

Awake!

April 22, 1999

Awareness • Inspiration • Recovery

How to handle infidelity
in your marriage
and still stay in love
with your mate
by Carol Tavris
and Roy Malouff
Illustrations by
Stanley Meltzoff

WHEN A MATE IS UNFAITHFUL

Best-Selling Authors

Average Printing 19,288,000
Published in 83 Languages

When a Mate Is Unfaithful

3-12

How does it affect those involved? Should one try to reconcile with an adulterous mate? Is divorce a wise option?

Cover: Superstock

Pictorial Archive (Near Eastern History) Est.



Mount Sinai —A Jewel in the Wilderness **16**

Visit present-day Mount Sinai, possibly the very mountain that Moses ascended.



Exiled in Siberia! **20**

Read about a family that survived years of captivity in Siberia, and learn how their faith in God sustained them.

Infidelity—Its Tragic Consequences	3
Is Reconciliation Possible?	5
The Option of Divorce	9
Young People Ask . . . Why Am I Obsessed With My Weight?	13
Outstanding Conference on Bloodless Surgery in Moscow	26
Watching the World	28
From Our Readers	30
Bifocals—Who Had Them First?	31
It Can Improve Your Family Life	32

INFIDELITY—ITS TRAGIC CONSEQUENCES

"I've left," said the voice on the telephone—likely the most devastating words Pat's husband had ever said to her. "I just couldn't believe the betrayal," she says. "What I'd always feared most—that my husband would leave me for someone else—became an awful reality."*



PAT, a 33-year-old, really wanted to make the marriage work; her husband had assured her that he would never leave her. "We promised to stand by each other, come what may," Pat recalls. "I was convinced that he meant it. Then . . . he did that. Now I've got nothing—not a cat or a goldfish—nothing!"

Hiroshi will never forget the day his mother's extramarital affair came to light. "I was just 11 years old," he recalls. "Mom came storming through the house. Dad was right behind her, saying, 'Just hang on. Let's talk about this.' I could sense that something had gone horribly wrong. Dad was shattered. He's never quite recovered. What's more, he had no one to confide in. So he turned to me. Imagine it: a man in his 40's coming to his 11-year-old son for consolation and empathy!"

Whether it is the scandalous affairs that have rocked royalty, politicians, film stars, and religious leaders or the betrayal and tears in our own families, marital unfaithfulness continues to take a tragic toll. "Adultery," states *The New Encyclopædia Britannica*, "seems to be as universal and, in some instances, as common as marriage." Some researchers estimate that between 50 and

75 percent of people have at some time been unfaithful. Marriage researcher Zelda West-Meads says that although much infidelity goes undetected, "all the evidence points to affairs being on the increase."

An Avalanche of Feelings

Though shocking, the statistics for infidelity and divorce do not reveal the full impact on people's daily lives. Besides the enormous financial implications, consider the mountains of feelings locked in those statistics—the buckets of tears shed and the immeasurable confusion, grief, anxiety, and excruciating pain that is suffered, as well as the countless nights that family members spend in sleepless anguish. The victims may survive the ordeal, but they are likely to carry the scars for a long time. The hurt and damage is not easily undone.

"A marital breakdown normally produces a huge eruption of emotions," explains the book *How to Survive Divorce*, "an eruption which sometimes threatens to obscure your vision. What should you do? How should you react? How do you rise above it all? You may swing from certainty to doubt, from anger to guilt or from trust to suspicion."

That was Pedro's experience after he learned about his wife's unfaithfulness. "When there is infidelity," he confides, "then

* Some names have been changed.

a flood of confusing emotions rain down." The sense of devastation is difficult enough for victims to comprehend—let alone outsiders, who have little grasp of the situation. "No one," claims Pat, "really understands how I feel. When I think about my husband being with her, I feel a real physical pain, an ache that is impossible to explain to anyone." She adds: "There are times that I think I'm going crazy. One day I feel so in control; the next day I don't. One day I miss him; the next day I remember all the scheming and lying and humiliation."

Anger and Anxiety

"At times," admits one victim of infidelity, "the emotion that hits you is raw anger." It is not just indignation about the wrong done and the injury inflicted. Rather, as one journalist explained, it is "resentment of what could have been, and was spoilt."

Also common are feelings of low self-worth and feelings of inadequacy. Pedro confides: "You have feelings like these: 'Am I not attractive enough? Am I in some other way deficient?' You start to dissect yourself to find the fault." In her book *To Love, Honour and Betray*, Zelda West-Meads, of the British National Marriage Guidance Council, confirms: "One of the hardest things to cope with . . . is the decimation of your self-esteem."

Guilt and Depression

Close on the heels of these emotions usually come waves of guilt. One despondent

wife says: "I think women suffer a great deal with feelings of guilt. You blame yourself and wonder: 'What did I do wrong?'"

A betrayed husband reveals another aspect of what he calls roller-coaster emotions. He explains: "Depression becomes a new factor that sets in like bad weather." When her husband left her, one wife recalls that not a day went by that she was not in tears. "I can clearly remember the first tear-free day some weeks after he left me," she relates. "It was some months before I had my first tear-free week. Those tear-free days and weeks became milestones that marked my way forward."

Double Treachery

What many do not realize is that often the adulterer has dealt a bitter double blow to his spouse. In what way? Pat gives us a clue: "It was hard for me. He was not only my husband but also my friend—my best friend—for many years." Yes, in most cases a wife turns to her husband for support when problems arise. Now, not only has he become the cause of very traumatic problems but he has also stopped being a much-needed source of help. In one fell swoop, he has caused severe pain and robbed his wife of her trusted confidant.

As a result, the profound sense of betrayal and shattered trust is one of the most overwhelming feelings experienced by innocent mates. One marriage counselor explains why marital betrayal can be so emotionally crip-

Why Awake! Is Published *Awake!* is for the enlightenment of the entire family. It shows how to cope with today's problems. It reports the news, tells about people in many lands, examines religion and science. But it does more. It probes beneath the surface and points to the real meaning behind current events, yet it always stays politically neutral and does not exalt one race above another. Most important, this magazine builds confidence in the Creator's promise of a peaceful and secure new world that is about to replace the present wicked, lawless system of things.

Would you welcome more information? Write Watch Tower at the appropriate address on page 5. Publication of *Awake!* is part of a worldwide Bible educational work supported by voluntary donations.

Awake!®

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

Awake! (ISSN 0005-237X) is published semimonthly by Watchtower Bible and Tract Society of New York, Inc., 25 Columbia Heights, Brooklyn, NY 11201-2483. Periodicals Postage Paid at Brooklyn, N.Y., and at additional mailing offices. **Postmaster:** Send address changes to *Awake!*, c/o Watchtower, **Wallkill, NY 12589**. Printed in U.S.A.

pling: "We invest so much of ourselves, our hopes, dreams and expectations, in marriage . . . , searching for someone we can really put our faith in, someone we feel we can always rely on. If that trust is suddenly taken away, it can be like a house of cards blown over in the wind."

Quite clearly, as noted in the book *How to Survive Divorce*, victims "need help in sorting out the emotional upheaval . . . They may need help in working out what choices they can make and how to make them." But what are those choices?

"Is reconciliation the answer for us?" you may wonder. "Or should I get a divorce?" Es-

pecially if the marriage has been strained, it may be very tempting to conclude hastily that divorce is the solution to your problems. 'After all,' you may reason, 'the Bible permits divorce on the ground of marital unfaithfulness.' (Matthew 19:9) On the other hand, you may reason that the Bible does not insist on divorce. You may, therefore, feel that it would be better to reconcile and rebuild and strengthen the marriage.

Whether or not to divorce an unfaithful mate is a personal decision. Yet, how can you know what to do? First, please examine some of the factors that may help you to determine if reconciliation is possible.

IS RECONCILIATION POSSIBLE?

"It is simple to begin divorce proceedings impulsively," observes the book "Couples in Crisis," "and yet there must be many marriages that are essentially worthwhile and could be successful if the problems were worked through."



THIS observation harmonizes with an age-old teaching of Jesus Christ on divorce. Although he stated that it was permissible for an innocent spouse to get a

divorce on the ground of marital unfaithfulness, he did not say that doing so was compulsory. (Matthew 19:3-9) A faithful spouse may have reasons to try to save the

Semimonthly Languages Available by Mail:

Afrikaans, Arabic, Cebuano, Chinese, Chinese (Simplified), Croatian, Czech, Danish,² Dutch, English,³ Estonian, Finnish,² French, German,² Greek, Hungarian, Igbo, Indonesian, Italian,² Japanese, Korean, Latvian, Malayalam, Norwegian, Polish, Portuguese, Romanian, Russian, Serbian, Slovak, Slovenian, Spanish,² Swahili, Swedish,² Tagalog, Tamil, Ukrainian, Zulu

Monthly Languages Available by Mail:

Albanian, Amharic, Chichewa, Cibemba, Ewe, Georgian, Gujarati, Hebrew, Hiligaynon, Hindi, Igbo, Kannada, Lithuanian, Macedonian, Malagasy, Marathi, Myanmar, Nepali, New Guinea Pidgin, Portuguese, Sepedi, Sesotho, Shona, Sinhalese, Telugu, Thai, Tsonga, Tswana, Turkish, Twi, Xhosa, Yoruba

² Audiocassettes also available.

