

Awake!

MARCH 2011



FIVE KEYS TO BETTER HEALTH

ALSO: WHAT SHOULD I KNOW ABOUT
SMOKING? PAGE 26

Awake!

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YOU CAN IMPROVE YOUR HEALTH

RUSTAM, who lives in Russia, leads a busy life. In the past, he had some unhealthful habits but came to realize that he was paying a price for them. He stopped smoking and overindulging in alcohol. Still, long days in front of his computer left him feeling lethargic.

Although Rustam started work at eight o'clock in the morning, he rarely felt fully awake until ten, and he was often sick. So he made an adjustment to his routine. The result? "In the last seven years, I haven't taken more than two sick days a year," he reports. "I feel great—awake and alert—and I enjoy life!"

Ram, his wife, and their two small children live in Nepal. Sanitation is lacking in their neighborhood, and the area swarms with mosquitoes and flies. In the past, Ram and his family frequently suffered from respiratory problems as well as eye infections. They too made changes that greatly improved their health.

Take Control of Your Health!

Whether they are rich or poor, many people fail to see the link between their habits and their health. They may regard enjoying good health as a matter of chance or as something over which they have little control. Such a fatalistic view holds many back from improving their health and leading a more productive life.

In reality, whatever your financial circumstances, there are basic steps you can take to protect and greatly improve your own health and that of your family. Is doing so worth the

effort? By all means! You can increase the quality of your life and avoid needlessly shortening it.

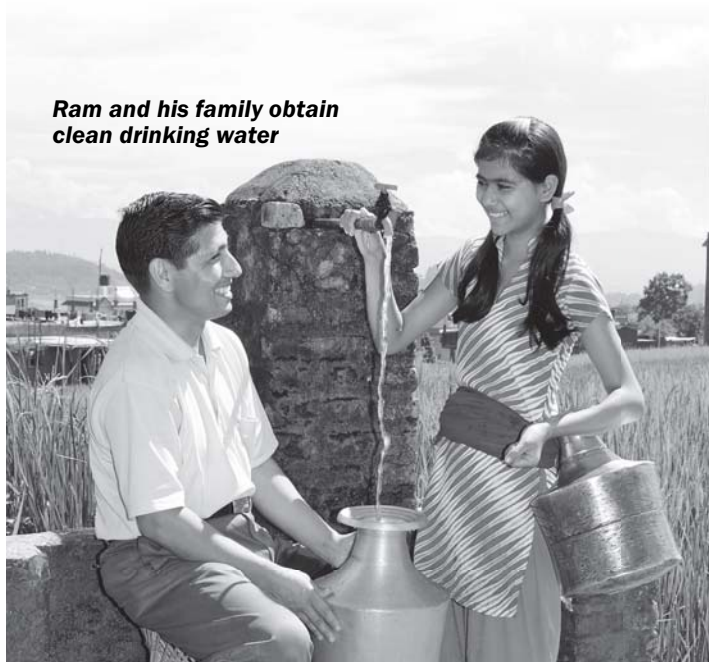
By word and example, parents can teach their children to form good habits, resulting in better health. The extra time and expense involved will be repaid in reduced suffering, less time lost to illness, and less money spent on medical bills. As the saying goes, An ounce of prevention is worth a

pound of cure.

In the following articles, we will consider *five basic keys* that have helped Rustam, Ram, and many others. These keys can help you too!



**Ram and his family obtain
clean drinking water**



KEY 1

Eat Wisely

“Eat food. Not too much. Mostly plants.”

With these few words, author Michael Pollan encapsulates simple, time-tested dietary advice. What does he mean?

○ **Eat fresh foods.** Concentrate on eating “real” food—whole, fresh foods that people have been enjoying for millennia—rather than modern processed foods. Commercially prepackaged foods and fast food from chain restaurants usually contain high levels of sugar, salt, and fat, which are associated with heart disease, stroke, cancer, and other serious illnesses. When cooking, try steaming, baking, and broiling instead of frying. Try using more herbs and spices to cut down on salt. Make sure meats are properly cooked, and never eat spoiled food.

○ **Do not eat too much.** The World Health Organization reports a dangerous worldwide increase in overweight and obese people, often the result of overeating. One study found that in parts of Africa, “there are more children who are overweight than malnourished.” Obese children are at risk of present as well as future health problems, including diabetes. Parents, set a good example for your children by limiting your own portions.

