Awake!

















WHOM CAN YOU TRUST?

ALSO: IS GOD A REAL PERSON? PAGE 29



Whom Can You Trust? 3-9

Is anyone truly trustworthy today? The answer may surprise you.

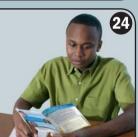




The Most Feared Disease of the 19th Century

Read how cholera terrorized Britain during the 1800's.

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How Can I Reach My Goals?

Learn how achieving goals can give you more confidence, more friends, and more happiness.

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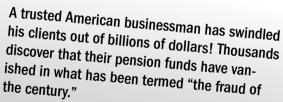
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"A Widespread **Crisis of Confidence**"

In West Africa, a 12-year-old boy lies in a hospital bed-the victim of a fake antimalarial drug that his mother bought at a legitimate drugstore. "For 15 years we have been finding false medicines on the market," says a hospital physician.*

* Reported in the newspaper Le Figaro, published in Paris, France

In Asia, the parents of a newborn boy are shocked to learn that the so-called enriched milk they have been feeding him is contaminated with a hazardous ingredient. Sadly, the little boy dies.





N TODAY'S world, virtually everyone's trust has been betrayed at one time or another. Even the global economic plight is largely the result of what the French newspaper Le Monde calls "a widespread crisis of confidence."

What factors have contributed to the present-day "crisis of confidence"? Is there anyone you can trust?



Is Trust Possible?

He was considered a pioneer in the treatment of pain. Yet, for more than ten years, beginning in 1996, this distinguished anesthetist had fabricated the results of studies published in prestigious medical reviews.

CANNOT begin to comprehend why a person would take this course," says Dr. Steven L. Shafer, quoted in *Anesthesiology News*.

What would motivate a respected professional to deceive his fellow man? Consider four possible causes.

• **Greed.** In a *New York Times* report, Dr. Jerome Kassirer, a former editor of *The New England Journal of Medicine*, explains: "When researchers are beholden to [pharmaceutical] companies for much of their income, there is an incredible tendency to get results that are favorable to the company."

- Success at all costs. Science students in Germany are believed to have paid out thousands of euros in bribes to teachers to "earn" the title of *Doktor*, a symbol of success in that country. A study described in *The New York Times* found that many students who cut ethical corners said that they "intended to follow a strict code of values" *after* they attained success.
- The absence of role models. Regarding high school students, one professor is quoted in *The New York Times* as saying: "We might be tempted to say they've lost their moral compass . . . It's probably better to say that

According to the newspaper *Le Figaro*, more and more French people "think that the leading figures in society—in political, economic, social, and cultural circles—are not virtuous, and they do not see why they should be so themselves."

Awake!®

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

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their teachers and mentors and the rest of society never helped them construct and internalize a moral compass in the first place."

Practices that are inconsistent with values. In a study of nearly 30,000 students. 98 percent said they believed that honesty is essential in personal relationships. However, 8 of every 10 students admitted that they had lied to their parents, and 64 percent admitted to cheating on an exam during the previous year.

Superior Moral Principles

As noted in the box on this page, humans seem designed to trust. Nevertheless, the Bible realistically states that "the inclination of the heart of man is bad from his youth up." (Genesis 8:21) How can you battle that inclination and resist the tide of dishonesty that is so prevalent today? The following Bible principles can help:

• "Do not fabricate against your fellowman anything bad, when he is dwelling in a sense of security with you."—Proverbs 3:29.

Love for our neighbor moves us to seek his welfare, not to abuse his trust. This principle could put an end to numerous forms of human exploitation motivated by greed, such as the trafficking of counterfeit medicine, discussed at the outset of this series.

• "Truth will last forever; lies are soon found out."-Proverbs 12:19, "Contemporary English Version."

Many today believe that honest people are at a disadvantage. But ask vourself, 'What is

DESIGNED TO TRUST?

Experiments conducted by Michael Kosfeld, a professor of business administration at Frankfurt University in Germany. led him to the conclusion that trust is "a biologically-based part of human nature." Kosfeld discovered that when there is interaction between two people, the human brain releases oxytocin, a hormone that stimulates trust, "It is, in fact, one of the distinguishing features of the human species," Kosfeld states. "When trust is absent, we are, in a sense, dehumanized,"

more valuable—gaining immediate rewards or long-lasting benefits, including self-respect?' A student may deceive others concerning his knowledge or skills by cheating on exams, but how will he fare in the workplace?

• "The righteous is walking in his integrity. Happy are his sons after him."—Proverbs 20:7.

If you are a parent, set a good example for your children by 'walking in integrity.' Explain to them how you have benefited by following an upright course. When children see a parent walking the path of integrity, they are more likely to adopt a trustworthy course themselves.—Proverbs 22:6.

Do the above Bible principles really work? Can trustworthy people be found today?

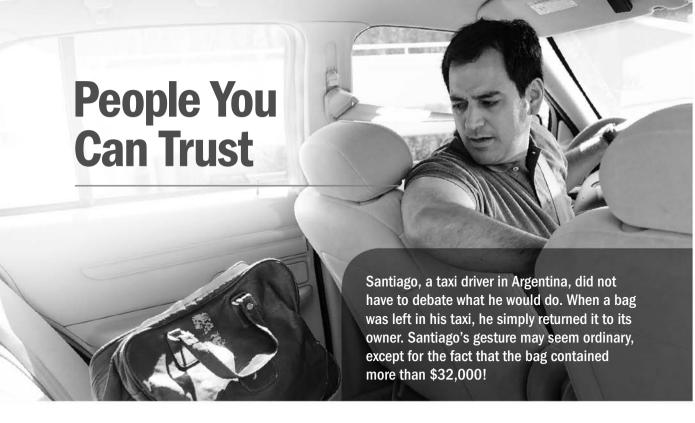
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Would you welcome more information or a free home Bible study? Please send your request to Jehovah's Witnesses, using one of the addresses below. For a complete list of addresses, see www.watchtower.org/address. America, United States of: 25 Columbia Heights, Brooklyn, NY 11201-2483. Australia: PO Box 280, Ingleburn, NSW 1890. Bahamas: PO Box N-1247, Nassau, NP. Britain: The Ridgeway, London NW7 1RN. Canada: PO Box 4100, Georgetown, ON L7G 4Y4. Germany: Am Steinfels, 65618 Selters. Guam: 143 Jehovah St, Barrigada, GU 96913. Guyana: 352-360 Tyrell St, Republic Park Phase 2 EBD. Hawaii: 2055 Kamehameha IV Road, Honolulu, HI 96819-2619. Jamaica: PO Box 103, Old Harbour. St. Catherine. Japan: 4-7-1 Nakashinden, Ebina City, Kanagawa-Pref, 243-0496. Puerto Rico: PO Box 3980, Guaynabo, PR 00970. South Africa: Private Bag X2067, Krugersdorp, 1740. Trinidad and Tobago: Lower Rapsey Street & Laxmi Lane, Curepe.