Offices of the Watch Tower Society in selected countries

America, United States of, Wallkill, NY 12589	New Zealand, P.O. Box 142, Manurewa
Australia, Box 280, Ingleburn, N.S.W. 2565	Nigeria, P.M.B. 1090, Benin City, Edo State
Britain, The Ridgeway, London NW7 1RN	South Africa, Private Bag X2067, Krugersdorp, 1740
Canada, Box 4100, Halton Hills (Georgetown), Ontario L7G 4Y4	Zambia, Box 33459, Lusaka 10101
Ghana, P. O. Box GP 760, Accra	Zimbabwe, P. Bag A-6113, Avondale
Jamaica, Box 103, Old Harbour P.O., St. Catherine	

Changes of address should reach us 30 days before your moving date. Give us your old and new address (if possible, your old address label).

© 1999 Watch Tower Bible and Tract Society of Pennsylvania. All rights reserved.

marriage. The wrongdoer may still love his wife.* He may be a caring husband and devoted father who conscientiously provides for his family's needs. Taking into account her own needs and those of her children, the faithful spouse may decide to reconcile rather than divorce. If so, what factors can be considered, and how can the challenges of reconstructing the marriage be met successfully?

At the outset, it has to be said that neither divorce nor reconciliation is easy. Furthermore, simply forgiving the adulterous spouse is not likely to solve underlying problems in the marriage. It usually takes much painful self-scrutiny, frank communication, and hard work to salvage a marriage. Couples often underestimate how much time and effort it takes to rebuild a damaged marriage. Nevertheless, many have persevered and have a stable marriage to show for it.

* For simplicity, we will generally speak of the faithful spouse as being the wife. However, the principles discussed also apply to innocent husbands whose wives are unfaithful.

Questions to Answer

To make an informed decision, a faithful spouse needs to clarify her feelings and the options that are open to her. She might consider the following: Does he want to come back? Has he definitely ended the adulterous relationship, or is he reluctant to do so promptly? Has he said that he is sorry? If so, is he truly repentant, sincerely remorseful about what he did? Or does he tend to blame me for his wrongdoing? Does he genuinely regret the hurt he has caused? Or, rather, is he merely upset that his illicit relationship has been exposed and disrupted?

What about the future? Has he started rectifying the attitudes and actions that led up to the adultery? Is he firmly resolved not to repeat the wrong? Or does he still have a tendency to flirt and to form improper emotional bonds with the opposite sex? (Matthew 5:27, 28) Is he fully committed to rebuilding the marriage? If so, what is he doing about it? Positive answers to these questions may be a basis for believing that marital restoration is possible.

MEANINGFUL SUPPORT

In view of the many factors that can be considered, it may be beneficial to seek the assistance of an experienced and balanced counselor. Jehovah's Witnesses, for example, have access to kind and compassionate congregation elders.—James 5:13-15.

Counselors, friends, and relatives are encouraged not to promote personal preferences or to advocate or condemn either divorce or reconciliation. Urges one Christian woman who went through a divorce: "Just give lots of support, and let us make up our own minds about what to do."

Counsel ought to be solidly based on the Bible. "Don't tell them how they should or should not feel," suggests one divorcée. "Rather, let them talk their hearts out." Fellow feeling, brotherly affection, and tender compassion will help soothe the deep injuries caused by marital betrayal. (1 Peter 3:8) An experienced counselor noted: "There exists the one speaking thoughtlessly as with the stabs of a sword, but the tongue of the wise ones is a healing."—Proverbs 12:18.

"I needed understanding, a word of comfort, and encouragement," reflects one faithful hus-

band. "And my wife craved some specific direction and commendation for the effort she was making —tangible support that could help her continue."

If after careful and prayerful contemplation a person decides to divorce or separate for a Scriptural reason, counsel should not be given in a way that makes the person feel guilty. Rather, the person can be helped to overcome unwarranted feelings of guilt.

"If you want to be a meaningful source of comfort," said one victim, "never forget the deep human emotions involved."

Listening carefully to each other can help a couple rebuild a marriage

Vital Communication

"There is a frustrating of plans," says a Bible writer, "where there is no confidential talk." (Proverbs 15:22) This is certainly the case when the innocent mate feels a need to talk about the infidelity with her spouse. Without necessarily going into intimate details, they could have an honest and fervent discussion that may bring out the truth about what happened and clear up misconceptions. This, in turn, may help prevent the couple from drawing further apart as a result of misunderstandings and long-term resentment. Granted, both husband and wife are likely to find such discussions painful. But many have found that they are an important part of the process of restoring trust.



Another essential step to an effective reconciliation is to try to identify problem areas in the marriage—things that both spouses may need to work on. Zelda West-Meads advises: "When you've talked through the pain, when you've decided

WHY SOME STAY TOGETHER

In many communities, there are wives who have little option but to remain with an unrepentant adulterous husband. For example, some Christian wives who live in strife-torn or low-income areas have stayed with an unfaithful husband who in other respects continues to care for his household, though he may not be a believer. As a result, they have a home, needed protection, a steady

income, and the relative stability of having a husband in the house—even though he may be unfaithful. They have reasoned that remaining, although not desirable or easy, has given them—in their particular circumstances—greater control of their lives than if they were to battle it out on their own.

After putting up with such a situation—sometimes for many years—some of these wives have

had the joyful blessing of ultimately seeing their husbands change their ways and become faithful and loving Christian husbands.—Compare 1 Corinthians 7:12-16.

Therefore, those who choose to remain with a spouse—even if he is unrepentant—should not be criticized. They have had to make an unavoidable decision and should be given all the help and support they need.

that the affair is definitely over, that you still want your marriage, work out what has gone wrong and renew [the] marriage."

Perhaps you were taking each other for granted. Spiritual activities may have been neglected. Maybe you were not spending enough time together. Possibly you have not given as much love, tender affection, commendation, and honor as your spouse needed. Reevaluating your goals and values together will do much to bring you closer and will help prevent future unfaithfulness.

Working On Forgiveness

Despite her sincere efforts, an injured spouse may not find it easy to forgive her husband, much less the other woman. (Ephesians 4:32) It is possible, though, to work progressively toward letting go of resentment and bitterness. "The faithful partner needs to recognise that there comes a time when they have to move on," advises one reference work. "It's important not to keep dragging up your partner's old sins to punish [him] every time there is an argument."

Many spouses have found that by endeavoring to reduce and eliminate feelings of intense resentment, they have eventually ceased to feel hostility toward the offender. Doing so is a vital step in rebuilding a marriage.

Granted, in some cases an innocent mate's imperfections may have contributed to a strained relationship, yet the Bible states that "each one is tried by being drawn out and enticed by his own desire. Then the desire, when it has become fertile, gives birth to sin." (James 1:14, 15) Although there may be various contributing fac-

Learn to Trust Again

"Will we be able to get that trust back again?" agonized one distraught wife. Her concern is valid because the adulterer's deceit has destroyed—or at least seriously damaged—the trust. Like a precious vase, trust is easy to smash but difficult to mend. The fact is that there has to be mutual trust and respect for a relationship not only to survive but to flourish.

Usually this will involve *learning* to trust again. Rather than insensitively demanding to be trusted, the guilty spouse can help rebuild trust by being completely open and honest about his activities. Christians are encouraged to 'put away falsehood and speak truth' with one another. (Ephesians 4:25) To win back trust, you may initially "give your [spouse] an accurate itinerary of what your exact movements are," says Zelda West-Meads. "Tell your [spouse] where you are going, when you will be back and make sure that you are where you said you are going to be." If plans change, keep her informed.

Feelings of self-worth may take time and effort to rebuild. The guilty spouse can help by being generous with affection and commendation—telling his wife frequently that she is appreciated and loved. A respected marriage counselor advises: "Give her credit for all she does." (Proverbs 31:31, *Today's English Version*) The wife, in turn, can work

WHO IS RESPONSIBLE?

tors, a person's "own desire" is primarily responsible for his adultery. If a spouse's failings cause marital problems, committing adultery is certainly not the way to solve them. —Hebrews 13:4.

Instead, marital problems can be solved when both husband and wife persevere in applying Bible principles. This includes "put-

ting up with one another and forgiving one another freely." They should also persist in displaying such qualities as "the tender affections of compassion, kindness, lowliness of mind, mildness, and long-suffering." Most important, they should "clothe [themselves] with love, for it is a perfect bond of union."—Colossians 3:12-15.

on rebuilding self-confidence by focusing on things in her life that she does well.

It Takes Time

In view of the intensity of the pain caused by infidelity, it is not surprising that after many years vivid and painful recollections are still possible. However, as the hurt progressively heals, humility, patience, and endurance on the part of both will help rebuild trust and respect.—Romans 5:3, 4; 1 Peter 3:8, 9.

“The awful pain of those first few months does not last,” reassuringly states the book *To Love, Honour and Betray*. “[It] does eventually fade . . . Eventually you find you can go for days, weeks, months and even years without thinking about it.” As you continue applying Bible principles in your marriage and seek God’s blessing and guidance, you will no doubt experience the soothing

effect of “the peace of God that excels all thought.”—Philippians 4:4-7, 9.

“Looking back,” reports Pedro, “the experience has changed the course of our lives. We still need to make a few repairs to our marriage now and again. But we’ve survived the ordeal. We’re still married. And we’re happy.”

But what if the innocent spouse does not have reason to forgive the unfaithful one? Or what if she does forgive her spouse (to the extent of letting go of resentment) and yet for sound reasons chooses to avail herself of the Biblical provision of divorce?* What demands can divorce place on an individual? We invite you to consider factors involved in divorce, as well as how some have coped.