○ **Eat mostly plants.** A balanced plate favors a variety of fruits, vegetables, and whole grains over meats and starches. Once or twice a week, try substituting fish for meat. Reduce refined foods such as pasta, white bread, and white rice, which have been stripped of much of their nutritional value. But avoid potentially dangerous fad diets. Parents, protect your children’s health by helping them to acquire a taste for foods that are healthful. For example, give them nuts and thoroughly washed fresh fruits and vegetables for snacks instead of chips or candy.

○ **Drink plenty of fluids.** Adults and children need to drink plenty of water and other unsweetened liquids every day. Drink more of these during hot weather and when doing heavy physical work and exercise. Such liquids aid digestion, cleanse your body of poisons, make for healthier skin, and promote weight loss. They help you to feel and look your best. Avoid drinking excessive amounts of alcohol and too many sweetened drinks. One soft drink a day can add 15 pounds (6.8 kg) to your weight in a year.

In some lands, obtaining clean water can be hard work and is expensive. Yet, drinking it is vital. Tainted water needs to be boiled or chemically treated. Dirty water is said to kill more people than wars or earthquakes; it reportedly kills 4,000 children a day. For infants, the World Health Organization recommends only breast-feeding for the first six months, then breast-feeding plus some other foods until at least the age of two.

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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KEY 2

Take Care of Basic Body Needs

“No one ever hated his own body: on the contrary, he provides and cares for it.” (Ephesians 5:29, The New English Bible) Taking basic steps to care for yourself can make a world of difference in your health.

○ **Get enough rest.** “Better is a handful of rest than a double handful of hard work and striving after the wind.” (Ecclesiastes 4:6) The demands and distractions of modern life have whittled away at the time people spend sleeping. But sleep is essential to good health. Studies show that during sleep our body and brain repair themselves, benefiting memory and mood.

Sleep reinforces the immune system and reduces our risk of infection, diabetes, stroke, heart disease, cancer, obesity, depression, and perhaps even Alzheimer’s disease. Rather than artificially bypassing sleepiness—our natural “safety device”—with sweets, caffeine, or other stimulants, we should heed it and simply get some sleep. Most adults need seven to eight hours of sleep every night to look, feel, and perform their best. Young people

need more. Sleep-deprived teens are more prone to have psychological troubles and to fall asleep when driving.

Sleep is especially important when we are sick. Our body can overcome some illnesses, such as a cold, if we simply get extra sleep and drink plenty of fluids.

○ **Take care of your teeth.** Brushing your teeth and flossing them after meals, and especially before going to bed, will help ward off tooth decay, gum disease, and tooth loss. Without our own teeth, we may not benefit fully from the food we eat. It is reported that elephants do not die of old age but that they slowly starve to death after their teeth wear down and they can no longer chew properly. Children who have been taught to brush and floss their teeth after eating will enjoy better health in youth and throughout life.

○ **Go to the doctor.** Some ailments call for professional medical attention. Early diagnosis usually results in a better outcome and less expense. So if you do not feel well, get help to find and eliminate the cause, instead of merely seeking to relieve the symptoms.

Regular checkups from accredited health-care providers can head off many serious problems, as can getting professional medical attention during pregnancy.* Keep in mind, though, that doctors cannot perform miracles. Complete healing of all our ills will take place only when God makes “all things new.” —Revelation 21:4, 5.

* See the article “Healthy Mothers, Healthy Babies,” in the November 2009 issue of *Awake!*

Languages: Afrikaans, Albanian, Amharic, Arabic, Armenian, Bislama, Bulgarian, Cebuano, Chichewa, Chinese (Simplified), Chinese (Traditional)° (audio Mandarin only), Chitonga, Cibemba, Croatian, Czech,° Danish,° Dutch,+° English,+° Estonian, Ewe, Fijian, Finnish,° French,+° Georgian, German,+° Greek, Gujarati, Hebrew, Hiligaynon, Hindi, Hungarian, Icelandic, Igbo, Iloko, Indonesian, Italian,+° Japanese,+° Kannada, Kinyarwanda, Kirghiz, Kirundi, Korean,+° Latvian, Lingala, Lithuanian, Macedonian, Malagasy, Malayalam, Maltese, Myanmar, Norwegian,+° Polish,+° Portuguese,+° Punjabi, Rarotongan, Romanian, Russian,+° Samoan, Sepedi, Serbian, Sesotho, Shona, Silozi, Sinhala, Slovak, Slovenian, Spanish,+° Swahili, Swedish,° Tagalog, Tamil, Thai, Tok Pisin, Tongan, Tsonga, Tswana, Turkish, Ukrainian, Urdu, Vietnamese, Xhosa, Yoruba, Zulu