⁺ CD also available.

MP3 CD-ROM also available.

Audio recordings also available at www.jw.org.



AN you imagine a world filled with trustworthy people? How different life would be! You could leave your child in the hands of a babysitter without fear. You would need neither keys to your home nor locks on your doors. Is that merely a dream?

The Effect of Moral Values

The Christian apostle Paul said of himself and his fellow Christians: "We wish to conduct ourselves honestly in all things." (Hebrews 13:18) That is what Jehovah's Witnesses strive to do. Their aim is to live up to the qualities described in the Bible at Isaiah 33: 15: "There is one who is walking in continual righteousness and speaking what is upright, who is rejecting the unjust gain from frauds, who is shaking his hands clear from taking hold on a bribe." How have some followed such a trustworthy course?

• 'Speak what is upright.' Domingo, one of Jehovah's Witnesses, works in the Philippines on a copra plantation. "Many people are not honest with their employers," he says.

"For example, if they have gathered copra, they do not tell the employer how many sacks they really have. By doing that, they can covertly sell some sacks on the side."

Domingo and his family were nearly evicted from a plantation because they did not want to lie about production figures. Nevertheless, Domingo says: "We told our employer that even if it meant being evicted, we would not lie. Eventually, our employer said that Jehovah's Witnesses are good people who can be trusted, and he gave us additional land to farm."

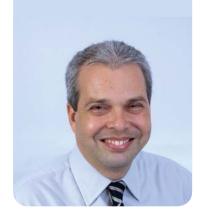
• 'Reject unjust gain.' Pierre, the chief tax officer in a region of Cameroon, has had many opportunities to make easy money. When he was first assigned to pay the salaries of temporary workers, he noted an abnormality. "Salaries were being paid to personnel whose contracts had expired or who were deceased," Pierre explains. "Instead of thinking that I could use this money, I kept a careful financial record and the corresponding funds in a safe."



"We told our employer that even if it meant being evicted, we would not lie." —Domingo, Philippines.



"The auditors warmly commended me for my honesty."—Pierre, Cameroon.



"A lawyer tried to bribe me.
... My wife and I decided that
we would not even unwrap
the parcel."—Ricardo, Brazil.

What was the result? "After two years," Pierre says, "there was an audit to check on this situation. I was really very proud to be able to present an exact record and hand over the appropriate funds, which by then were substantial. The auditors warmly commended me for my honesty."

• Avoid 'taking a bribe.' Throughout his career as a notary in Rio de Janeiro, Brazil, Ricardo has been offered many bribes. "On one occasion," he recalls, "a lawyer tried to bribe me. Without my knowledge, he took the initiative to send a CD player to my house. In

those days, a CD player was both a novelty and a luxury."

What did Ricardo do? "My wife and I decided that we would not even unwrap the parcel," he says. "I went to the lawyer's office, taking him completely by surprise, and put the parcel on his desk. It was a good opportunity to explain why I was returning it. His secretary was especially impressed with my action."

Although Jehovah's Witnesses are not the only ones trying to be upright, as a people they have earned a reputation for being

Berthe often spends the whole day without selling anything. But then the other food vendors will serve her because they know that she will pay them as soon as she has the money.





HONESTY REWARDED

Lucio, one of Jehovah's Witnesses in the Philippines, could have become dishonest. He found \$27,500 in an old filing cabinet in an office that he was asked to clean. The office—and the money—belonged to his boss, who was away on a business trip. "It was the first time I had ever seen a dollar!" Lucio says.

When his boss returned, Lucio handed him the money. What was the result? "I was given more responsibility," Lucio says. "In fact, my boss gave me a room where my whole family could stay. Even though life throughout the Philippines is hard, I really feel that because we have adhered to his laws. Jehovah God has cared for us."

trustworthy. That is what recently led a Polish clothing chain to offer jobs only to Jehovah's Witnesses. The sales manager stated: "There are honest people everywhere, but Jehovah's Witnesses have principles, and they stick to them"

Trustworthy Despite Poverty

In the minds of many people, poverty makes a person exempt from the need to be honest. For example, a CNN report tells of a 14-year-old Nigerian boy who spends his days swindling people over the Internet. "What do you want me to do?" he says to justify himself. "I feed my family—my sister, my mother, my [father]. Man must survive."

Of course, the Bible does not promise riches to those who remain upright, but it does

give assurance that they will receive life's necessities. Isaiah 33:16 states: "His own bread will certainly be given him; his water supply will be unfailing."

However, some might ask: 'How can being trustworthy help those in extreme situations? What of those who struggle each day just to feed themselves?'

Consider Berthe, a widow in Cameroon who sells manioc-based savory sticks in her little *miando* stall. "Traditionally, there are 20 *miando* sticks in each packet," she says. "It is common for storekeepers to put just 17 or 18 in most packets, but I prefer not to make my earnings by deceiving others."

Is Berthe's business thriving? Not always. "I often spend the whole day without selling

anything," she says, "But when I ask the food vendors for a dish of food and tell them that I still have not sold anything, they serve me because they know that I will pay them as soon as I have the money. It is a question of trust. which is earned over time."

A God Who Deserves Our Trust

Our trust grows as we observe that a person acts in harmony with his words. Joshua. a leader in ancient Israel, said of God: "Not a promise failed out of all the good promise that Jehovah had made . . . It all came true." (Joshua 21:45) Do we too have good reasons to trust in God?

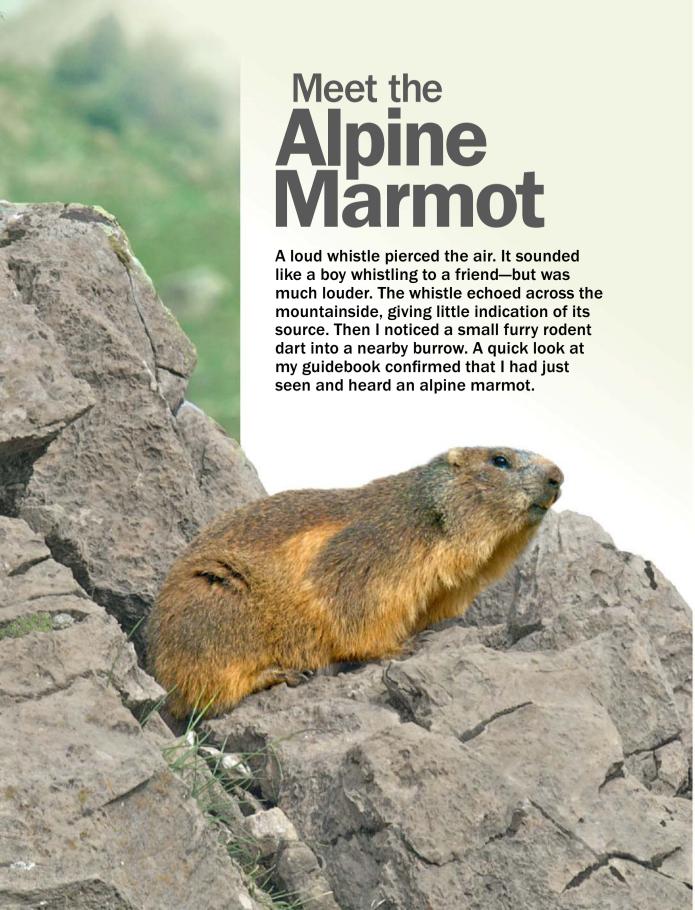
God's promises are so trustworthy that he compares his word to the rain. (Isaiah 55:10. 11) Indeed, what could prevent rain from falling, soaking the soil, and causing vegetation to grow? Nothing! In the same way, nothing can prevent the fulfillment of God's promises.