* Please see the article “The Bible’s Viewpoint: Adultery—To Forgive or Not to Forgive?” in the August 8, 1995, issue of *Awake!*

THE OPTION OF DIVORCE

“If your marriage mate dies, people understand you even if you haven’t been the best marriage mate. But if your husband leaves you—well, some think you didn’t try hard enough. Please, please, HELP!”

—An *Awake!* reader in South Africa.



INFIDELITY and divorce can be very traumatic. Even though many have found reasons to reconcile with their mate and preserve their marriage, others have valid reasons to choose the God-given option of divorcing an adulterous mate. (Matthew 5:32; 19:9) For example, the safety,

spirituality, and general well-being of a faithful wife and her children may be in jeopardy. She may also be concerned about being infected with a sexually transmitted disease. Or perhaps she has forgiven her spouse for committing adultery, but there is little basis for hoping that genuine trust can be



Innocent mates and their children benefit from loving support

will affect her whole life. Therefore, whether or not a wife should divorce her unfaithful mate is a personal decision. The Biblical right of the innocent spouse to make that decision should be respected by others.

Tragically, though, many people rush into divorce without properly counting the cost. (Compare Luke 14:28.) What are some of the factors involved in the option of divorce?

If There Are Children

"Children's needs are often forgotten or ignored by parents who are too absorbed in their own problems," states the book *Couples in Crisis*. Thus, when contemplating divorce, keep in mind the spirituality and survival of your children. Many researchers note that the more amicable a divorce can be, the

restored and that she can continue living with him as her husband.

"This was the most difficult decision of my life," admitted one distraught wife. A difficult decision, indeed—not only because the betrayal is so hurtful but also because divorce has far-reaching consequences that

CHILDREN DO NOT DESERVE DIVORCE

In 1988 the late Diana, Princess of Wales, said that in Britain alone, every day up to 420 children go through the divorce of their parents. A third of those children are younger than five years old. Tragically, as many as 40 percent of children lose contact with one of their parents after divorce.

Contrary to what many people think, "very few children of

divorcing parents welcome the breakup," observes a respected health and medical writer. "The great majority of children would prefer to see their parents together even if the family atmosphere is difficult." Even if at the time of the infidelity a couple argued a lot, they should not hastily conclude that ending the marriage would be better for

the children. Making changes in their attitudes and behavior may make it possible for them to stay together for the good of the whole family.

"Husbands being promiscuous," states author Pamela Winfield, "should think of the pain in their children's eyes at the break-up of the home which will follow their foolishness."

less the children are likely to suffer. Even under difficult circumstances, mildness will help a person 'not to fight, but to be gentle toward all, keeping himself restrained under evil.'—2 Timothy 2:24, 25.*

If one chooses to divorce, it should be borne in mind that the husband and wife—not the children—are getting divorced. The children still need both Mom and Dad. Of course, there may be extreme circumstances, such as when the child is in danger of suffering child abuse. But religious or personal differences should not be used to deprive children of the benefit of having two parents.

Also to be taken into account are the fragile emotions of young children and their need for ample reassurance, love, and affection. "This continuity of love," states one book, "will provide both a background and a foundation for them to deal with the new situation." In addition, giving attention to their daily spiritual needs can help them maintain stability.—Deuteronomy 6:6, 7; Matthew 4:4.

Finances and Legal Proceedings

Divorce inevitably robs each spouse of a certain amount of income and property,

* More information can be found in the series "Child Custody—What Is the Balanced View?" and in the article "Helping the Children of Divorce," in the December 8, 1997, and April 22, 1991, issues of *Awake!*

some comforts, and maybe a much loved home. Since an individual may have to handle increased expenditure with a reduced income, it is wise to draw up a realistic budget according to financial priorities. The urge to compensate for losses and hurt feelings by spending more or incurring debt should be avoided.

If a decision is made to divorce, it is also necessary to resolve with one's spouse how joint accounts will be handled. To prevent misuse of funds in a joint bank account, for example, it may be wise to ask the bank manager to require both spouses' signatures for withdrawals until each has his own account.

It is also prudent to keep accurate records of income and expenses, in preparation for negotiating a maintenance settlement. Also, in many countries it is a legal requirement that people inform the tax authorities of their changed circumstances.

In addition, most people benefit from consulting a legal professional—one who has specific experience in divorce issues. Some countries allow mediators or conciliators to help couples cooperate to reach mutually acceptable and peaceful agreements, which are then ratified by a court of law. Especially

DOES GOD HATE ALL DIVORCE?

"The thing that bothered me a lot," admits Pat, "was the thought that 'Jehovah hates a divorcing.' Always in the back of my mind was the question, 'Am I doing what pleases Jehovah?'"

Let us look at the context of Malachi 2:16 to answer that question. In Malachi's time many Israelite men were divorcing their wives, possibly to marry younger, pagan women. God condemned this deceitful, treacherous conduct. (Malachi 2:

13-16) Hence, what is hateful to God is the frivolous putting away of one mate so as to take another. One who deceitfully commits adultery and then either divorces his mate or pressures her to divorce him has committed a treacherous, hateful sin.

However, these verses do not condemn all divorce. This can be confirmed by Jesus' words: "Whoever divorces his wife, except on the ground of fornication, and marries another commits adultery." (Matthew 19:9)

Here Jesus acknowledged that fornication is an acceptable ground for a Scriptural divorce—indeed, the only acceptable ground that allows for remarriage. An innocent spouse might decide to forgive the erring marriage mate. However, a person who chooses to use Jesus' statement as a basis for divorcing an adulterous mate is not doing something that Jehovah hates. It is the unfaithful spouse's deceitful conduct that is hated by God.

where children are involved, many parents prefer to use the services of a professional who is not adversarial. Rather than win at all costs, the parents aim to minimize conflict and hurt. Certain material gains are simply not worth what it would cost emotionally and financially to get them.

Changed Relationships

"We shouldn't underestimate the awkwardness and uncertainty that many people feel about their divorced friends," informs one researcher. Even if the faithful spouse is acting within her legal, moral, and Scriptural rights, there may well be some who see her as the cause of the marital breakup. Their reaction may range from a cool greeting to obvious avoidance. Worse yet, open animosity may come from formerly close companions.

Many simply do not realize how much support a person needs when going through a divorce; they may be under the impression that a brief letter or a card is enough. However, there are usually friends who "have just the right touch," notes the book *Divorce and Separation*, "and will call to see if you're wanting to be accompanied anywhere, want something done or just feel like talking." Indeed, at such a time in life, a person needs, as the Bible says, "a friend sticking closer than a brother."—Proverbs 18:24.

Working Toward Recovery

Sixteen years after her divorce, a mother admits: "There are still times when there's an incredible loneliness—even when I'm around people." How does she cope? "I have built up a defense of sorts," she recalls, "by keeping myself busy at work, looking after my son, and maintaining my house. I also started attending meetings of Jehovah's Witnesses, sharing my beliefs with my neighbors, and doing things for others. That helped a lot."

Certain dates and times of the year may resurrect painful memories and emotions: the day the infidelity was revealed, the time he left the house, the date of the court case. Happy events the couple used to share—such as vacations and wedding anniversaries—can be difficult emotional experiences to deal with. "I handle those days by arranging to spend time with my family or with close friends who know my situation," says Pat. "We do things that will offset thoughts of the past and make new memories. But my biggest help is my relationship with Jehovah—knowing that he understands how I feel."

Do Not Despair

Innocent mates who apply Bible principles and choose to avail themselves of the God-given right to divorce an adulterous spouse need not feel guilty or fear that they have been abandoned by Jehovah. The treacherous course of the adulterous mate—which has caused "weeping and sighing"—is what is hated by God. (Malachi 2: 13-16) Even Jehovah, the God of "tender compassion," knows how it feels to be rejected by a loved one. (Luke 1:78; Jeremiah 3:1; 31:31, 32) Be assured, then, that "Jehovah is a lover of justice, and he will not leave his loyal ones."—Psalm 37:28.

Of course, it would be far better if marital unfaithfulness and its tragic consequences could be avoided in the first place. *The Secret of Family Happiness*,* a practical family guide, is helping many people around the world to build happy marriages and avoid marital unfaithfulness. It has chapters on building a happy marriage, training children, and coping with marriage problems. Jehovah's Witnesses in your area or the publishers of this magazine will be happy to provide more information on this subject.

* Published by the Watchtower Bible and Tract Society of New York, Inc.

"There is an uncontrollable battle going on in my head. One part of me wants to eat, but the other part resists eating because I'm afraid that I'll gain too much weight."—Jaimee.

WHAT do you fear more than anything else? Without hesitation, many girls would answer: gaining weight. In fact, one poll revealed that today's young women are more afraid of putting on pounds than they are of nuclear war, cancer, or even losing their parents!

Sometimes worries about one's weight begin at a surprisingly early age. Even before their teens, notes Dr. Catherine Steiner-Adair, many girls get together to engage in "fat talk"—chats in which they reveal a mutual disdain for their bodies. Evidently, it's more than just talk. In a survey of 2,379 girls, 40 percent were actually trying to lose weight. And those polled were only nine and ten years old!

In time, many of these youths may become ensnared by fad diets. Worse still, some might end up like 20-year-old Jenna. At five feet four inches tall, this young woman weighs a mere 90 pounds! "I just don't want to eat," Jenna declares. "My big concern is that I spent three years trying to lose weight, and by eating I'm going to put it all back on in a month."

