers these days are more concerned with developing the physical aspects of their baby. They buy the best powdered milk and feed the baby with it almost from birth, ignoring the very special sensation, satisfaction and affectional bond that develops between mother and baby when the baby sucks the breast energetically."

The development of this warm, deep relationship, called "bonding," contributes to the child's mental and emotional development. The mother, too, becomes increasingly satisfied in giving of herself to her child. This, in turn, equips her to play the loving role of mother toward each child from infancy to adulthood.

Another benefit is that breast-feeding increases the period of infertility following the birth of the baby. This provides a natural means of child spacing. Also, some of the hormones that function in producing milk have the effect of shrinking the uterus and using up deposits of fat that accumulated during pregnancy. This helps the mother to regain her natural shape.

Finally, a report in the New York *Times Magazine* of July 8, 1979, revealed that "several investigators have also noted a decreased incidence in breast cancer among women who breast-feed."

Clearly, the wisdom of the Creator, in providing milk for an infant from its mother is greater than that of two generations of makers of baby formulas. —Gen. 1:27, 28; Ps. 139:13-16.

All of this does not mean that breast-feeding does not include any problems or dangers. Breast milk can be polluted. If mothers take certain drugs, traces of these appear in the milk. When they are exposed to insecticides, the breast milk may carry solutions of these chemicals.

Another consideration is that breast milk is not free. A mother needs to be adequately fed in order to produce sufficient healthful milk. The mother could wisely use what she would spend on artificial feeding to provide nourishing meals for herself.

Of course, breast-feeding does not necessarily come naturally. However, most women can learn to nurse their babies, if they are willing and are given emotional and practical support by others. As the baby sucks, a nervous reaction causes release of hormones that stimulate the flow of milk. This process becomes easier as the mother becomes accustomed to nursing.

Considering the difficulties and advantages, what is the best method of feeding your small child? In most cases, breast-feeding is. It is not simply feeding your baby. By breast-feeding you are truly *nursing* your baby.

In Future Issues

- ***Why Are There So Many Religions?***
- ***Can Science Redesign Life?***
- ***How You Can Fight Depression***

Truth In Advertising—do you recognize it?

"Warning—this card may damage your wealth." That was part of the advertising slogan used for Barclaycard, Britain's leading credit card. Why would a bank issue such a warning about one of its own money-making schemes? "The problem is," said one bank manager, "it is credit extended without any control and a lot of them are getting into trouble." This has resulted in mounting uneasiness in the banking world and stress and anxiety among cardholders.

"It was like having four weeks' extra pay," said an engineer in the West Midlands in England, because the bank allowed about a month before settlement had to be made. Many cardholders had a similar notion, that the card gave them an imaginary 13th month's salary, and that got them into financial trouble. An Anglican vicar who used the card admitted: "It led me into awful temptation and they started sending me warning letters."

Perhaps another group of British banks had it right all along when its advertisement said that their credit card was designed to "take the waiting out of wanting." When a person confuses his wants and needs and can no longer wait, there is bound to be damage not only to his wealth but also to his health, physical and spiritual.

Stress Destroys Many Men

Syndicated columnist Jim Sanderson recently commented on the attitudes and drives that cause many males to suffer from stress.

"United States public health statistics show that males make 25 per cent fewer visits to doctors and dentists than females. When men finally do concede they need help it's likely to be a problem which has gone further than it should have."

This "be strong" attitude, combined with the effects of stress, may account for a shocking change. In the 1920's the average man died about a year younger than a woman. Now he dies 7.7 years younger. Sanderson continues:

"No matter how hard he's been working, he doesn't feel he has the right to linger in bed. A man should be up and doing something useful. . . . Many men feel that asking for help also is 'feminine' . . . To fall sick is to become dependent on someone. To have an annual medical check up is to be a hypochondriac.

"Nobody understands how many male physical problems are caused by stress: the constant driving, striving for goals which always seem to recede before a man. When tensions build in a woman, she seems to know better how to give vent to her emotions [such as by crying]. But to be 'emotional' for a man is to lose control."

Interestingly, this article in "The Seattle Times" was entitled "Macho Is Murder."

Lessons You Can Learn From Sports

HE SEEMS in a trance, hunched over in his chair, body tense and eyes trained on the television screen. It is the championship game and his favorite team is playing. Only a minute left and the outcome hangs in the balance. He inches forward to the edge of his chair, hands clenched and gaze fastened on the screen.

At this crucial moment his wife appears in the doorway to ask: "Honey, how do you like my new dress?"

Need we continue?