One of those promises is recorded at 2 Peter 3:13, which states: "There are new heavens and a new earth that we are awaiting according to his promise, and in these righteousness is to dwell." God purposes to rid the earth of all who would exploit their fellow man. Would you like to learn more about how God will accomplish his purpose? Contact Jehovah's Witnesses locally, or write to the appropriate address on page 5 of this magazine.

HONEST SCALES

Moïse's stall is well-known in a market in Douala. Cameroon. where he sells fish, "I called my little shop The Scales." he says. "because my scales are among the few in the whole market that have not been tampered with. I know that people test me out regularly. If they ask me for a kilo of fish. I give it to them. They always find a way to have the bag weighed elsewhere. When they do. they find that they have what appears to be more than a kilo! Then they know that I have not tried to deceive them! Many people say to me. 'We come to you because vou are honest.'"





DURING the next few days, I became familiar with these furry rodents. I learned which rocks they preferred for sunning themselves, where their principal burrows were located, and how they survive in the harsh environment above the tree line.

Family Cooperation and Vigilance

Life on the alpine pastures is not easy for the marmot. Winters are cold, and its habitat may be snowbound for months. Also, predators on land and in the sky pose a threat. So the marmot's survival depends on cooperation, planning, and vigilance.

Marmots are family-oriented, usually living in groups that consist of a breeding pair and their offspring. Each family has several burrows—one serves as the family home and the others provide shelter in times of danger. Sometimes marmots excavate their burrows in crevices underneath large boulders. These castlelike dwellings offer the marmots vantage points that serve both as turrets for observation and as sun terraces for relaxing.

The marmot takes hygiene seriously. A separate burrow is used as a toilet so that the home burrow is kept clean. At the end of their main burrow, marmots prepare an enlarged den, which they line with grass. This den provides a safe haven where the female gives birth. It also offers a warm sanctuary where the whole family can huddle during the long winter hibernation.

Perhaps the most important family responsibility is that of guard duty. An adult marmot acts as a sentinel while other family members forage nearby. To check for danger, the marmot sometimes stands on its hind feet to survey its surroundings better. Eagles, foxes, and humans are the main threats to the alpine marmot. Their presence or the sight of any large bird of prey will elicit an alarm call. Interestingly, the alarm call for eagles—the marmot's principal winged predator—is noticeably distinct. At the sound of a warning call, the marmots scamper for safety. In an instant, it seems, no marmot can be seen above ground!

The marmot adds charm to the alpine meadows, and its family cooperation testifies to the wisdom of the Creator.—Psalm 50:10



Obedience may well be a matter of life and death, especially in the case of young marmots, which are a favorite food of golden eagles. If the threat seems immediate, the guard retreats into a nearby burrow along with the others. Then, after a few minutes, he cautiously pokes his head out to see if the danger has passed.

Keeping Cool and Sleeping Well

In the high meadows where alpine marmots live, there is abundant grass to eat, and the summer climate is temperate. If the weather is cool, marmots will sunbathe on a suitable rock. High temperatures create more problems for them, since they cannot remove their furry coat. For this reason marmots are usually more active in the early morning and late afternoon.

Insomnia is certainly not a problem for alpine marmots; they hibernate for about six months. A related species, the hoary marmot, may hibernate for as long as nine months. During hibernation, the alpine marmot's heart slows down to one or two beats per minute, and its body temperature drops to about 41 degrees Fahrenheit. Understandably, fasting for such a long period requires preparation. During summer and early autumn, the marmots eat voraciously to acquire fat reserves that will last them through the long winter hibernation.

Young marmots are playful and often run around in circles chasing each other. I watched one group of three youngsters tumble down a grassy slope as all three of them engaged in a mock fight. Marmots of all ages greet each other by touching noses; family members also groom each other and snuggle during cold spells to keep warm.

Marmots prepare for the future and are alert to danger. (Job 12:7) Perhaps human families can learn from these rodents.

An adult marmot will act as a sentinel while other family members forage nearby



Children Who Cannot Communicate

Today's parents are spending less time talking to their children at mealtimes or reading to them at bedtime than parents of previous generations did. "Children are starting primary school with a speaking age of just 18 months and the number unable to form simple sentences is rising," reports *The Times* of London. In Britain, "18 per cent of children aged 5 (more than 100,000) fail to meet the expected level of speech for their age." Hence, many children who cannot understand basic instructions or express their needs are "like foreigners in the classroom," not able to understand what is going on.

Irish Churches Without Priests?

"What we are witnessing is the death of a clerically-dominated Catholic Church," says *The Irish Times*. Fifty years ago, Ireland was second to no other country in the number of priests it produced. Now the increasing age of the Irish clergy means that soon, when these priests reach the retirement age of 75, some parishes will be without priests. The roots of the crisis are said by some to rest with the pivotal decision banning artificial contraception, which was published in the 1968 papal

Canadian researchers wanted to examine the effects of pornography on men. "We started our research seeking men in their twenties who had never consumed pornography," explains a team member, but "we couldn't find any." —UNIVERSITY OF MONTREAL, CANADA.

The world's tallest building, the Burj Khalifa, was inaugurated in Dubai last January. The tower is 2,717 feet tall, has more than 160 floors, and can be seen from a distance of 59 miles.—GULF NEWS, LINITED ARAR EMIRATES

"Reform Judaism is nothing if not responsive to changing times.