Perhaps you can understand Jenna's feelings. It may be that you too have wanted to trim down in order to look your best. Cer-



Why Am I Obsessed With My Weight?

tainly, it is not wrong for you to be concerned about your appearance. For Jenna, however, a desire to be thin almost cost her her life. How so?

Starving to Death

Jenna battles with a dangerous eating disorder called *anorexia nervosa*. So does Jaimee, quoted at the outset. For a time, these girls were literally starving themselves to death, and they are not alone. It is estimated that 1 in 100 girls suffers from anorexia. That means millions of young women are affected—perhaps even someone you know!*

Anorexia can develop quite innocently. A young girl might embark on a seemingly harmless diet, perhaps to lose just a few pounds. When she reaches her goal, however, she is not content. "I'm still too fat!"

* Anorexia also affects males. However, since the vast majority of anorexics are girls, we will refer to sufferers in the female gender.

she declares as she stares disapprovingly in the mirror. So she decides to lose just a few more pounds. Then just a few more. And a few more. The pattern is set, and the seeds of anorexia are sown.

Of course, not all who go on a diet are anorexic. Some have legitimate weight concerns, and for them, losing a few pounds might be beneficial. But many girls have a distorted view of their body. *FDA Consumer* compares having a distorted body image to looking in a fun-house mirror. "You see yourself as fatter than you are," the magazine says.

Hence, the anorexic has a morbid fear of gaining weight—even if she is already stick thin. She may exercise compulsively to keep the pounds off and check the scale several times a day to make sure she is not "regressing." When she eats, she will take only minute portions. Or she may not eat at all. "Every day I would go to school with a lunch that my mom had made for me, and just about every day I would throw it away," says Heather. "I soon got so accustomed to not eating that even if I wanted to eat, I couldn't. I didn't get hungry."

At first, anorexics like Heather are elated to see the pounds come off. But a lack of proper nutrition eventually takes its toll. The anorexic becomes drowsy and lethargic. Her schoolwork begins to suffer. Her menstrual periods may cease.* In time, her heart rate and blood pressure may become perilously low. Yet, the anorexic is oblivious to any danger. In fact, the *only* danger she perceives is that of regaining the weight she has lost—even a single pound of it.

Anorexia is not the only eating disorder, however, nor is it the most prevalent. *Bulimia nervosa* is a scourge that affects up to three times as many girls as anorexia does. Then there is *compulsive overeating*, which is closely

* Clinically, a female is diagnosed as anorexic when her weight has fallen to at least 15 percent below normal and she has not menstruated for three or more months.

related to bulimia. Let us take a closer look at these ailments.

The Secret Scourge

"A friend of mine recently confessed that she sneaks food and eats it in secret. She then makes herself throw up. She claims she's been doing it for two years." With these words, a youth writing to a magazine advice column describes symptoms that are typical of the eating disorder known as bulimia.

The bulimic will binge, or consume a large amount of food in a short period of time. Then she will rid her body of the food that

A Distorted Body Image

Most girls who are worried about their weight have no reason to be. In one study, 58 percent of girls between the ages of 5 and 17 believed that they were overweight, when, in fact, only 17 percent were. In another study, 45 percent of women who were actually *underweight* thought that they were too heavy! A Canadian survey found that 70 percent of women in that country are preoccupied with their weight, and 40 percent are involved in yo-yo dieting—a pattern of losing weight and then gaining it back.

Clearly, a distorted body image can cause some girls to become overly concerned about something that is not really a problem. "I have a friend who takes large doses of diet pills and I know a few girls who have anorexia," says 16-year-old Kristin. She adds: "None of them are fat by any stretch of the imagination."

With good reason, the magazine *FDA Consumer* recommends: "Instead of dieting because 'everyone' is doing it or because you are not as thin as you want to be, first find out from a doctor or nutritionist whether you are carrying too much weight or too much body fat for your age and height."



she has eaten, often by means of self-induced vomiting.* Granted, the idea of emptying the stomach in this manner might seem repugnant. Yet, social worker Nancy J. Kolodny writes: "The more you binge and purge, the easier it becomes for you. Your early feelings of revulsion or even fear are quickly replaced by the compulsion to repeat these bulimic patterns."

Anorexia and bulimia have been called "flip sides of the same coin." While they have contrasting symptoms, both disorders are fueled by an obsession with food.[#] Unlike anorexia, however, bulimia is much easier to keep secret. After all, bingeing keeps the suf-

* Other methods of purging include the use of laxatives or diuretics.

[#] A number of sufferers alternate between anorexic and bulimic eating behaviors.

Many who are concerned about their weight have no reason to be

ferer from losing weight, and purging keeps her from gaining it. Hence, the bulimic is likely to be neither obese nor thin, and in public her eating habits may appear quite normal. "For nine years," says a woman named Lindsey, "I binged and vomited up to four and five times daily.... No one knew about my bulimia, because I kept it safely hidden behind a facade of competence, happiness, and average body weight."

It is somewhat different, however, with the person who suffers from compulsive overeating. Like the bulimic, this person will eat large quantities of food at a time. *The New Teenage Body Book* notes: "Since this binge behavior takes place without purging, the compulsive overeater's weight may range from slightly to significantly overweight or obese."

Health Dangers

All three eating disorders can pose serious threats to one's health. Anorexia can cause severe malnutrition, and in many cases—some estimate up to 15 percent—it can prove fatal. Binge eating, whether followed by purging or not, is hazardous to health. In time, obesity can lead to life-threatening cardiovascular disease, diabetes, and even some forms of cancer. Self-induced vomiting can rupture the esophagus, and abuse of laxatives and diuretics can in extreme circumstances lead to cardiac arrest.

However, there is another aspect of eating disorders that needs to be considered. Those suffering from anorexia, bulimia, and compulsive overeating are generally unhappy. They tend to have little self-respect and are more likely to suffer from anxiety and depression. Clearly, they need help. But how can those who have an eating disorder be helped to break free from their obsession with weight? This question will be addressed in a future article in this series.

MOUNT SINAI

A JEWEL IN THE WILDERNESS



► 6

Plain of er-Raha, and Ras Safsafa

I WILL never forget the thrill I felt the first time I saw the traditional Mount Sinai. As we wove our way through the hot, dusty terrain of the Sinai Peninsula in Egypt, our taxi suddenly emerged onto the wide, open Plain of er-Raha. The awe-inspiring face of Mount Sinai rose sharply from the floor of the plain. It looked like a jewel, set in the desert. To think that this may have been the very mountain where Moses received the Law from God!

While there is still some debate over the exact location of the Biblical

Mount Sinai, pilgrims have been coming here for many centuries because they believe this to be the famous mountain. As far back as the third century C.E., ascetics arrived, intent on isolating themselves in religious thought. In the sixth century, Byzantine Emperor Justinian I ordered a fortresslike monastery to be built here to protect these ascetics, as well as to ensure a Roman presence in the area. That monastery, located near the base of the traditional Mount Sinai, is now known as St. Catherine's. Why not accompany me on my trip to Mount Sinai?

Exploring the Mountain

After we travel through the arid valley, our Bedouin taxi driver drops my companion and me off just below the monastery. The scene is framed by crags of naked rock, and the monastery's tree-lined walls and verdant garden are a welcome sight. But





Pictorial Archive (Near Eastern History) Est.

we pass it by, as our immediate objective is to climb the southern peak and to camp there overnight. This peak, Gebel Musa, meaning "Mountain of Moses," is traditionally identified with Mount Sinai.

A two-hour hike brings us to the so-called Basin of Elijah, a small valley that bisects the two-mile-long ridge of Mount Sinai. According to tradition, it was in a nearby cave that Elijah heard the voice of God. (1 Kings 19:8-13) We catch our breath under a 500-year-old cypress tree. There is also an ancient well here. How we enjoy its clear, cool water, offered to us by a friendly Bedouin!

Following the normal tourist route, we struggle for another 20 minutes up the 750 stone steps to the summit. There we find a small church. The monks assert that it is built on the precise location where Moses received the Law. Abutting the church is a cleft in the rock where they claim Moses hid himself as God passed by. (Exodus 33:21-23) But



Mountain
High Maps®
Copyright © 1997
Digital Wisdom, Inc.

the truth is, no one knows the exact location of these places. Be that as it may, the view from the top is spectacular! We gaze across row after row of reddish granite mountains receding behind the rock-strewn plain below. To the southwest rises Gebel Katherina, or Mount Catherine—at 8,652 feet, the highest point in the area.

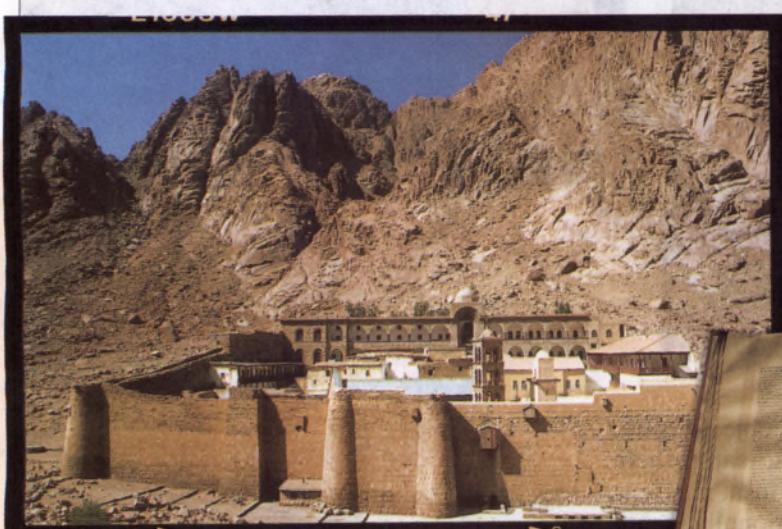
Ascending Adjoining Ras Safsafa

Another day provides us with the opportunity to climb Ras Safsafa, the peak situated on the same two-mile ridge as Gebel Musa. Ras Safsafa is the northern peak, and it is slightly lower than Gebel Musa. Ras Safsafa rises abruptly from the Plain of er-Raha, where the Israelites may have been camped when Moses went up to receive the Law from Jehovah.