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KEY 3

Keep Yourself Moving

"If exercise were a pill, it would be the most widely prescribed medication in the world." (Emory University School of Medicine) Of all the things we can do for our health, few are more generally helpful than physical exercise.

○ **Exert yourself.** Leading a physically active life can help us feel happier, think more clearly, have more energy, be more productive and, along with proper diet, control our weight. Exercise need not be painful or extreme to be effective. Regular periods of moderate exercise several times a week can be very beneficial.

Jogging, brisk walking, biking, and taking part in active sports—enough both to get your heart beating faster and to cause you to break a sweat—can improve your endurance and help to prevent heart attack and stroke. Combining such aerobic exercise with moderate weight training and calisthenics helps to strengthen your bones, internal muscles, and limbs. These activities also contribute to maintaining a higher metabolism, which automatically helps to control your weight.

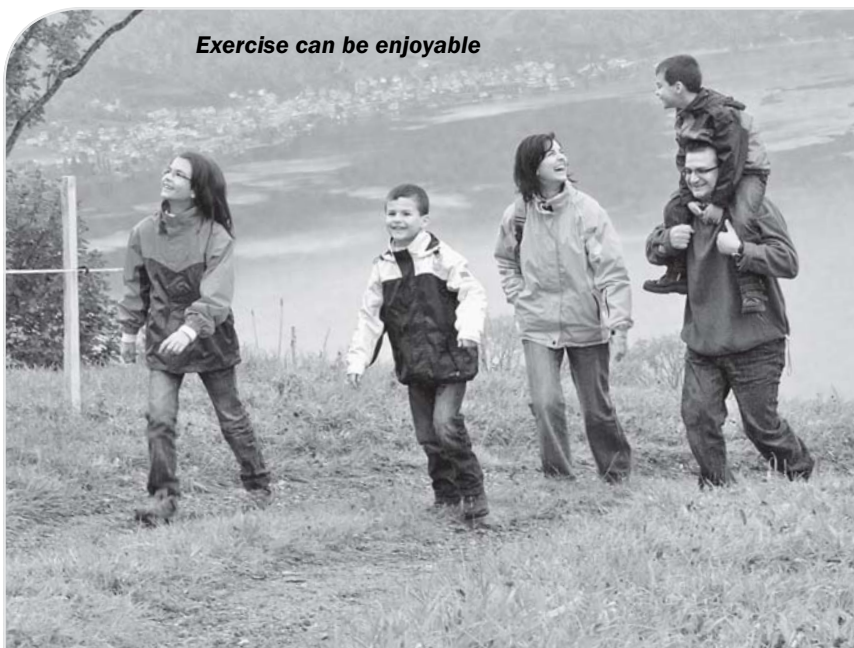
○ **Use your feet.** Exercise is beneficial for people of all ages, and membership in a gym is not required to get it.

Simply using your feet instead of a car, bus, or elevator is a good start. Why wait for a ride when you can walk to your destination, perhaps even arriving there faster? Parents, encourage your children to participate in physical play, outdoors whenever possible. Such activity strengthens their bodies and helps them to develop whole-body coordination in ways that sedentary entertainment, such as video games, cannot.

No matter how old you are when you start, you can benefit from moderate physical exercise. If you are older or have health problems and have not been exercising, it is wise to consult a doctor about how to begin. But do begin! Exercise that is started gradually and not overdone can help even the oldest among us to maintain muscle strength and bone mass. It can also help seniors to avoid falls.

Exercise is what helped Rustam, mentioned in the first article of this series. Seven years ago, he and his wife began jogging a little each morning, five days a week. "At first, we made excuses not to go," he relates. "But having a partner helped to motivate both of us. Now it has become a good, enjoyable habit."