For many, sports appeal to the itch for excitement and suspense. They give the thrill of being a winner, either directly or by way of association. They may aid in forgetting troubles, at least temporarily. They may help us stay in shape, or perhaps, more correctly, help us get out of the shape we are in. Of course, not everyone is interested in sports. However, everyone can learn something from them. What principles can sports teach persons not particularly interested in them?

HAVING A GOAL IN LIFE IS TO OUR ADVANTAGE. All sports have certain goals or objectives. As examples, in baseball the participants are trying to make runs, in track to cover a certain distance as quickly as possible, and in basketball to shoot baskets. Without having particular goals and trying to achieve them, what would be the point?

Likewise, life without goals is pointless, goes nowhere. Be sure, therefore, that you have goals, worthwhile ones, to guide your use of time and energy.

DETERMINATION BRINGS RESULTS. Over 60,000 voices roared their approval. The occasion? The 1960 Olympics in Rome. A black runner, Wilma Rudolph, 20 years of age, had just won her third gold medal. She, perhaps better than any other athlete present, was living proof of the value of determination. For about a third of her young life a paralyzed left leg had prevented her from walking, much less running. But she was determined to overcome her handicap. Exercises helped her, as did her mother's advice: "Do your very best, and above all,

never give up." Wilma never did, and her determination paid off.

When faced with setbacks or when despondent because of your own inadequacies, do you drop out of life's race, or do you remain determined to reach your goal? Think how much better the world would be if, instead of being resigned to defeat, couples would remain determined to make their marriage a success, parents would remain determined to rear their children properly, and each of us would remain determined to promote peace.

IT GOES WELL WITH THOSE WHO OBEY THE RULES. A newspaper writer described sports as "the best means yet devised for teaching human beings to obey rules even when winning is very important." Of a truth, all types of sports have rules. If a player or his team does not obey them, penalties are imposed. In ice hockey, for example, a player may have to spend time in the penalty box. It could mean defeat.

All of us want to be winners in life. Ignoring the rules of society in dealing with others could turn would-be winners into sure losers. Law enforcement agencies might penalize the trespasser, perhaps even imprisoning him in something more confining than just a penalty box.

SPORTSMANLIKE CONDUCT PROMOTES SELF-RESPECT. Willye White, an American broad jumper, felt that her chief rival had been unfairly eliminated from competition at the 1965 national championships. In a fine example of sportsmanlike conduct, she appealed to the officials and succeeded in having the girl reinstated. The result? Her rival beat her and White lost the championship. Afterward she said: "I wanted to win just as badly as anyone else, but what would I have gained if I had won [unfairly]?"

A student who cheats on his exams, a businessman who files dishonest tax returns, or a person who builds a reputation behind a mask of hypocrisy is ignoring the principles of fair play. While cheating others, he robs himself of self-respect and thereby cheats himself most of all.

SELF-CONTROL LEADS TO SUCCESS. Björn Borg, tennis champion, is noted for his icy self-control. He explains that self-control is a must to ensure proper concentration. And as any athlete knows, the briefest lapse in concentration can cost him the game. But it is a lesson Borg admits he had to learn. As a youngster, he behaved badly. His club suspended him, and his mother locked his racket in the closet for five months. He now says: "Since the day I came back from that suspension, no matter what happened, I behaved on the court."

Self-control will enable us to concentrate on the really important tasks of life, not letting ourselves be needlessly sidetracked. We will not waste our time and energy and abilities on foolish pursuits or bad habits.

ENDURANCE PAYS OFF. Sports often require great physical endurance. Of speed skating, for example, five-time Olympic gold medalist Eric Heiden said: "You think you'd give your life to be able to stand up. Your back is killing you so much you'd do anything to get out of that crouch."

Are you willing to endure in order to reach worthwhile goals in life? Young people may have to forgo certain comforts and freedoms in order to get a good education. A person living according to Bible principles may have to endure abuse from others.

COOPERATION WILL BE REWARDED. Team sports stress cooperation. Red "Galloping Ghost" Grange, former American football star, recalls that he was always embarrassed when people praised him. He said: "You wish people could understand that it takes eleven men to make a football team."

The same principle holds true in other areas of life. Is it not the marriage mate who cooperates for the common good rather than competing with his or her partner for personal advantage, who gains love and respect?

BALANCE IS THE KEY TO VICTORY. Sports, such as gymnastics, teach us the need for balance.

It should be remembered, however, that sports can also do us a disservice. They can make us too competitive, determined to win at any cost. The more violent contact sports can brutalize the participants. It would also be unwise to devote excessive time or energy to sports. They are not the best way to learn these important lessons for life—they only illustrate the principles.