As we hike toward Ras Safsafa through a landscape of smaller peaks and valleys, we pass abandoned chapels, gardens, and springs—vestiges of a time when more than a hundred monks and hermits dwelt here in caves and stone cells. Now there is only one monk left.

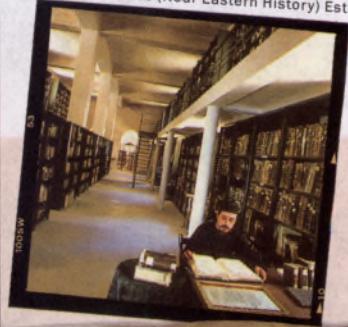
We encounter this lone monk in a garden surrounded by a high barbed-wire fence. Ad-

mitting us, he explains that he has been working in this garden for five years, descending to the monastery only once a week. The monk directs us on toward Ras Safsafa, and we weave our way upward until, at last, we stand elevated above the surrounding peaks. We can see the broad Plain of er-Raha below us. Particularly from this vantage point, I can imagine this to be the place where Mo-



Gebel Musa and St. Catherine's monastery

Pictorial Archive (Near Eastern History) Est.



Photograph taken by courtesy of the British Museum

A Momentous Discovery

During the last century, German Bible scholar Konstantin von Tischendorf discovered in St. Catherine's monastery a fourth-century Greek Bible manuscript, now called the Codex Sinaiticus. It includes much of the Hebrew Scriptures, from the Greek Septuagint version, as well as the entire Greek Scriptures. The manuscript is one of the oldest known complete copies of the Greek Scriptures.

Tischendorf wanted to publish the contents of this "incomparable gem," as he called it. According to Tischendorf, he suggested to the monks that the manuscript should be given to the Russian czar—who, as protector of the Greek Orthodox Church, could use his influence in favor of the monastery.

Displayed on the wall of the monastery is a translation of a letter left by Tischendorf, promising to return the manuscript, undamaged and in a good state

of preservation, to the Holy Confraternity of Mount Sinai at its first request.¹ Tischendorf, however, felt that the monks did not appreciate the great importance of the manuscript or the need for publishing it. It has not been returned to St. Catherine's. Although the monks eventually accepted 7,000 rubles from the Russian government for the manuscript, to this day they remain very suspicious of scholarly attempts to uncover their treasures. The Codex Sinaiticus eventually made its way to the British Museum, where it may be seen today.

Significantly, 47 crates of icons and parchments were discovered in 1975 under St. Catherine's north wall. This discovery included more than a dozen missing leaves of the Codex Sinaiticus. So far, these leaves have been inaccessible to all but a very small circle of scholars.

ses ascended the mountain from the Israelite camp to stand in the presence of God. I picture in my mind three million Israelites assembled "in front of the mountain" on this spacious plain. I visualize Moses descending an adjacent ravine, carrying in his arms the two tablets with the Ten Commandments written on them.—Exodus 19:2; 20:18; 32:15.

Satisfied that our strenuous climb has been worth the effort, we amble back to our tent as the sun goes down. By the light of a small fire, we read the portions of Exodus describing Moses' experiences here, and then we retire. By late the next morning, we are knocking at the door of St. Catherine's monastery.

Inside the Monastery

St. Catherine's is regarded as one of the most important monuments in Christendom. Manned by Greek Orthodox monks, it is famous not only for its location but also for its icons and its library. For most of its history, St. Catherine's was so isolated that the arrival of visitors was a rare and welcome event. The monks would embrace their guests, give them hearty kisses, and even wash their feet. The guests could freely roam the extensive jumble of buildings behind the monastery's 45-foot-high walls. 'Stay for a week, a month, as long as you like' was the monks' polite refrain. These days, however, the hospitality of the dozen or so remaining monks is sorely overtaxed. Now as many as 50,000 visitors come to see the monastery each year.

Because of these crowds, visiting is limited to three hours a day, five days a week. Tourists may visit only a small part of the monastery—a courtyard containing the Well of Moses (where legend has it that Moses met his wife-to-be), the Church of the Transfiguration (reputedly the world's oldest active church), and a bookstore. Tourists are also shown the Chapel of the Burning Bush—the very spot, the monks tell the tourists,

where Moses first witnessed God's presence. Since the monks consider this to be the holiest place on earth, visitors here are asked to take off their shoes, as God directed Moses to do.—Exodus 3:5.

We are disappointed not to be allowed a glimpse of the monastery's famous library, our main interest here. Our request for an exception is met with the guide's exclamation: "Impossible! The monastery will close in a few minutes." Moments later, however, when we are away from the tour group, the guide whispers to us: "Come this way!" Passing under ropes, up staircases, and past a French monk who looks surprised to see us there, we find ourselves standing in one of the world's oldest and most famous libraries! It contains over 4,500 works, in Greek, Arabic, Syriac, and Egyptian. At one time, it also held the priceless Codex Sinaiticus.—See box on page 18.

A Somber Parting

Our tour concludes outside the monastery walls with a visit to the charnel. There the bones of generations of monks and hermits are heaped high, separated into piles of leg bones, arm bones, skulls, and so on. The skulls reach almost to the ceiling. Why is such a gruesome place considered necessary? The monks have only a tiny cemetery. So when one dies, it is their custom to remove the bones from the oldest grave to make a burial site available. Each monk anticipates that one day his bones will join those of his fellows in the charnel.

Our visit thus ends on a somewhat somber note. But it has certainly been worth all the effort. We have enjoyed seeing the awesome vistas and the famous monastery. But as we leave, we are most deeply impressed by the thought that perhaps we have walked the same paths that Moses and the nation of Israel trod 3,500 years ago here on Mount Sinai—a jewel in the wilderness.—Contributed.

Exiled in Siberia!

AS TOLD BY VASILY KALIN

If you saw a man calmly reading the Bible amid the din of artillery shells, wouldn't you want to know how he could be so calm? My father observed just such a scene over 56 years ago.

IT WAS July 1942, when World War II was at its height. As the German front line passed through my father's village of Vilshanitsa, in Ukraine, my father stopped at the home of some elderly folks. Artillery shells exploded all around, yet the man was sitting by the stove heating up some corn and *reading the Bible*.

I was born five years later, not far from the beautiful west Ukrainian city of Ivano-Frankivs'k, which was then part of the Soviet Union. My father later told me about his memorable meeting with that man, one of Jehovah's Witnesses, and also about the horrors of the war years. The people were worn out and bewildered by it all, and many

wondered, 'Why is there so much injustice? Why are thousands of innocent people dying? Why does God permit it? Why? Why? Why?'

Father became involved in a long, frank discussion of such questions with the old man. Opening his Bible to one text after another, the man showed Father answers to questions that had long puzzled him. He explained that God purposed to bring an end to all wars in his appointed time and that the earth would become a lovely paradise.—Psalm 46:9; Isaiah 2:4; Revelation 21:3, 4.

Father rushed home and exclaimed: "Can you believe it? After one discussion with Jehovah's Witnesses, my eyes have been

With my father, our family, and other exiles at Irkutsk in 1959



opened! I've found the truth!" Father said that although he had attended the Catholic Church regularly, the priests had never been able to answer his questions. So Father began to study the Bible, and my mother joined him. They also began teaching their three children —my sister, who was only 2 years old, and my brothers, who were 7 and 11. Shortly afterward, their home was badly damaged by a bomb, leaving only one room for them to live in.

Mother came from a large family of six sisters and one brother. Her father was one of the wealthier people in the area, and he valued his authority and status. So, at first, relatives opposed my family's newfound faith. However, in time many of these opposers put aside unscriptural religious practices, such as their use of icons, and joined my parents in true worship.

The priests openly incited people against the Witnesses. As a result, local residents would break their windows and threaten them. In spite of this, my parents continued to study the Bible. Thus, by the time I was born in 1947, our family was worshiping Jehovah in spirit and truth.—John 4:24.

Taken Into Exile

Memories of the early morning hours of April 8, 1951, are firmly embedded in my mind, even though I was only four at the time. Military men with dogs entered our home. They presented a deportation order and conducted a search. Soldiers with machine guns and dogs stood at our doorstep, and men in military uniforms sat at our table, waiting for us as we hurried to get ready to leave in the two hours that were allotted to us. I could not understand what was happening, and I cried.

My parents were ordered to sign a document stating that they were no longer Jehovah's Witnesses and that they would have nothing further to do with them. If they

signed, they would be left to live in their home and in their homeland. But Father firmly declared: "I am confident that no matter where you take us, our God, Jehovah, will be with us."

"Think about your family, about your children," the officer pleaded. "After all, you aren't being taken to a resort. You're being taken to the far north, where there are eternal snows and where polar bears walk the streets."

At that time the word "Siberia" was something terrible and mysterious for everyone. Yet, faith and an intense love for Jehovah turned out to be stronger than fear of the unknown. Our possessions were loaded onto a wagon, and we were taken into the city and loaded into freight cars, along with 20 to 30 other families. And so we began our trip to the deep taiga, or wilderness, of Siberia.