Exercise can be enjoyable



KEY 4

Protect Your Health

“Shrewd is the one that has seen the calamity and proceeds to conceal himself.” (Proverbs 22:3) Taking simple protective steps can help you avoid much sickness and misery, as well as loss of time and money.

○ **Keep yourself clean.** “Hand washing is the single most important thing that you can do to help prevent the spread of infection and to stay healthy and well,” reports the U.S. Centers for Disease Control and Prevention. As many as 80 percent of infections are said to be passed on by unclean hands. So wash them often throughout the day. Do so especially before eating, preparing food, or dressing or even touching a wound, and do so after touching an animal, using the toilet, or changing a baby’s diaper.

Washing with soap and water is more effective than using alcohol-based hand sanitizers. Children stay healthier when parents train them to wash their hands and to keep them away from their mouth and eyes. Bathing every day and keeping your clothes and bed linens fresh and clean also contribute to better health.

○ **Avoid infectious disease.** Avoid close physical contact or the sharing of eating utensils with any who have a cold or the flu. Their saliva and nasal secretions can pass the illness on to you. Such blood-borne diseases as hepatitis B and C and HIV/AIDS are transmitted primarily through sexual contact, intravenous drug use, and transfusion. Vaccination can help to prevent some infections, but

a wise person must still take necessary precautions when with someone who has an infectious disease. Avoid insect bites. Do not sit or sleep outdoors unprotected when mosquitoes or other disease-carrying insects are active. Use bed nets, especially for children, and use insect repellents.*

○ **Keep your home clean.** Make whatever extra effort is needed to keep your home tidy and clean, inside and out. Eliminate any places where water can collect and mosquitoes can breed. Litter, filth, and uncovered foods and garbage attract insects and vermin, all of which can bring in microbes and cause disease. If there is no toilet, build a simple latrine rather than just relieving yourself in a field. Cover the latrine to keep out flies, which transmit eye infection and other diseases.

○ **Avoid injuring yourself.** Obey safety laws when working, riding a bicycle or motorcycle, or driving a car. Make sure your vehicle is safe to drive. Use appropriate protective equipment and clothing, such as safety glasses, headgear, and footwear, as well as seat belts and hearing protection. Avoid excessive sun exposure, which causes cancer and premature aging of the skin. If you smoke, stop. Quitting now will significantly lower your risk of heart disease, lung cancer, and stroke.†

* See the cover series “When Insects Spread Disease,” in the May 22, 2003, issue of *Awake!*

† See the cover series “How to Quit Smoking,” in the May 2010 issue of *Awake!*

1. Wording on the turban. 2. Onyx stones on the shoulders. 3. Bells on the fringe. 4. The one on the left. 5. 133,000. 6. B.

ANSWERS TO PAGES 30 AND 31

KEY 5

Motivate Yourself and Your Family

“Everyone shrewd will act with knowledge.” (Proverbs 13:16) Arming yourself with basic health information can equip and help motivate you to make needed adjustments for better personal and family health.

○ **Keep learning.** Public and private institutions in many lands provide educational programs and literature on a wide range of health topics. Take advantage of them, and educate yourself about basic ways to improve your health and to avoid endangering it. Keep an open mind, and be willing to make simple adjustments.

The good habits you learn and put into practice may well benefit your children and their children after them. When parents set a good example in regard to healthful nutrition, cleanliness, sleep habits, exercise, and disease prevention, their offspring are likely to benefit.—Proverbs 22:6.