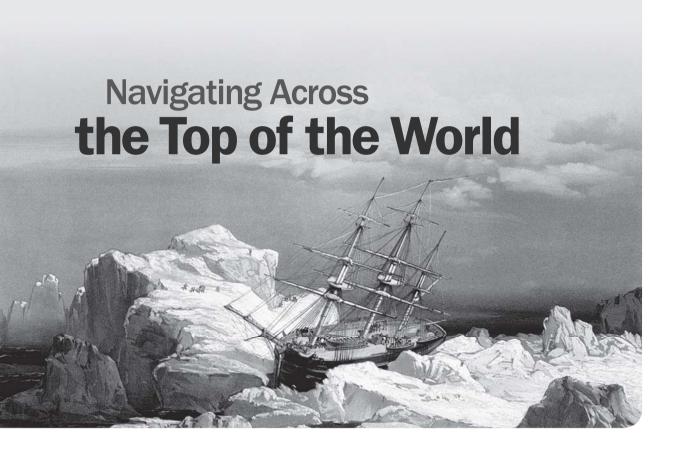
Recently its liturgy incorporated a special prayer for people undergoing sex-change operations."—THE NEW YORK TIMES MAGAZINE, U.S.A.

encyclical *Humanae Vitae*. That document, continues the *Times*, led first to "the beginning of people questioning the teachings of the Church" and then to "a decline of confidence in church leadership."

Magnetic North on the Move

When the magnetic North Pole was located in 1831, it was in northern Canada, "about 1,700 miles from the geographic North Pole," says the French newspaper *Le Figaro*. Up until 1989, magnetic north was moving closer to the geographic pole at three to nine miles a year. According to the Paris Institute of Global Physics, the magnetic pole is presently moving "at about 34 miles a year" and in 2007 was located only 342 miles from the geographic pole. At the current speed and direction, by 2020, the aurora borealis, or northern lights, which accompanies magnetic north, "will be more visible above Siberia than Canada," says the newspaper.





AVIGATORS of the past dreamed of discovering a northern corridor linking the Atlantic and Pacific oceans, but they faced a daunting challenge: the Arctic sea route was blocked by ice.

Still, there was incentive to find a shortcut across the top of the world. By the l6th century, trade routes to the Orient—around the southern extremities of Africa and South America—were monopolized by Portugal and Spain. Foreign merchants would have to seek northern routes if they wanted to share in Eastern trade. Many tried, including the following.

The English: In 1553, Sir Hugh Willoughby and Richard Chancellor led the first English expedition. After their ships were separated in a storm, Willoughby was forced to winter on the barren coast of the Kola Peninsula in the far north of Russia. Ill-prepared for the harsh conditions, he and all those with him perished. Chancellor, on the other hand,

made port in **Arkhangel'sk.** From there he traveled to Moscow at the invitation of Czar Ivan IV Vasilyevich, the Terrible. Chancellor failed to find a passage to Asia, but he opened the way for Anglo-Russian trade.

The Dutch: In 1594, Willem Barents first sailed to Novaya Zemlya. In 1596, however, on his third trip, on rounding the northern tip of this Russian archipelago, the ship became trapped in ice and was damaged beyond repair. After enduring a severe winter in a shelter built of driftwood and surviving on polar-bear meat, Barents' crew returned in two small boats. Barents did not survive the journey.

The Russians: Russian explorers undertook an intense exploration of **Siberia** and the Russian Far East. In just 60 years, from 1581 to 1641, they pushed from the Ural Mountains to the Pacific. About that time, the Cossacks sailed to the Arctic Ocean on Siberian rivers. They claimed Siberia for Russia



and pioneered shipping along the northeast coast of Siberia. In 1648, Russian ships sailed through what came to be called the Bering Strait, named after Danish navigator Vitus Bering.

Further Expeditions

From 1733 to 1743, nearly a thousand men under Bering's command set out in seven detachments to survey the Arctic and Pacific coasts of Russia. Ice repeatedly trapped their ships, and many mariners died. Nevertheless, the expedition mapped almost all the Arctic coast. The data compiled—including charts, soundings, and information on ice conditions—proved invaluable to future Arctic mariners.

All along, Arctic voyages had been made in wooden vessels. But Bering's expedition made clear that these were woefully inadequate for crossing the Northern Sea Route.* In 1778, the British explorer James Cook reached the same conclusion when he sailed west through the Bering Strait, only to find ice blocking his path. Another century went by before Nils Adolf Erik Nordenskiöld, of Finnish origin, succeeded in navigating this passage by steamer.

Russian Expertise

After the Russian Revolution in 1917, shipping in the Russian Arctic was barred to all but Russian vessels. From the 1930's onward,

the Soviet Union developed the Northern Sea Route and built ports to serve new industrial settlements. Russia thus gained expertise in all aspects of Arctic navigation.

During the Cold War, the Northern Sea Route stayed closed to foreign ships. However, because of political reforms and a transition to a market economy, Russian authorities now encourage international shipping along this route. The following example illustrates the benefits

During the summer of 2009, two German cargo vessels passed through the Bering Strait and then sailed west along the nearly ice-free northern shore of Asia and Europe to the Netherlands. It was the first time that a non-Russian shipping company had traversed the entire Northeast Passage. The voyage saved some 3,000 nautical miles and ten days of sailing time. The company that made the voyage estimates that it saved some 300,000 euros (then \$450,000, U.S.) per ship by taking the Arctic shortcut.

Today, Arctic sea ice is rapidly decreasing. As a result, large areas of ocean are now open each summer.* While this development may be of environmental concern if the melting continues, ships could avoid the shallows along the Russian coast and sail a direct route between the Atlantic and the Pacific—right across the top of the world.

^{*} Because of this and other factors, the length of the navigation season has nearly tripled in the eastern Arctic and more than doubled in the western Arctic.



^{*} The "Northern Sea Route" is the Russian name for what is elsewhere called the Northeast Passage.



After two years the clock was ready, but it languished in the clockmaker's workshop for five more years while work on the tower was being completed. During that time, Denison invented a device that protected the pendulum from outside interference, ensuring the clock's accuracy.

Big Ben Is Born

With the clock mechanism ready, the next step was to make the bells. A foundry in northeast England cast the hour bell. It was much larger than anticipated and weighed more than 16 tons! The bell was so heavy that it damaged the deck of the ship that was to carry it to London. In time, the ship made the journey. Once on land, the bell was eventually transported in a specially made carriage that was pulled by 16 white horses. Then it was hung on a frame in front of Parliament, where it could be tested.

Many large bells have names, and this enormous bell was dubbed Big Ben. Why? No one is sure. Some say that the bell may have been named after Sir Benjamin Hall, a large



Three times each week, a technician climbs 300 steps up the stone spiral staircase to rewind, by hand, the cable holding the heavy weight that powers the time mechanism. The technician also checks the clock for accuracy. The 13-foot-long pendulum swings every two seconds. A small ledge near its top holds some old predecimal pennies and halfpence. If the clock is losing time, the technician adds a coin. If it is gaining, he removes one.