At the railroad stations along the way, we met other trains carrying those being exiled, and we saw the signs that were hung on the railway cars: "Jehovah's Witnesses on Board." This was its own kind of witness, since in this way many came to know that thousands of Witnesses and their families were being sent to various areas of the north and the far east.

This roundup and exile of Jehovah's Witnesses in April 1951 is well documented. Historian Walter Kolarz wrote about it in his book *Religion in the Soviet Union*: "This was not the end of the 'Witnesses' in Russia, but only the beginning of a new chapter in their proselytising activities. They even tried to propagate their faith when they stopped at stations on their way into exile. In deporting them the Soviet Government could have done nothing better for the dissemination of their faith. Out of their village isolation the 'Witnesses' were brought into a wider world, even if this was only the terrible world of the concentration and slave labour camps."

My family was fortunate, since we were allowed to take some food along—flour, corn, and beans. My grandfather was even allowed to slaughter a pig, and it provided food for us and other Witnesses. Along the way heartfelt songs could be heard coming from the railroad cars. Jehovah provided us with the strength to endure.—Proverbs 18:10.

We traveled across Russia for nearly three weeks and finally arrived in cold, lonely, far-off Siberia. We were brought to the Toreya station in the Chunsk region of the district of Irkutsk. From there, we were taken farther into the taiga to a small village, to what our documents described as our “eternal settlement.” The belongings of 15 families fit easily onto a sled, and a tractor pulled it through the spring mud. About 20 families were settled into barracks, which consisted of long corridors without partitions. The authorities warned the locals beforehand that Jehovah’s Witnesses were awful people. So in the beginning, people feared us and did not make any attempts to become better acquainted.

Work in Exile

Jehovah’s Witnesses worked felling trees, and this under the most difficult of conditions. All work was done by hand—sawing the logs, chopping them, loading them onto horse-drawn wagons and, afterward, loading them into railroad cars. The situation was made worse by clouds of gnats from which it was impossible to hide. My father suffered terribly. His body was completely swollen, and he prayed intensely to Jehovah to help him to endure. But in spite of all the difficulties, the faith of the vast majority of Jehovah’s Witnesses remained unshakable.

Soon we were taken to the city of Irkutsk, where our family lived in a former prison camp and worked in a brick factory. Bricks were unloaded straight from large, hot ovens by hand, and work quotas were continual-

ly raised, so that even children had to help their parents to meet them. We were reminded of the slave labor of the Israelites in ancient Egypt.—Exodus 5:9-16.

It became clear that the Witnesses were hardworking and honest, not “enemies of the people,” as was claimed. It was observed that not one Witness insulted the authorities, nor did Witnesses fight against the decisions of those in power. Even their faith came to be to the liking of many.

Our Spiritual Life

Although the Witnesses were searched repeatedly—before they were sent into exile, while they were en route, and at their places of exile—many managed to hide *Watchtower* magazines and even Bibles. Later, these were reproduced by hand and by other means. Christian meetings were conducted regularly in the barracks. When the commandant of the barracks would come in and find a group of us singing a song, he would order us to stop. We would. But when he went to the next barrack, we would begin singing again. It was impossible to stop us.

Nor did our preaching work ever come to a halt. Witnesses would speak to everyone, everywhere. My older brothers and my parents often told me how they managed to share Bible truths with others. Thanks to this, Bible truth gradually began to win over the hearts of sincere people. Thus, in the

IN OUR NEXT ISSUE

Your Brain—How Does It Work?

The Aztecs—Their Fascinating Struggle to Survive

How Should Christians View the Mass?



Children in exile at Iskra

under arrest. Afterward, several people asked about their beliefs, and this provided a fine opportunity for my family to speak about God's Kingdom as the only hope for mankind.

During the four years that we lived in the village of Iskra, there were no other Witnesses nearby with whom we could associate. In order to leave the village, we had to have special permission from the commandant, and he rarely gave it, since the main reason for our deportation was to isolate us from other people. Yet, the Witnesses always tried to contact one another to share whatever fresh spiritual food they had obtained.

After the death of Stalin in 1953, all convicted Witnesses had their sentences reduced from 25 years to 10 years. No longer was a special document required for those in Siberia to move about. However, the authorities soon began to conduct searches and then make arrests of Witnesses if they found that they possessed Bibles or Bible literature. Special camps were created for the Witnesses, and some 400 brothers and 200 sisters were put into these in the area around Irkutsk.

Enduring as Situations Changed

The village administration met us with unexpected hospitality. The people were simple and friendly—several even came out of their homes to render assistance to us. Our family was the third one to be placed in the same small room of approximately 180 square feet. Kerosene lamps were our only light source.

The next morning there was an election. My parents said that they had already voted for God's Kingdom, which, of course, the people did not understand. So the adult members of my family spent the entire day

News of our persecution in the Soviet Union reached Jehovah's Witnesses around the world. Thus, between the middle of 1956 and February of 1957, a petition in our behalf was adopted at 199 district conventions held in all parts of the world. A total of 462,936 in attendance approved the petition addressed to the then Soviet premier Nikolay A. Bulganin. Among other things, the petition requested that we be freed and that we be "authorized to receive and publish the *Watchtower* magazine in Russian, Ukrainian and such other languages as may be found

necessary, as well as other Bible publications that are used by Jehovah's witnesses world-wide."

In the meantime, our family had been sent to the remote village of Khudyakovo, about 15 miles from Irkutsk. We lived there for seven years. In 1960 my brother Fyodor left for Irkutsk, and the following year my older brother got married and my sister moved away. Then, in 1962, Fyodor was arrested and imprisoned for his preaching.

My Spiritual Growth

From our village of Khudyakovo, it was about a 15-mile trip by foot or bicycle to meet with others for Bible study. So we attempted to move to Irkutsk to be in closer contact with other Witnesses. However, the head of the area where we lived was against our move, and he did everything he could to prevent it. After some time, though, this man began to be more favorable to us, and we were able to move to the village of Pivovarikha, about six miles from Irkutsk. A congregation of Jehovah's Witnesses was located there, and a new life began for me. In Pivovarikha there were organized Congregation Book Study groups and brothers who had oversight of spiritual activities. How happy I was!

By this time I had come to love Bible truth very much, and I wanted to be baptized. In August 1965 my wish was realized when I was baptized in the small Olkhe River, where many new Witnesses were baptized during that period. To the casual observer, it appeared as though we were enjoying a picnic and a swim in the river. Soon afterward I received my first assignment as Theocratic Ministry School overseer. Then, in November 1965, we received further cause for joy when Fyodor returned from prison.

How the Work Prospered

In 1965 all exiles were assembled, and it was announced that we had the right to move

wherever we wanted, thus ending our "eternal settlement." Can you imagine the joy that came over us? While many among us then left for other parts of the country, others decided to remain where Jehovah had blessed and supported us in our spiritual growth and activity. Many of these have reared their children, grandchildren, and great grandchildren in Siberia, which, in time, proved to be not so fearsome after all.

In 1967, I met Maria, a girl whose family had also been exiled to Siberia from Ukraine. When we were young, we had both lived in the Ukrainian village of Vilshanitsa. We were married in 1968, and eventually, we were blessed with a son, Yaroslav, and later with a daughter, Oksana.

We continued to use funerals and weddings to meet in large numbers for spiritual association. We would also use these occasions to explain Bible truths to non-Witness relatives and friends who came. Often security officers attended these functions, where we openly preached from the Bible about the resurrection hope or regarding Jehovah's provision of marriage and the future blessings in his new world.

Once, when I was finishing a talk at a funeral, a car pulled up, the doors flew open, and one of the men inside got out and ordered me to get into the car. I was not afraid. After all, we were not criminals, just believers in God. However, in my pocket I had reports of the ministry of those in our congregation. For this I could have been arrested. So I asked if I could give money to my wife before I went with them. With that, right in front of them, I calmly handed my wallet as well as the congregation reports to her.

Beginning in 1974, Maria and I began preparing Bible literature in the secrecy of our home. Since we had a small son, we did this late at night so that he would not know about it. However, being curious, he pretended to be

asleep and peeked to see what we were doing. Later he said: "I know who makes the magazines about God." We were a little frightened, but we always asked Jehovah to protect our family in this important work.

Eventually, the authorities became more favorably disposed toward Jehovah's Witnesses, and so we made plans to hold a large gathering in the Mir arts and leisure center in the city of Usol'ye-Sibirskoye. We assured the city officials that our meetings are held solely for Bible study and Christian association. Over 700 gathered in January 1990, packing out the hall and attracting a lot of public attention.

After the meeting a reporter asked, "When did you manage to train your young ones?" He, as well as other visitors, was amazed that they sat attentively for the four hours of this first public meeting. Soon a fine article about Jehovah's Witnesses appeared in the local newspaper. It stated: "One can truly learn something from [Jehovah's Witnesses]."

Rejoicing in Grand Expansion

In 1991 we had seven conventions in the Soviet Union, attended by 74,252. Later, after former republics of the Soviet Union be-

came independent, I received an assignment from the Governing Body of Jehovah's Witnesses to go to Moscow. There I was asked if I was in a position to expand my share in the Kingdom work. By then Yaroslav was married and had a child of his own and Oksana was a teenager. So in 1993, Maria and I began our full-time ministry in Moscow. That same year, I was appointed coordinator of the Administrative Center of the Regional Religious Organization of Jehovah's Witnesses in Russia.