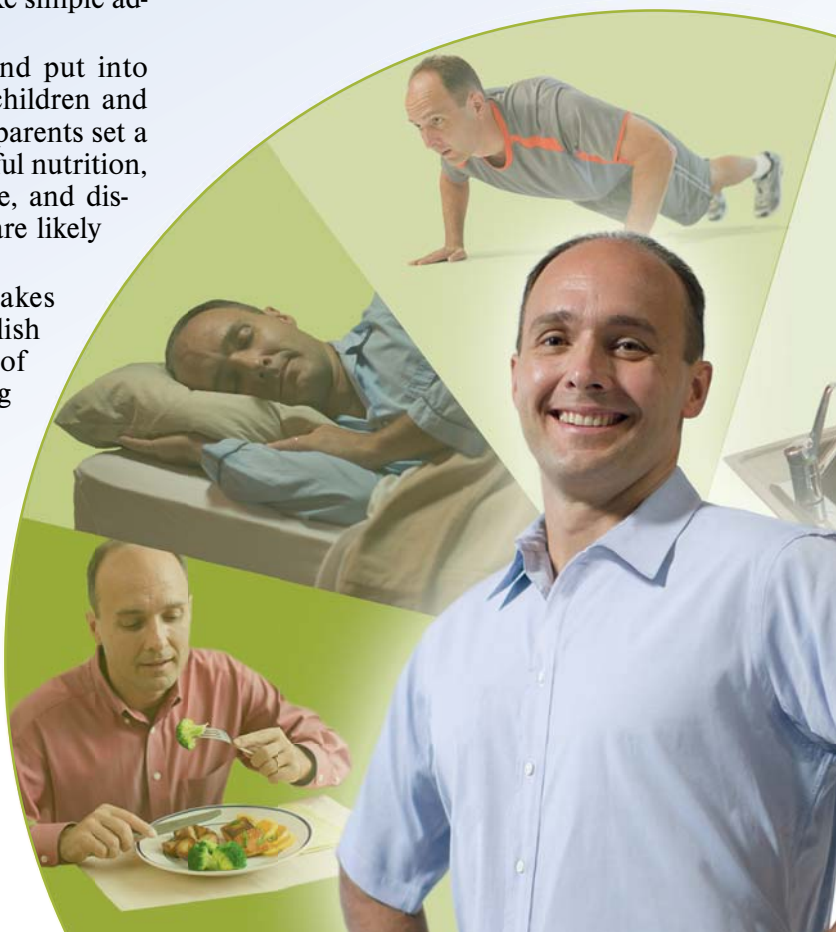
○ **What more is needed?** It takes more than self-interest to establish and maintain a healthful way of life. Eliminating long-standing bad habits can be daunting, and making even simple adjustments often requires strong motivation. Even the threat of serious

illness and death may not move some to do what they know is good for them. What will? Like all of us, they need to keep in mind a higher purpose, or objective, in life.

Mates need to remain healthy and strong to continue helping each other. Parents desire to go on supporting and training their children. Grown children need to care for aging relatives. Add to this the noble desire to be a blessing to the community rather than a burden. All of this involves love and concern for others.

An even stronger motivation derives from gratitude and devotion to our Maker. Believers in God wish to safeguard his precious gift of life. (Psalm 36:9) If we are healthy, we can serve God more actively. There could be no higher or more motivating reason to take care of one’s health.

Enjoy the benefits of a healthy lifestyle



TAKE STEPS TO IMPROVE YOUR HEALTH

DO YOU remember Ram, mentioned in the first article of this series? Like many others around the world, Ram was unaware of how important proper eating and other daily practices are to health. He relates: “The *Awake!* article ‘Nutritious Foods Within Your Reach’ (May 8, 2002) helped me to understand why we should be aware of nutrition.”

Ram explains: “As a family, we tried to apply what we learned from the article. After a while, we found that our immune systems were strengthened. Before we began paying attention to our nutrition, we used to catch colds quite often, but now we seldom do. We also learned about economical and easy ways to obtain clean drinking water, thanks to the *Awake!* article ‘Six Ways to Safeguard Your Health.’”—September 22, 2003.

“Another *Awake!* article helped me to improve the health of my family.

It was entitled ‘Soap—A “Do-It-Yourself Vaccine,”’ in the November 22, 2003, issue. We

tried the suggestions in this article as soon as we read it. Now we no longer suffer from eye infections as before.

“Where we live, people are unconcerned about the huge swarms of flies and mosquitoes. But from the video *The Bible—Its Power in Your Life*,* our family learned that we should keep away from such insects. This knowledge too helps us to remain in good health.”

Do not give up! Whatever adjustments you need to make, you may experience more success by starting gradually and not setting unreachable goals for yourself. For example, try cutting down on less-healthy foods, rather than cutting them out. Try going to bed a little earlier and getting a little more exercise. Doing something is better than doing nothing. It normally takes time—weeks or months—before a new good habit becomes second nature. In the meantime, if you do not see immediate benefits from your extra efforts, do not despair. If you persist, despite setbacks, your health is likely to improve.