Predecimal pennies help regulate the clock

Winding clock: AP Photo/Lefteris Pitarakis; coins on ledge: Parliamentary copyright images are reproduced with the permission of Parliament man who worked for Parliament. Others suggest that the bell took its name from Benjamin Caunt, a well-known heavyweight boxer of the time. Whatever its origin, Big Ben—no longer the name of just the hour bell—now commonly refers to the entire clock and tower.

Disaster Strikes Twice

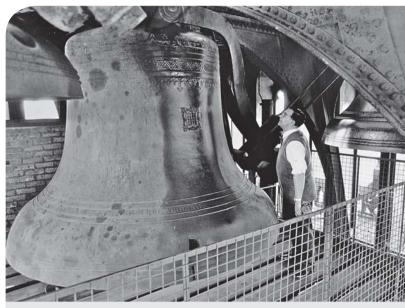
Big Ben's first hammer seemed to be too light, so a huge 1,500-pound hammer replaced it. After months of testing, however, disaster struck. The bell cracked and could not be repaired. Big Ben had to be dismantled. The metal in the bell was melted and then recast into a bell that weighed 13.7 tons. Once again, crowds lined the streets as a carriage bore the new bell to the Houses of Parliament.

A few months later, the tower was ready. Several teams of men worked tirelessly to winch Big Ben up and into the belfry. Finally, the huge bell joined the four smaller bells that were to sound the quarter hours. The heavy clock mechanism followed. At long last, the "King of Clocks" was ready for action—or so it seemed.

In July 1859, Big Ben began striking the hour. But the triumph was short-lived. At the beginning of October, the great bell cracked again! Removing the bell from the tower was out of the question. Instead, workers rotated the bell by a quarter turn so that the hammer would not hit the crack. Then, to prevent future disasters, a lighter hammer was installed. Within three years Big Ben was back in business! The crack remains, and it is what gives the bell its distinct bong.

Historic Milestones

In 1924 the BBC, the British Broadcasting Corporation, installed a permanent microphone in the clock tower and began regular broadcasts of Big Ben's chimes as the na-

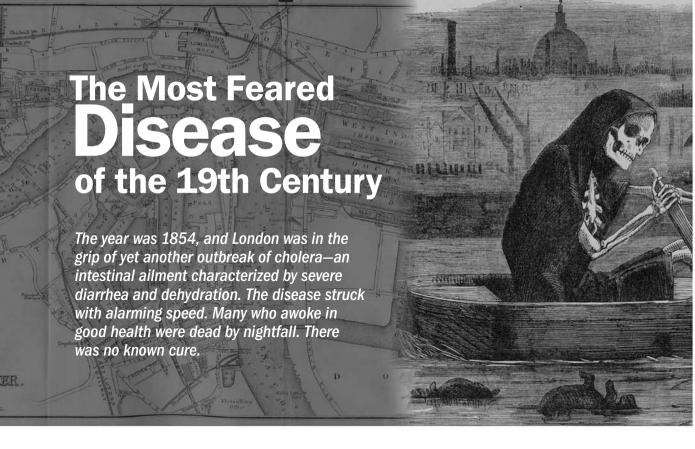


The 13.7-ton great bell (Big Ben) strikes on the hour

tion's time signal. Eight years later, listeners throughout the British Commonwealth were linked in too, and today Big Ben's melodious tones ring out round the world via the BBC World Service.

Although the clock and the bells survived the bombing of the second world war, in 1976 metal fatigue in the chiming mechanism led to mechanical failure that destroyed much of the clock room. The great bell, however, escaped undamaged, and within a few weeks, it resumed striking the hour. It took nine months to restore the clock to working order.

For a time, Big Ben was the largest clock the world had ever seen, and it still is the most accurate public mechanical timepiece. Copied frequently, its characteristic melody can be heard ringing out from both small and great clocks in many lands. Little wonder, then, that Big Ben has become a symbol of England and its capital city. It truly is a "King of Clocks"!



T WAS the most feared disease of the century, and the cause remained a mystery. Some thought cholera was contracted by inhaling offensive odors from decaying organic matter. Their suspicions were understandable. The River Thames, which coursed through London, emitted a horrible stench. Did the foul-smelling air carry the disease?

Five years earlier, a physician named John Snow had suggested that cholera was caused, not by contaminated air, but by contaminated water. Another physician, William Budd, believed that a funguslike living organism carried the disease.

During the 1854 epidemic, Snow tested his theory by studying the lives of those who had contracted cholera in the London district of Soho. 'What do they have in common?' he wondered. Snow's investigation led to a startling discovery. All who contracted cholera in that district had obtained drinking water

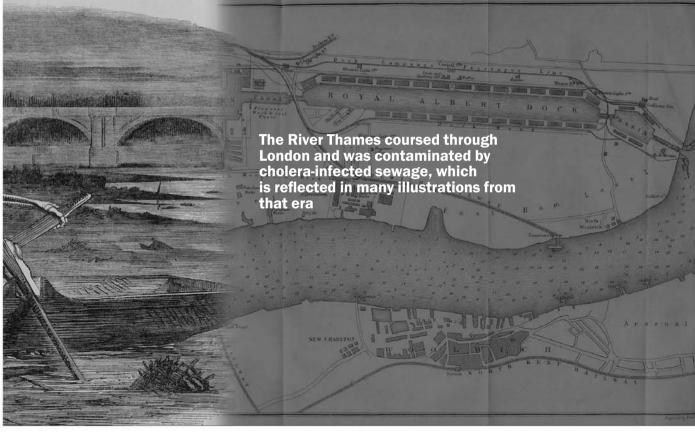
from the same street pump, and that water was contaminated by cholera-infected sewage!*

That same year saw another medical milestone when Italian scientist Filippo Pacini published a paper describing the living organism that caused cholera. For the most part, however, his research was ignored, along with the findings of Snow and Budd. The cholera scourge raged on—that is, until 1858.

"The Great Stink"

Parliament had been sluggish about building a new sewage system to clean up the Thames, but the heat wave that arrived during the summer of 1858 forced the issue. The stench from the river that flowed past the House of Commons was so overwhelming that the politicians were forced to hang

^{*} Although by 1854 flush toilets had been installed, an antiquated sewage system allowed human waste to flow down gutters and sewers straight into the Thames—a major source of drinking water.



drapes soaked in disinfectant over their windows in an attempt to disguise the smell. What came to be called the Great Stink pushed Parliament into action. Within 18 days, it ordered the building of a new sewage system.

Huge drains were constructed to intercept sewage before it reached the river and then to transport it to the east of London, where it eventually flowed into the sea on the ebb tide. The results were dramatic. Once all London was connected to the new system, the cholera epidemics ended.