Now Maria and I live and work at our new branch facilities located outside St. Petersburg. I consider it an honor to be able to share with other faithful brothers in caring for the rapidly growing numbers of Kingdom proclaimers in Russia. Today there are well over 260,000 Witnesses in the former republics of the Soviet Union, more than 100,000 in Russia alone!

Often Maria and I think about our dear relatives and friends who continue faithful in their Kingdom service in Siberia, the place that had become our beloved home. Today large conventions are regularly held there, and some 2,000 Witnesses are active in and around Irkutsk. Indeed, the prophecy at Isaiah 60:22 is also being fulfilled in that part of the world: "The little one himself will become a thousand, and the small one a mighty nation."



The year we were married



With Maria today

Outstanding Conference on Bloodless Surgery in Moscow

TRANSFUSION ALTERNATIVES IN SURGERY was the name of an international medical conference held in Moscow, Russia, on October 6, 1998. More than 800 doctors were present at the Vishnevskij Institute of Surgery for the symposium, which was held in conjunction with the Sixth All-Russian Congress of Anaesthesiologists and Intensive Care Specialists.

Professor Andrey Ivanovich Vorobiev, who serves as chief hematologist at the Russian Academy of Medical Sciences, in Moscow, welcomed doctors to what he called "this symposium devoted to finding alternatives to the transfusion of blood."

Describing why the conference was vital, Vorobiev recounted "severe disasters of blood transfusions." He claimed that as a result of blood transfusions, most hemophiliac children in countries such as the United States, Japan, and Germany have been afflicted with AIDS. Then, after providing statistics on the spread of hepatitis through

blood transfusions, he lamented: "The statistics are absolutely amazing. Practically all hemophiliac patients are infected with hepatitis."

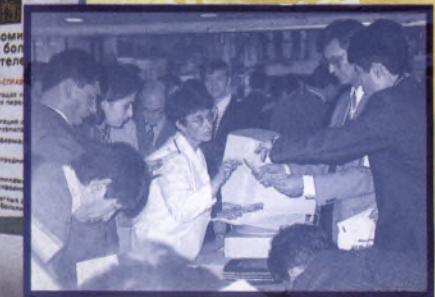
Medical opinion, Vorobiev pointed out, was that if a person "lost a liter of blood, then it should be replaced with a liter of blood." But "that is a mistake!" he declared. Concluding his opening remarks, he said: "We supported blood transfusion, and now together we shall get rid of the old views."

Many of the medical experts who followed on the program were from Russia, but there were also speakers from France, Sweden, Belgium, and the United States. Besides describing developments in managing blood loss with alternatives to blood transfusion, the doctors noted the dangers of blood transfusion, including the risk of adverse immunologic reactions.

Television Coverage

Russian public television, which reaches over 235 million people, provided a fine follow-up re-

Jehovah's Witnesses provided hundreds of doctors with articles on the latest research on blood



port about the conference. The moderator, Elena Malysheva, explained: 'Well-known and internationally renowned surgeons, anesthetists, and hematologists gathered together in Moscow to answer one question: Can surgery be performed without giving blood?'

Elena informed her TV audience of the diseases that can be transferred by blood and explained: "That's what made the doctors look for a way out. And it was found. It was called *bloodless surgery*. Every person who is going to have an operation can discuss the methods of bloodless surgery with his or her doctor."

During Andrey Vorobiev's appearance on the telecast, he said: 'Donor blood contains proteins that are alien to the body and can cause unpredictable and inevitable reaction. Additionally, no matter how hard we try, a donor can infect a patient with viruses that he carries and that we are unable to detect.' So he concluded: 'We need to reduce transfusion of donor blood to patients.'

Also appearing on the program was Jean-François Baron, head of anesthesiology and intensive care at the Broussais Hospital, in Paris, France. He explained: "In my institution we worked out special liquids that are able to carry oxygen. These all have the oxygen-carrying characteristics of blood but do not contain any red blood cells [which can transmit disease]. In the near future," he predicted, "these solutions will be used in routine practice."

This prompted the program moderator to tell about the Russian professor Felix F. Beloyartsev, who introduced an oxygen-carrying liquid as a substitute for blood some 20 years ago. She noted that at the time, Beloyartsev's discovery was not welcomed by the medical community and that he "committed suicide due to endless persecution caused by this discovery."

Coverage in Medical Journals

The medical newspaper *Meditinskaya Gazeta* also reported on the conference. "The main conclusion of the Symposium," it said, "can be formulated as follows: It is necessary to use alternatives to blood transfusion in all situations where

this is possible and decide for the use of blood only after carefully weighing the level of risk on an individual basis for each patient and only in life-threatening circumstances."

The paper also referred to the unwillingness of some doctors to abide by a patient's refusal to take blood. Jehovah's Witnesses, for example, do not accept blood transfusions because of the Bible's instruction to 'abstain from blood.' (Acts 15: 28, 29) However, regarding this matter, Michel de Guillenchmidt, professor of law from France, was quoted as saying:

"We should be grateful to Jehovah's Witnesses because by raising this issue, they have not only drawn attention to their own rights but also helped the entire medical community to understand the dangers of blood transfusions. This, in turn, encourages scientists to look for more sophisticated methods of bloodless surgery."

One of the articles in *Meditinskaya Gazeta* began by saying: "It has been said that transfusion of blood is similar to marriage: No one knows what will follow it." Then, after noting that 'human blood is like a man's fingerprint—there are no two identical prints,' the paper asked: "Is it possible today to give a full guarantee that the patient will not be subjected to infections as a result of transfusion?" It answered: 'Even in countries that have achieved impressive results in medicine, there is no effective control system for blood products.'

'So, judging by the overcrowded auditorium and the clear interest of the delegates in the problems discussed,' the article concluded, 'a change in the frame of mind of doctors is taking place.'

Providing a Service

Outside the conference hall, Jehovah's Witnesses managed a booth at which they provided doctors with a package of articles from medical journals on the use of alternative methods of treating blood loss. Hundreds of doctors gladly accepted these.

Clearly, informed medical professionals are moving toward limiting the use of blood in medicine.

WATCHING THE WORLD

A New Role for Nicotine?

Pharmaceutical companies market nicotine-laced chewing gum and patches that release nicotine through the skin as short-term aids to quitting smoking. Although these products are supposed to be used for no more than 6 to 12 weeks, many smokers continue to use them for years, reports *The Wall Street Journal*. Now drug companies are pursuing changes in government regulations to allow marketing of nicotine-delivery systems for long-term use. Some companies do not mind that many users will continue to be addicted to nicotine, although drug companies do not want to gain the same reputation for profiting from addiction that the tobacco industry has. Nevertheless, says David Sachs, director of California's Palo Alto Center for Pulmonary Disease Prevention: "Virtually every pharmaceutical company sees a tremendous market here."

Sinking City

"Mexico City is sinking," states *The New York Times*. "So much water has been pumped out from the aquifer beneath it to satisfy the metropolitan area's 18 million residents that the ground is collapsing underfoot at a stunning rate." Compounding the problem is the fact that "Mexico City has one of the world's leakiest water distribution systems. About a third of every gallon of fresh water pumped into the system leaks out." This means that more has to be pumped out and that the city sinks farther. Re-

pair crews fix 40,000 ruptures a year, yet many leaks go unreported. Mexico City, of course, is not the only city that is sinking. Venice, Italy, for instance, has dropped nine inches during the 20th century. But Mexico City has sunk 30 feet!

Tough Kids



A survey of 16,262 American teenagers has found that approximately 1 in 5 carries a weapon and 1 in 10 has attempted suicide, reports *The New York Times*. Students from 151 schools nationwide were involved in the survey. Confidential questionnaires were used to obtain information regarding the students' physical and sexual activities as well as their use of drugs, alcohol, and tobacco. Laura Kann, of the National Center for Chronic Disease Prevention and Health Promotion, says: "The lesson here is that too many youth continue to practice behaviors that put them at risk—for injury or death now and chronic disease later."

Deadly Hurricane Mitch

On October 27, 1998, Hurricane Mitch slammed into Central America, killing more than 11,000 people. Additional thousands were missing and pre-

sumed dead, and some 2.3 million were reportedly left homeless. Hardest hit were Honduras and Nicaragua. Over four feet of rain fell on rural farmlands, creating what has been described as the area's worst natural disaster in two centuries. Dozens of villages were literally swallowed up by mud slides or swept away by rising floodwaters. Honduran president, Carlos Flores Facusse, said: "In 72 hours, we lost what we had built, little by little, in 50 years." Adding to the death and destruction was the isolation. The electrical and phone lines to most of the small towns in the storm's path were cut. Hundreds of roads and bridges were washed out, leaving survivors stranded for days without food, clean water, or medicine. Relief agencies had enough food but no way to distribute it. In addition to material losses, most people lost their jobs. As much as 70 percent of the main crops of bananas, melons, coffee beans, and rice were wiped out. "Hurricane Fifi in 1974 was nothing compared to this," said the vice president of Honduras, William Handal. "It took 12 to 14 years of effort to overcome Fifi. This one will take 30 or 40 years."

Overcoming Shyness

According to Canada's *Toronto Star*, "about 13 per cent of adults suffer from extreme shyness." The newspaper reports that this "prevents them from leading full lives." Experts cited tips for overcoming shyness: "Think of conversation starters from news events, magazine ar-

ticles, books, hobbies or movies." "Practise verbal and non-verbal communications skills, including making eye contact [and] active listening." "Force yourself to do things you fear." "If you're a parent of a shy child, it's important that you provide plenty of opportunities for your youngster to socialize." The encouragement was not to give up, for experience shows that the more one tries to overcome shyness, the easier it gets.