Henry Carr, a gold medalist in the 1964 Olympics, found the best way: studying the Bible, associating with true Christians and patterning his life after God's Word. Therefore, when giving up professional sports and becoming a dedicated Christian, Carr said: "Sports are good—in their place."

THE BIBLE AND LESSONS TO BE LEARNED FROM SPORTS

HAVING A GOAL IN LIFE IS TO OUR ADVANTAGE
"The plans of the diligent one surely make for advantage." ("Forethought and diligence are sure of profit," says "The New English Bible.") —Prov. 21:5; see also Matthew 6:33.

DETERMINATION BRINGS RESULTS
"Daniel determined in his heart that he would not pollute himself . . . . Accordingly the true God gave Daniel over to loving-kindness and to mercy before the principal court official." —Dan. 1:8, 9; see also 1 Corinthians 9:24.

IT GOES WELL WITH THOSE WHO OBEY THE RULES
"Obey, please, the voice of Jehovah . . . and it will go well with you, and your soul will continue to live."—Jer. 38:20; see also Hebrews 5:8, 9.

SPORTSMANLIKE CONDUCT PROMOTES SELF-RESPECT
"He that is hating unjust profit will prolong his days."—Prov. 28:16; see also Proverbs 19:5.

SELF-CONTROL LEADS TO SUCCESS
"He that is slow to anger is better than a mighty man, and he that is controlling his spirit than the one capturing a city."—Prov. 16:32; see also 1 Corinthians 9:25.

ENDURANCE PAYS OFF
"By endurance on your part you will acquire your souls."—Luke 21:19; Heb. 10:36.

COOPERATION WILL BE REWARDED
"Two are better than one, because they have a good reward for their hard work. For if one of them should fall, the other one can raise his partner up. But how will it be with just the one who falls when there is not another to raise him up?"—Eccl. 4:9, 10.

BALANCE IS THE KEY TO VICTORY
"Be training yourself with godly devotion as your aim ["Spend your time and energy in the exercise of keeping spiritually fit," "The Living Bible"]. For bodily training is beneficial for a little; but godly devotion is beneficial for all things."—1 Tim. 4:7, 8.

From Our Readers

DRUGS

It is high time that the disastrous effects of marijuana and hashish be expressed clearly and understandably. You can be congratulated for handling the drug problem in your "Awake!" magazine in such a realistic manner.

G. S., Germany

We of the Working Group for the Prevention of Drug Addiction received a copy of "Awake!" and considered the article "Drugs—How Dangerous Are They?" very carefully. Your contribution has helped place our difficult task in the right light. Our greatest problem, however, is that the number one drug in our country, alcohol, is not being taken seriously. We would be happy if you could publish an article dealing with this problem.

F. K., Germany

For discussions of misuse of alcohol, please see "Awake!" of March 8, 1980, and May 22, 1981.—ED.

Your article on drugs is brave, forthright and timely. Congratulations.

W. H., Hawaii

RELIGION IN POLITICS

Congratulations on your recent issue of "Awake!" with the articles on "Does Religion Belong in Politics?"

P. J., Kansas

I take exception to your articles on "Does Religion Belong in Politics?" Where would all God-fearing people and all the United States of America be if we God-fearing people stopped voting and quit trying to elect men who are followers of Christ's teaching?

D. W., Florida

Why can't we Christians tell the politicians we don't want bad morals, bad books on the stands, bad TV?

M. C., Missouri

We agree as to the need of improvement in world conditions but differ as to how this can be accomplished. Our views are bound by the principle stated by Jesus: "My kingdom is no part of this world." (John 18:36)—ED.

I want to express my appreciation for your frank exposé of the topic "Does Religion Belong in Politics?"

J. B., Indiana

THE OCCULT

Thank you for your fine articles. They are not only informative but comforting in a frightening world. I find each issue very timely. The magazine dealing with the occult and its trappings arrived at a critical time. Being encouraged by friends I was on the verge of getting seriously involved in these things. By carefully reading the articles and references on this subject, I had the strength to tell my friends I could not participate in this.

L. C., Canada

VITAL INFORMATION

I want to congratulate you on the fine articles that I have had the chance to read. They are truly matters that affect our very existence. As Coordinator and Supervisor of MOBRAL (Brazilian Literacy Movement) in this municipality, I have made good use of certain articles in my meetings with the personnel. Keep on as you are doing, for we need someone to investigate world events and bring to us readers the facts as they stand.