By now, there was no doubt: Cholera was not caused by foul air but by contaminated

> cow. 4. Bartholomew. 5. He was not deceitful. fruits of the ground. 3. Abel offered a sheep, not a T. Unly two sons offered sacrifices. Z. Cain offered

> > ANSWERS TO PAGE 31

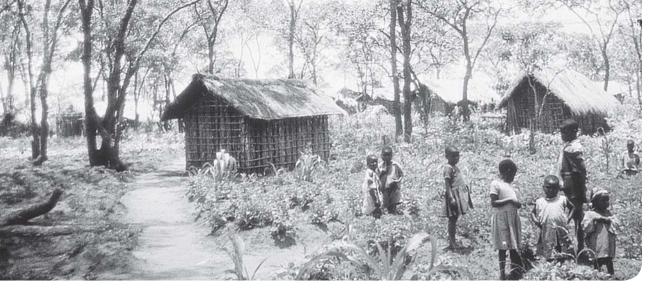
water or food. Also clear was the key to prevention-sanitation.

A Law Ahead of Its Time

Thousands of years before cholera epidemics raged through London, Moses led the nation of Israel out of Egypt. Although they trekked through the Sinai wilderness for some 40 years, the Israelites remained free from epidemics such as cholera. How was that possible?

The nation was directed to bury human waste in a private place away from the camp so that the living area and water sources would not become contaminated. That regulation is recorded in the Bible at Deuteronomy 23:12, 13, which states:

"Set up a place outside the camp to be used as a toilet area. And make sure that you have a small shovel in your equipment. When you go out to the toilet area, use the shovel to dig a hole. Then, after you relieve yourself, bury the



More than 30,000 men, women, and children settled in ten refugee camps in Mozambique, which were kept clean all the time

waste in the hole."—"Contemporary English Version."

That simple direction protected the Israelites from diseases that plagued surrounding nations. Similar sanitary practices have saved lives in recent times too.* Consider an example.

"We Never Had an Outbreak"

In the 1970's, a wave of persecution drove many of Jehovah's Witnesses out of Malawi. They found safety in neighboring Mozambique, where more than 30,000 men, women, and children settled in ten refugee camps. As is well-known, refugee camps are often a breeding ground for waterborne diseases. So how did the Witnesses fare in those conditions?

Lemon Kabwazi, along with 17,000 others, lived in the largest camp at Mlangeni. He recalls: "The camp was kept clean all the time. Pit latrines were dug outside the camp, and nobody was allowed to dig his own latrine inside. Rubbish pits were dug away from the camp too. Volunteers took care of all aspects of sanitation, including ensuring the cleanli-

ness of the water that came from the wells dug in a different area outside the camp. Although we were cramped, we adhered to Bible standards regarding hygiene, so we never had an outbreak of serious disease, and no one ever suffered from cholera."

Sadly, in some parts of the world, homes still do not have an adequate sewage system. Excreta-related diseases cause the death of some 5,000 children *each day*.

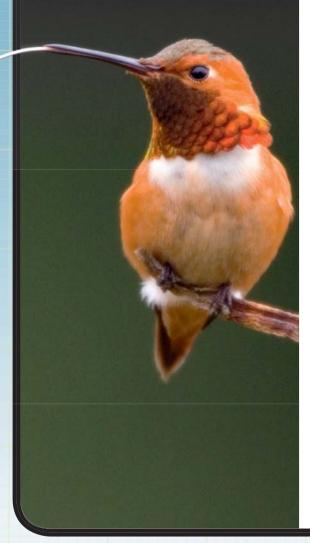
Although cholera and similar ailments are preventable and man's efforts at sanitation have yielded considerable results, the Bible holds forth the hope that soon *all* sickness will be eliminated. Revelation 21:4 says that under the rule of God's Kingdom, "death will be no more, neither will mourning nor outcry nor pain be anymore." At that time, the Bible promises: "No resident will say: 'I am sick.'" —Isaiah 33:24.

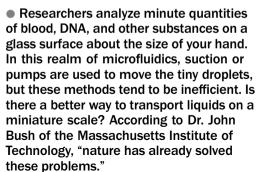
To learn more about what God's Kingdom will do for mankind, see chapters 3 and 8 of the book What Does the Bible Really Teach? published by Jehovah's Witnesses.

^{*} Since cholera is caused by contaminated food or water, the key to prevention lies in taking adequate precautions regarding anything that enters the mouth. Purifying water and thoroughly cooking food are essential safety measures.

WAS IT DESIGNED?

THE HUMMINGBIRD'S TONGUE





Consider: The hummingbird does not waste energy by sucking a flower's nectar into its mouth. Rather, it takes advantage of the cohesive forces that cause water on a flat surface to bead up and defy gravity. When a hummingbird's tongue makes contact with nectar, the surface of the liquid forces the bird's tongue to curl into the shape of a tiny straw, and the nectar is drawn upward. In essence, the humming-bird avoids unnecessary effort by letting the nectar force itself up the "straw" and toward the mouth. During feeding, hummingbirds can refill their tongue with nectar up to 20 times a second!

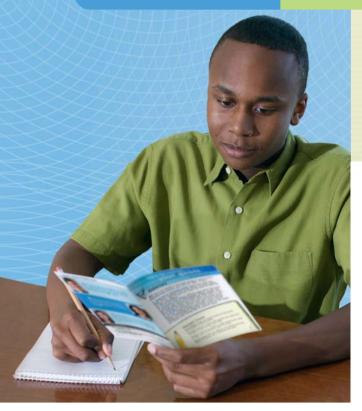
This "self-assembling siphon" has also been observed in some shorebirds, which drink water in a similar way. Commenting on this ability, Professor Mark Denny of Stanford University, in California, U.S.A., observes: "The combination of engineering, physics, and applied math is just wonderful . . . If you took any engineer or applied mathematician and told them to design a way for a bird to get water from its beak to its mouth, they wouldn't have thought of this one."

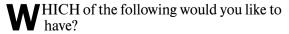
What do you think? Did the hummingbird's tiny tongue—with its ability to collect nectar rapidly and efficiently—come about by chance? Or was it designed?

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YOUNG PEOPLE ASK

How can I reach my goals?

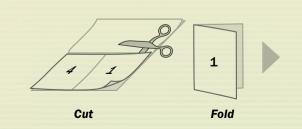




- More confidence
- More friends
- More happiness

Actually, you can have *all three!* How? By setting and reaching goals. Consider the following.

More confidence When you set small goals and reach them, you'll have the confidence to take on bigger ones. You'll also feel more confident when facing day-to-day challenges—such as standing up to peer pressure. In turn, others will likely notice your confidence



and respect you for it. Some might pressure you less. In fact, they may even start to admire you.—Compare Matthew 5:14-16.

More friends People enjoy being around those who are goal-oriented—those who know what they want and who are willing to work for it. And when people are drawn to you because of your goals, they often become members of the support team you need to reach those goals.—Ecclesiastes 4:9, 10.