Effects of Low Birthrate

'Low birthrates have now become a cause for alarm in the industrial world,' reports the *International Herald Tribune* of Paris. Why? Because it means that eventually there will not be enough young people to support an aging population. For example, a number of European countries have populations approaching the point where there are more people over 60 years of age than under 20. Among the reasons cited for an aging population is the trend for couples to put off having children in order to travel, pursue a career, or improve their education. Other reasons given are economic pressures, which make having children "a burden" or "an inconvenience," and the fact that people are living longer than they did before.

Dictionary Delayed

Dutch and Flemish lexicographers recently completed what is said to be the world's longest dictionary. Containing 45,000 pages in 40 volumes, the *Dictionary of the Dutch Language* took 147 years to complete, reports Reuters news service. The dic-

tionary was "intended as a model for all modern Dutch dictionaries." It thus documents words dating all the way back to 1500. The only problem, says the report, is that the dictionary stops at 1976 and is "already out of date." Says Reuters: "Even if an update is in the works, past performance suggests today's readers are unlikely to be around for a second edition."

Greasy Diet



In March 1978, the oil tanker *Amoco Cadiz* ran aground off the coast of Brittany, France, spilling 230,000 tons of crude oil and contaminating some 220 miles of coastline. What damage remains? Since 1992, the effects of this pollution have completely disappeared, even at the very bottom of sand on the beaches, says Professor Gilbert Mille of the faculty of science in Marseilles. The credit for this spectacular recovery goes to naturally occurring bacteria that digest hydrocarbons. Cooperating closely with these microbes are mollusks and worms that constantly turn the sand, moving any oil to the surface, where it is digested by the hungry bacteria.

Sleep Deficit Growing

Americans are "sleeping as much as an hour and a half less per night than [they] did at the turn of the century," notes

Newsweek, "and the problem is likely to get worse." Why? "People have regarded sleep as a commodity that they could shortchange," says Terry Young, a professor of preventive medicine at the University of Wisconsin. "It's been considered a mark of very hard work and upward mobility to get very little sleep." But sleep deprivation can bring many repercussions, including ills that range from depression to heart problems. Rats that were deprived of sleep died after two and a half weeks. "You're not likely to drop dead in the same way," states *Newsweek*, "but sleep deprivation may cost you your life indirectly, when an exhausted doctor prescribes the wrong dosage or a sleepy driver weaves into your lane." Says sleep researcher James Walsh: "People need to be educated that allowing enough time for sleep and taking strategic naps are the most reliable ways to promote alertness behind the wheel and on the job."

Accidents—Not Fate

At least 22,000 children and adolescents die every year in Brazil as a result of accidents, reports the Brazilian Health Ministry. Traffic accidents claim the most lives. However, the president of the Brazilian Society of Pediatrics, Lincoln Freire, declared: "Accidents are avoidable and can no longer be viewed as fate." Moreover, Tereza Costa, coordinator of a national accident-prevention campaign, pointed out that since 'government actions in the last 15 years have reduced mortality due to diarrhea, respiratory infections, and infectious diseases,' accident prevention may also save lives.

FROM OUR READERS

Century of Atrocities Today I received the August 8, 1998, issue of *Awake!* in the mail. As soon as I saw the front cover, I just had to sit down and read "A Century of Atrocities—Is It Time to Forget?" It truly saddens me to see the kind of evils men can cause. How I long for the time when all mankind will live in true peace!

T. D., United States

This issue answered questions that I have had for some time now. I feel that God is working through your publications to help people like me.

T. C., United States

Latin Music Thank you very much for the article "The Global Appeal of Latin Music." (August 8, 1998) I love to dance and love music. Thank you for pointing out some of the possible dangers, such as the music called *narco corrido*. This is information I would not have found anywhere else. It was greatly appreciated.

J. B., United States

Shakespeare Mystery "Marvelous" is the only word I can find to describe the article "The Enigma of William Shakespeare." (August 8, 1998) I teach Portuguese language and literature to primary and secondary school students and often use your articles in class.

J. S. G., Brazil

I would like to congratulate you on your article regarding the authorship of the Shakespeare plays. It explains why so many people find the orthodox theory that Shakespeare authored these plays unconvincing.

F. C., England

Impressive Artwork I studied design some years ago, and I think that the August 8, 1998, issue of *Awake!* was brilliant. Outstanding was the barbed-wire border that was transformed into a border of roses as well as the color pictures of "Jewels of the African Sky" and the amazing photographs on the inside of the back cover.

S. K. C., England

Advertising My daughter is not one of Jehovah's Witnesses. Since she works in the advertising field, I mailed her the August 22, 1998, issue with the series "Advertising—How Are You Affected?" She was full of praise for it and said that your writers had captured the essence of the art of persuasion.

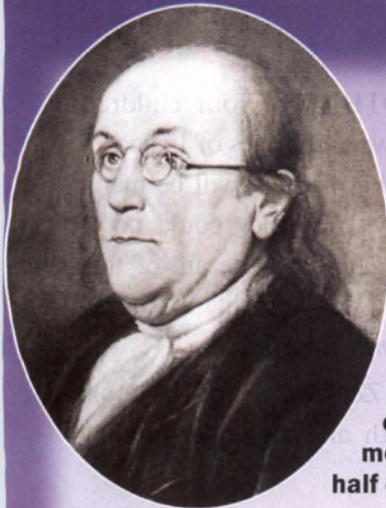
R. S., United States

Taste From infancy my 13-year-old daughter has refused to try new foods. I am thus very thankful for the article "Taste—Gift of a Loving Creator." (August 22, 1998) I especially appreciated your suggestions for helping children to acquire a taste for new foods. I began asking my daughter to help me season some foods that she had disliked before. Your suggestion worked! Now she is eating nutritious foods she used to dislike.

B. M., Poland

Blaming Satan? I am 17 years old and recently read *Awake!* for the first time. Now I am hooked on reading it! It had valuable information, such as "The Bible's Viewpoint: Should We Blame Satan for Our Sins?" (September 8, 1998) Until I read this, I thought that I could blame him when I sinned. Anyway, your magazine is first-rate, and I recommend it to everyone. Please put me on your mailing list!

M. M., United States



Bifocals

WHO HAD THEM FIRST?

Two centuries ago, Benjamin Franklin took two pairs of glasses, one for distant vision and one for near vision, and cut each in half horizontally. Then, in the same frames, he mounted the upper half of the distant lenses on top of the lower half of the near lenses, and behold, the first pair of bifocals!

Today, advanced technology has made it possible to make bifocals from just one piece of glass, with curves of different strength in the top and bottom parts. And there are even bifocal contact lenses. But did you know that long before optical science developed bifocals, an obscure freshwater fish was wearing 'the latest' in one-lens bifocals?

You will find this foot-long, minnowlike fish, called *Anableps* by scientists, in the waters stretching from southern Mexico to northern South America. From tail to gill, it is undistinguished in shape, but beyond the gill, it is eye-popping.

At first glance these fish appear to have four eyes—one pair looking up and one pair looking down—prompting people to call them four-eyed fish. But that's an optical illusion. They have two big round eyes, but each eye is divided horizontally into two parts by a band of skin. Since these fish swim along the water's surface, the upper halves of their

eyes are like periscopes that protrude above the water and scan the sky, while the lower parts remain submerged and look underwater. In this way the four-eyed fish searches for food below and at the same time keeps an eye—or, better yet, two eyes—out for hungry water birds above.

To look underwater, however, the fish needs a thicker lens than it does to look through air. How is that problem solved? Bifocals! Each eye comes with a one-piece, oval-shaped lens that is thicker at the bottom than at the top. So anything viewed underwater is seen through the thicker part of the lens, while the flatter, upper part surveys the sky.

But the two-tier vision of the fish will only be clear as long as they keep the lenses clean. How do they clean their lenses? Whenever the lenses dry out, the fish simply duck their heads underwater and emerge with sparkling bifocals again. Those shiny lenses certainly reflect the wisdom of their Creator!

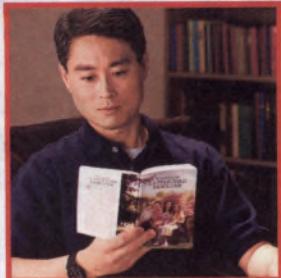
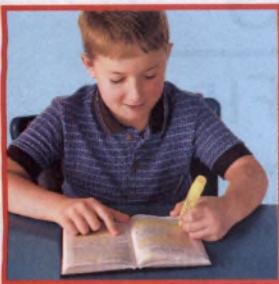


©Dr. Paul A. Zahl, The National Audubon Society Collection/PR

▲ Painting by Charles Willson Peale/*Dictionary of American Portraits*/Dover

©William E. Townsend, Jr.,
The National Audubon Society Collection/PR





A MOTHER of four children between the ages of 12 and 22 wrote: "I know there will be many families wishing they could do it all over again with the aid of this book." She was referring to *The Secret of Family Happiness*.

The 49-year-old mother from New Zealand said of the book: "It truly is written with great depth and an understanding of matters relating to the family."

IT CAN IMPROVE YOUR FAMILY LIFE

The *Family Happiness* book can benefit all members of the family—husbands, wives, parents, children, grandparents—yes, everyone. Among its instructive chapters are "Preparing for a Successful Marriage," "How Can You Manage a Household?," "You Can Overcome Problems That Damage a Family," and "Growing Older Together."