In this imperfect world, it is impossible for anyone to attain perfect health. When you get sick, it may be the result, not of negligence on your part, but of inherent human frailty. Therefore, do not let health concerns, or anything else, cause you undue stress and anxiety. “Who of you by being anxious can add a cubit to his life span?” asked Jesus. (Luke 12: 25) Instead, simply try to avoid things that needlessly shorten life and impair its quality. Doing so can help you to enjoy the best health possible until that day in God’s new world when “no resident will say: ‘I am sick.’”—Isaiah 33:24.

* Produced by Jehovah’s Witnesses.



Can Self-Inflicted Pain Help You Get Closer to God?

MOST people recoil at the idea of self-inflicted pain. Yet, worshippers who have tormented their bodies with such practices as self-flagellation, extreme fasting, and wearing coarse hair shirts that irritate their skin have been celebrated as examples for the God-fearing. Those practices are not merely vestiges of the medieval past. According to recent news reports, even prominent modern-day religious leaders have engaged in self-flagellation.

What motivates people to worship in such a manner? In the words of one spokesman for a professed Christian organization, “voluntarily accepted discomfort is a way of joining oneself to Jesus Christ and the sufferings he voluntarily accepted in order to redeem us from sin.” Notwithstanding the claims of religious leaders, what does the Bible say on this subject?

Cherish Your Body

The Bible neither recommends nor condones worshipping God with self-inflicted pain. In fact, the Bible actively encourages God-fearing people to care for their body. Examine the way the Bible describes the affection between a husband and wife. Alluding to the way a man would naturally treat his own body, it exhorts: “Husbands ought to be loving their wives as their own bodies . . . No man ever hated his own flesh; but he feeds and cherishes it, as the Christ also does the congregation.”—Ephesians 5:28, 29.

Would the injunction to love one’s wife as one’s own body have much meaning if worshippers were expected to brutalize their body during worship? It is obvious that lovers of Scriptural principles are expected to

cherish and even have a measure of love for their own body, and this wholesome love for oneself should be extended to one’s marriage mate.

Fittingly, the Bible contains many principles that help its readers cherish their body. For example, the Bible speaks of the benefit of moderate exercise. (1 Timothy 4:8) It reveals the medicinal value of certain foods and

*A pilgrim crawls
painfully toward
a church*



© 2010 photoLibrary.com

alludes to the ill effects of a poor diet. (Proverbs 23:20, 21; 1 Timothy 5:23) The Scriptures encourage people to stay healthy because doing so allows them to be as active as possible. (Ecclesiastes 9:4) If Bible readers are expected to protect their health in these ways, how could they also be expected to harm their body?—2 Corinthians 7:1.

Should Christians Reenact Jesus' Suffering?

Still, some organizations mistakenly focus on the suffering endured by Jesus and his early followers to encourage self-torment today. But the suffering described by God's servants in the Bible was never self-inflicted. When Christian Bible writers pointed to Christ's suffering, they did so to encourage Christians to endure persecution, not to cause their own persecution. Thus, those who torment their body are not imitating Jesus Christ.

To illustrate: Imagine you see an admired friend being reviled and struck by an enraged mob. You notice that your friend endures the attack with a calm, peaceful spirit, not striking back or returning insults. If you wanted to imitate your friend, would you start striking and insulting yourself? Of course not! That would be imitating the actions of the mob. You would simply try to avoid retaliating if you came under a similar attack.

Clearly, then, Christ's followers are not expected to inflict pain on themselves as if they needed to mimic the enraged mobs that tormented and sought to kill Jesus. (John 5:18; 7:1, 25; 8:40; 11:53) Instead, when they suffer persecution, they are to imitate the calm, peaceful way Jesus endured hardship.—John 15:20.

An Unscriptural Perversion

Even before the Christian era, the Scriptures governing Jewish life and worship prevented the Jews from doing anything that harmed their flesh. For example, the Law explicitly forbade the Jews to cut themselves, a practice that was evidently common in an-

cient non-Jewish nations. (Leviticus 19:28; Deuteronomy 14:1) If God did not want the body cut, neither would he want it scarred by whips. The Bible standard is clear—intentionally harming one's own flesh in any way is unacceptable to God.