More happiness Let's face it: There's little fun in being bored or waiting for your life to happen. On the other hand, when you set and reach goals, you feel a sense of accomplishment. No wonder the apostle Paul, a first-century Christian, once said: "I don't run without a goal." (1 Corinthians 9:26, Contemporary English Version) And remember, the bigger the goal, the greater your feeling of accomplishment upon reaching it!

Are you ready to get started? Just cut and fold the page to the right, and then follow the steps listed.*

More articles from the "Young People Ask" series can be found at the Web site www.watchtower.org/ype

^{*} These suggestions are geared toward goals you can accomplish within a few weeks or months, but the principles apply to larger goals as well.

WHAT YOUR PEERS SAY



It's easy to get discouraged if you don't to. But when you set and reach goals, you nave anything to focus on or look forward feel good about yourself. 7 7 -Reed.

Feeling that way won't help. Just keep not accomplishing your goal perfectly or in the time frame you had in mind. Don't beat yourself up if you're



spire you and give you practical suggestions. they can be part of your support team. reached the goals you've set. They can in-Also, share your goals with your family so ■ Talk to people who have already

TO THINK ABOUT

- Is it possible to have too many goals at once? -Philippians 1:10.
- Does setting goals mean planning out every minute of your life?—Philippians 4:5.

your goals How to reach

IDENTIFY

Proverbs 4:25, 26



- step! Don't analyze; just write down as many ideas as 1. Brainstorm potential goals. Have fun with this you can. See if you can come up with at least 10 or 20 possibilities.
- exciting? The most challenging? Which would you be 2. Evaluate your ideas. Which ones seem the most especially proud of achieving? Remember, the best goals are the ones that mean the most to you.
- 3. Prioritize. First choose some short-range goals that months). Number your goals according to the order long-range goals (reachable within several weeks or you could reach in a few days. Next choose some n which you would like to achieve them.

Sample Goals

Friendship Make one friend outside my age group. Reestablish an old friendship.

Health Exercise a total of 90 minutes each week. Get eight hours of sleep each night.

School Improve my grades in math. Stand up for what is right when pressured to cheat on a test.

Spirituality Read the Bible for 15 minutes each day. Share my beliefs with a classmate this week.

never achievements. reach them. Otherwise, they'll always be goals and 🖢 Goals are great, but you also need a plan to

For each of the goals you've chosen, do the

1. List your goal.

Learn Spanish

for my trip to Mexico

is just a dream! without a deadline 2. Set a deadline After all, a goal

- 1. Get a phrase book
- 2. Learn ten new words each week

3. Plan the steps

involved.

- Spanish. 3. Listen to other people speaking
- and pronunciation 4. Ask someone to verify my gramma

obstacles Potential

overcome them Download audio How I can recordings in www.jw.org Spanish from

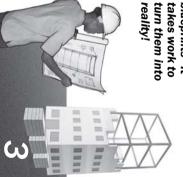
> overcome them. 4. Anticipate think of how you'll obstacles. Then

speaks Spanish No one nearby

self that you'll do goal. Now sign and 5. Make a commityour best to reach this ment. Promise your-

Signature

turn them into takes work to blueprints-it Goals are like



them. 🥊 🕊 –Erika. you have to stay focused and keep working toward Goals can easily get put on the back burner, so

day to start toward my goal?' Granted, you may not thing you can do today—even if it's small—and do it. (Ecclesiastes 11:4, Today's English Version) Find somewill never plant anything and never harvest anything." wait until the wind and the weather are just right, you you from getting started. As the Bible puts it, "if you have every detail worked out, but don't let that keep Start immediately. Ask yourself, 'What can I do to-

you complete it. one is important to you. Track your progress by putting a \checkmark (or a completed-on date) next to each step as Review your goals daily. Remind yourself why each

plan. Just keep making progress toward the final goal That's OK. Don't worry about rigidly sticking to a they may need to be adjusted as you go along. Be flexible. No matter how good your plans are

you reach your goal. Now go how great you'll feel when ing each step, and imagine "play." See yourself complet each of them. Finally, press individual steps, and visualize Next, "rewind" through the the sense of accomplishment self achieving your goal. Feel forward" and imagine your-**Use your imagination.** "Fast-



AYDAY! Mayday! Mayday!" Those words heard over the radio announce a life-threatening emergency and are a call for immediate assistance. Is the Mayday call effective? In 2008, the U.S. Coast Guard went on more than 24,000 rescue missions. They saved 4,910 lives—an average of 13 lives per day—and assisted more than 31,000 people in distress.

Why, though, do we use the expression "Mayday"? And before radio transmission, how did ships in distress signal for aid?

Early Methods of Calling for Help

In 1588, the *Santa Maria de la Rosa* of the Spanish Armada fired her guns as a distress call when drifting in a violent storm. The ship sank with no reported survivors. In other instances, early sailors hoisted flags designed to convey a distress call. Even now, a ship dis-

Courtesy Fisheries and Oceans Canada, reproduced with the permission of © Her Majesty the Queen in Right of Canada, 2010 ▶ playing a white flag with a red diagonal cross is known internationally as calling for help.

Sailors in the 1760's began learning a visual code called the semaphore system. To use this code, a signaler with two hand-held flags would imitate the hands on a clockface. Each position of "time" the signaler used reflected a different letter or number.

However, flags, cannon fire, and visual signals worked only if others were close enough to see or hear the distress call. Often, the crew

The "Nautical Legacy" engulfed in fire and smoke





To employ Morse code at sea, sailors used bright beams of light instead of the sounds sent by telegraph operators

© Science and Society/SuperStock

in peril had little hope that help would arrive. How would the situation improve?

More-Effective Calls for Help

A gigantic leap forward in communication technology came in the 1840's. Samuel Morse invented a code that allowed telegraph operators to send messages along a length of wire by means of a hand-operated transmitter key. As long as the operator held the key down, the person at the other end of the wire could detect an electrical impulse. Morse assigned a unique combination of short and long sounds or dots and dashes to each letter and number.

To employ Morse code at sea, sailors used bright beams of light instead of the sounds sent by telegraph operators. The signaler would expose a beam of light for a short length of time to symbolize the dot and lengthen the time the beam was exposed to symbolize the dash. Signalers soon began using a simple and unique call for help consisting of three dots, three dashes, and three more dots, representing the letters SOS.*

Fortunately, the scope and distance of distress signals did not stop there. Guglielmo Marconi sent the first radio signal across the

* The letters SOS were chosen because they could be sent and perceived easily. They had no particular meaning.

Atlantic Ocean in 1901. SOS messages could now be sent using radio waves instead of beams of light. Still, radio operators could not yet vocalize a distress call. The expression "Mayday! Mayday! Mayday!" was yet to come

Spoken words were finally heard across the airwaves in 1906 when Reginald Fessenden transmitted a program of speech and music. Sailors with radio equipment heard Fessenden's broadcast from 50 miles away. In 1915, many more people were thrilled to hear live speech transmitted from Arlington, Virginia, U.S.A., to the Eiffel Tower in Paris, France—a distance of 8,800 miles! And imagine the excitement of sailors on the S.S. *America* in 1922 when the first ship-to-shore radio conversation was held between Deal Beach, New Jersey, U.S.A., and their ship, which was 400 miles out to sea.