J. G., Brazil

Watching the World

No Nuclear War Winners

◈ At a meeting in Virginia of the International Physicians for the Prevention of Nuclear War, doctors from Europe, Japan and the Soviet Union agreed that it would be 'futile to plan to survive a nuclear war' because the casualties would be so vast that they would include most of the medical personnel who could treat victims. Soviet cardiologist E. Chazov said: "Some of the military, public functionaries and even scientists are trying to diminish the danger of the nuclear arms race, to minimize the possible consequences of a nuclear war." Summing up the doctors' position, Chazov said: "Statements appear that a nuclear war can be won, that a limited nuclear war can be waged, that humanity and the biosphere will still persist even in conditions of total nuclear catastrophe. This is an illusion which . . . must be dispersed."

Attitudes of Younger Catholics

◈ A Knights of Columbus poll of Catholics aged 10 to 30 revealed massive opposition to many basic Catholic teachings. The survey found that 90 percent rejected the Church's position on birth control and 89 percent opposed the Church's stand against remarriage for divorced people. Only 25 percent said that they believed in the infallibility of the pope, and only 37 percent attended Mass weekly.

Crib-Death Clues

◈ Sudden Infant Death Syndrome (SIDS), or crib death, has long puzzled doctors. For no apparent reason, seemingly normal babies will die, usually while sleeping. A physician who has investigated the matter for eight years says that the fatal affliction has been linked to severe anemia and cigarette smoking by the mothers during pregnancy. Dr. Richard L. Naeye, chairman of the department of pathology at the Hershey Medical Center in Hershey, Pennsylvania, stated that "a condition of severe anemia during pregnancy predisposes the fetus to SIDS," and that a pregnant woman who smokes also predisposes her newborn child to the affliction. He noted that crib-death victims were once thought to be completely normal children, but it is now known that there are chronic abnormalities in the brain stem area that controls breathing and other vital functions. The finding that smoking is a factor, Naeye said, "has raised the question of the role of inadequate oxygen delivery to the infant before birth. The areas damaged by SIDS have a much higher need for oxygen."

Easter Stampede

◈ Christendom's churches celebrate Easter to commemorate the resurrection of Jesus Christ, the "Prince of Peace." But New York City's annual "Easter Egg Hunt" in Central Park was anything but peaceful. A riot was touched off when several thousand people made a frenzied effort to get prizes that were tossed into the crowd. Scores were knocked to the ground, six were hurt, and dozens of youngsters were separated from their parents. "I saw people getting stepped on and trampled," said one woman. She added: "People were crying, screaming—the works. It was like the whole world was coming to an end." A police officer said: "People went crazy." This mood was more in keeping with the pagan origin of Easter than with anything having to do with Jesus Christ.

Microwave Decision

◈ A New York State worker's compensation board upheld a judge's previous decision that a worker's death was caused by prolonged exposure to injurious microwave radiation used in telecommunications. The board ordered the New York Telephone Company to pay $28,000 to the worker's widow. He had spent eight years as a supervisor maintaining television relay equipment at the Empire State Building. The judge had ruled that the employee suffered "brain changes, tissue destruction and acceleration of arteriosclerosis" from the prolonged exposure to the microwave radiation.

Church Buildings Under Siege

◈ In two months during 1981, churches and synagogues in Brooklyn, New York, were robbed or vandalized on the average of one every 20 hours. Many of these acts involved toppling statues, smashing tabernacles, breaking stained-glass windows, painting swastikas and graffiti on walls,

and other expressions of contempt. Officials indicate that most of the damage comes from troubled youths who are hostile to religion and who have been exposed to a steady diet of violence in their environment, including movies, television shows and rock-music concerts. The spread of drugs and alcoholism among youths was also given as a contributing factor.

Crime Hits One in Three

◈ The U.S. Justice Department said that last year one out of every three American families was victimized by crime, which is steadily rising in volume. Rape touched 6 percent of all families, 14 percent experienced theft while away from home, burglaries hit 17 percent, and an additional 2 percent had cars stolen. The report concluded: "All Americans are at risk to an extent previously unknown."

Islam Changes a Rule

◈ For centuries, Islamic orthodoxy kept women hidden behind veils. This included the practice of a man not seeing his bride until the actual marriage ceremony. In Saudi Arabia, a committee of interpreters of the Koran recently ruled that a woman might unveil her face to a prospective bridegroom once the couple was formally engaged. The ruling also stated: "Any man forbidding his daughter or sister from meeting her fiancé face to face will be judged as sinning." This ruling made front-page headlines around the Persian Gulf.