Unifying the Call for Help

Radio operators in the 1920's and 1930's quickly began talking to each other. Since crews at sea may speak different languages, how could a captain send a priority distress call that would be universally understood? The International Radiotelegraph Convention answered this concern in 1927 by adopting "Mayday" as the international distress call.*

We can be thankful that communications have continued to improve. For example, radar and global positioning systems have replaced cannons and flag signals. Also, radios have become standard equipment, and rescue agencies monitor the airwaves and are on constant alert. As in the case of the *Nautical Legacy*, no matter where or when an emergency arises, the call "Mayday! Mayday! Mayday!" can likely be heard. Unlike past generations, if you are in distress at sea, rather than having only faint hope of rescue, you can confidently expect to get help.

^{* &}quot;Mayday" is to be repeated three times to show clear intent and avoid confusion of the word with any other.

THE BIBLE'S VIEWPOINT

Is God a Real Person?

AWED by nature, many people are compelled to believe in a supernatural force, a deity. Are you impressed by the complexity of the universe? Do you marvel at our planet's natural wonders and the intricate design of the human body?

If so, perhaps you too have been persuaded to believe in a divine power. Some religions teach that such an entity resides in the mountains, the trees, the sky, and other features of the physical universe. Others believe that the spirits of ancestors, some benevolent and some evil, join in an amalgamation of mysterious forces, collectively forming one Supreme Being—God!

In either case, a common belief is that this supernatural force is devoid of personality. Some people find it hard to believe that God has thoughts, emotions, purpose, and desires.

Is God a real person? The Bible, one of the oldest sacred books in wide circulation today, provides a clear answer.

Human Nature Points to God's Nature

The Bible teaches that man was created to mirror God's attributes. Genesis 1:27 says that "God created human beings, making them to be like himself."—*Today's English Version*.

Clearly, those words do not mean that the first humans were exact replicas of God. The Bible says that God is an invisible spirit, while humans are made from tangible earthly elements. (Genesis 2:7; John 4:24) Aside from that basic difference between God and humans, a good look into human qualities should shed some light on the true nature of God.

Would God create us as complex persons if he himself were an impersonal force?



Humans have the ability to exercise power and to perform well-calculated and deliberate actions. These actions can be motivated by such attributes as kindness, thinking ability, practical wisdom, and a sense of justice. Humans have emotions ranging from tender love to hatred and anger. Various combinations of these attributes make us slightly different from one another. Yes, each of us has a unique personality. Humans are persons.

Would it make sense for God to create us as complex persons if he himself were an impersonal force gliding aimlessly in a spiritual dimension? If humans are made in God's image, then God's nature would in many ways be similar to human nature. Consider the following.

God has a personal name. The Bible says at Isaiah 42:8: "I am Jehovah. That is my name." God wants his name to be known. The Bible also says: "May Jehovah's name become blessed from now on and to time indefinite. From the rising of the sun until its setting Jehovah's name is to be praised." (Psalm 113:2, 3) Accordingly, by using God's name often, his worshippers treat him as a person.

God is unique. The Bible teaches that God is indeed unique. (1 Corinthians 8:5, 6) "You are indeed great, O Sovereign Lord Jehovah; for there is no other like you, and there is no God except you," says the Bible. (2 Samuel 7: 22) The Scriptures also describe Jehovah as "the true God in the heavens above and on the earth beneath. There is no other."—Deuteronomy 4:39.

Jehovah God hates badness. Only a person can feel hate. The Bible tells us that the Creator hates such things as "lofty eyes, a false tongue, and hands that are shedding innocent blood, a heart fabricating hurtful schemes, feet that are in a hurry to run to badness, a false witness that launches forth lies, and anyone sending forth contentions among brothers." (Proverbs 6:16-19) Notice that God detests human behavior that results in hurt to

other humans. From this, we learn that God cares about our welfare and that he hates the things that cause us harm.

Jehovah is a loving God. The Bible explains that God loves "the people of this world" very much. (John 3:16, Contemporary English Version) It portrays him as having the personality of a tender father who wants the best for his human children. (Isaiah 64:8) Humans can reap many blessings by recognizing God's position as their loving Father.

You Can Be God's Friend

Clearly, the Bible teaches that the Creator is an individual, who has a name and a personality. He has the ability to exercise power and perform calculated and deliberate actions motivated by such lofty attributes as kindness, wisdom, and a sense of justice. He is not remote or inaccessible. On the contrary, he says: "I, Jehovah your God, am grasping your right hand, the One saying to you, 'Do not be afraid. I myself will help you.'"—Isaiah 41:13.

God has a purpose for mankind. The Bible says: "The righteous themselves will possess the earth, and they will reside forever upon it." (Psalm 37:29) Knowing that Jehovah is unique and has a distinct identity makes it easier for us to pursue a personal relationship with him and enjoy the blessings he offers to those who become his friends.—Deuteronomy 6:4, 5; 1 Peter 5:6, 7.

HAVE YOU WONDERED?

- Does God have a personal name?—Isaiah 42:8.
- Are there many gods?—1 Corinthians 8: 5, 6.
- Can humans have a personal relationship with the true God?
 1 Peter 5:6, 7.

30



What Is Wrong With This Picture?

Read Genesis 4:1-8. Now look at the picture. What features are incorrect? Write your answers on the lines below.

1	 • • • • • •	 	 	
2				

FOR DISCUSSION:

How did Cain react when Jehovah God showed favor to his brother Abel? If your parents seem to show favor to one of your siblings, what should you avoid, and why?

WHAT DO YOU **KNOW ABOUT** THE APOSTLE NATHANAFL?

4. Nathanael was likely also known by what other name? CLUE: Read Luke 6:14: John 1: 44-46

5. Jesus	admired	what	about
Nathana	el?		

				1:47	

FOR DISCUSSION:

How can you imitate Nathanael? How do you benefit when you do so? CLUF: Read Psalm 24:3-5: 34:13-16.

Answers on page 21



CHILDREN'S

Can you find these pictures in this issue? In your own words, describe what is happening in each picture.

FROM THIS ISSUE

Answer these questions, and provide the missing Bible verse(s).

PAGE 5 The heart of man is inclined toward what? Genesis 8:___

PAGE 6 How should we wish to conduct ourselves? Hebrews 13:____

PAGE 24 What should we have ahead of us? 1 Corinthians 9:

PAGE 26 What will happen if you wait until the wind and the weather are just right? Ecclesiastes 11:_____