Police Escort Shoppers

◈ A highly successful experiment was much appreciated by elderly shoppers in the Coney Island section of New York city. It involved the use of a police escort two days a week from 10 a.m. to 2 p.m. for those elderly who wanted to go shopping but were afraid to because of the high incidence of crime in the area. Two police vans shuttled them to and from neighborhood shopping centers. Police officers watched over those at the pickup sites and shopping centers. One policeman remarked at the appreciation that the elderly women showed: "I've never been kissed so much in my life."

Artificial Skin

◈ Doctors at the Massachusetts General Hospital in Boston report the successful use of artificial skin to replace skin destroyed by burns. Made from cowhide, shark cartilage and plastic, it was used on 10 burn patients who had suffered third-degree burns over 50 to 90 percent of their bodies. Three of the 10 "probably would have died" without it, said Dr. John F. Burke, head of the surgical team. None of the patients needed drugs to suppress their immune systems. So the new skin does not increase the risk of fatal infection. Dr. Burke said it was too soon to predict how long the body would keep this artificial skin without rejecting it, but he believed it would be for a lifetime.

Library "Rip-Off"

◈ The Metro Library in Toronto, Canada, is losing books at the rate of 12,000 a year, damaged or stolen. The cost to taxpayers is $250,000 annually, reports the Toronto *Star*. The library caught one person who already had removed 20 pages from books that had a replacement value of $1,000. Often the apprehended thief will claim that he is only taking something that can be replaced, that the city is rich and he is poor, and that his "intellectual needs" are more important than the taxpayers' costs.

Noise Affects Blood Pressure

◈ It has been well established that excessive levels of noise can impair a person's hearing. Studies at the University of Miami School of Medicine indicate that noise can also trigger high blood pressure, a cause of strokes and heart attacks. Experimental monkeys were exposed each day, for nine months, to the kind of noise that people who work in noisy industries are exposed to daily. The average rise in blood pressure was 27 percent over the study period. Blood-pressure level was increased, however, without hearing being impaired, since the noise level the monkeys were exposed to was not excessively high. During the month following the experiments, the monkeys' blood pressure remained high, which may indicate the long-term effect that noise can have.

Dialing Jokes Not Funny

◈ The United States General Services Administration calculated that employees of various government agencies in one federal building in Manhattan were spending so much time ringing up telephone company services such as "Dial-A-Joke" (as well as recorded horoscopes, betting results and others) that the government's phone bill there increased by $3,000 a month. These unauthorized calls are increasing at local agencies and private concerns as well. A New York City official estimated that unauthorized calls to the "Dial-It" lines added at least $250,000 a year to the city's phone bill. The telephone company says that it received 299 million calls on its various "Dial-It" lines during 1980, an increase of 34 million over 1979.

"Hot" Cars

◈ Stealing cars is big business in the United States. Over a million are stolen each year, and many are "exported" to different countries for several times the domestic price. Estimates of the total number sent overseas range up to 200,000. A U.S. Customs Ser-

vice officer said: "The problem's very close to getting out of hand." Since so many cars are shipped out of the country in legal trade, there are not enough Customs workers to check for illegal ones. Also, says a senior Customs agent in Washington: "We don't encourage people to work on auto theft because we have other mandated priorities."

Underground Fires

◈ More than 250 underground coal-mine fires are now burning in the United States, reports the New York *Times*. Some of these have required mass evacuation of residents. For example, in Centralia, Pennsylvania, an underground coal fire has been burning for 19 years. It was ignited in 1962 by refuse burning in a waste dump that had been dug over a coal seam. Noxious gases and cave-ins due to the fires have come close to taking lives. One 13-year-old boy barely escaped when a huge hole opened up in a yard and almost swallowed him. A service station owner almost lost his life when fumes from an underground fire depleted his oxygen supply as he slept. Found unconscious, he was revived with an oxygen pump. The Bureau of Mines has spent several million dollars trying to solve the problem in Centralia alone. But all efforts have failed to put out the fire. Some experts say that the only sure solution would be the removal of the 109 homes in the affected area, and then the excavation of the fire.

Silent Majority

◈ Seventy-three percent of federal employees in the United States who had abundant knowledge of illegal and wasteful government activities did not report them. They felt that nothing would be done to correct the situation. Fear of reprisal was the reason 19 percent gave for keeping quiet. Of those employees who did come forward, nearly half said that the abuses they reported were not corrected.

Brains Drain

◈ American high school students who get high marks on annual Scholastic Aptitude Tests (SAT) are a vanishing breed. "From 1972 to 1980, the number of students scoring better than 650 out of a possible 800 points on the verbal part of the SAT dropped 46 percent," reports *U.S. News & World Report* magazine. Of nearly one million students who took the test last year, only 29,019 scored above 650, while 53,794 did so eight years earlier in 1972.

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