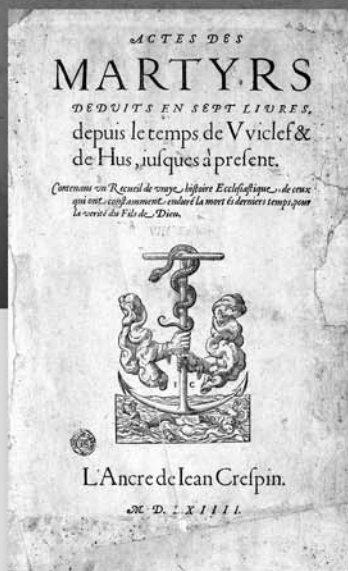
Just as an artist wants his work to be respected, Jehovah God, the Creator, wants his creation the human body to be respected. (Psalm 139:14-16) Actually, self-mortification does not bolster one's relationship with God. Rather, it cripples it and perverts the teachings of the Gospels.

The Bible standard is clear —intentionally harming one's own flesh in any way is unacceptable to God

The apostle Paul, writing under inspiration, stated of such oppressive, man-made doctrines: "Those very things are, indeed, possessed of an appearance of wisdom in a self-imposed form of worship and mock humility, a severe treatment of the body; but they are of no value in combating the satisfying of the flesh." (Colossians 2:20-23) The practice of inflicting oneself with pain is truly of no use at all in helping one get closer to God. Rather, the requirements of true worship of God are found to be refreshing, kindly, and light.—Matthew 11:28-30.

HAVE YOU WONDERED?

- How does God view the human body?
—Psalm 139:13-16.
- Can tormenting your flesh help you to combat improper desires?—Colossians 2:20-23.
- Is true worship meant to be burdensome or harsh?—Matthew 11:28-30.



Jean Crespin's *Book of Martyrs*

**Title page
of Crespin's
"Book of
Martyrs"
(1564
Edition)**

lenged the accepted church doctrines underwent horrific experiences at the hands of their religious opposers. One source of information about such sufferings is Jean Crespin's *Le Livre des martyrs* (Book of Martyrs), published in Geneva, Switzerland, in 1554. It is also known as *Histoire des martyrs*.*

A Lawyer Joins the Reformation

IN 1546, 14 men of Meaux, France, were found guilty of heresy and condemned to be burned alive. Their crimes? They met in private homes, prayed, sang psalms, observed the Lord's Supper, and declared that they would never accept "Papistical idolatries."

On execution day, the Roman Catholic teacher François Picard challenged the condemned men about their beliefs regarding the Lord's Supper. They answered by questioning him about the Catholic teaching of transubstantiation, which claims that the bread and the wine used during that observance change miraculously into Jesus' flesh and blood. 'Does the bread,' the condemned men asked, 'taste like meat? Or the wine like blood?'

Despite the lack of response, the 14 were tied to stakes and burned alive. The ones who had not had their tongues removed sang psalms. Priests who stood around the execution site attempted to drown them out by singing louder than they did. The next day, on the same spot, Picard proclaimed that the 14 were condemned to hell forever.

In the 1500's, Europe was a dangerous place for religious dissenters. Many who chal-

Born about 1520, in Arras, in what is now northern France, Crespin studied law at Louvain, Belgium. It was likely while he was there that he was for the first time exposed to Reformation ideas. In 1541, Crespin went to Paris to work as the secretary of a noted jurist. About the same time, he witnessed in Place Maubert, Paris, the burning of Claude Le Paintre, who had been condemned as a heretic. Crespin was deeply impressed by the faith of this young goldsmith, who was executed for what Crespin called "announcing the truth to his parents and friends."

About this time, Crespin began practicing law in Arras. Soon, however, his newfound beliefs led to his being accused of heresy. To escape prosecution, he fled to Strasbourg, France, and later settled in Geneva, Switzerland. There, Crespin associated with supporters of the Reformation. He gave up his legal career and became a printer.

Crespin published religious works of Reformers, such as John Calvin, Martin Luther,

* A translation of one title of Crespin's work is *Book of Martyrs, That Is, a Collection of Several Martyrs Who Endured Death in the Name of Our Lord Jesus Christ, From Jan Hus Until This Year, 1554*. Several revised and enlarged editions with various titles and content were published during Crespin's lifetime; and others, after his death.

**Execution of Protestants before the
French King Henry II and his court**



John Knox, and Theodore Beza. He printed the Greek text of the part of the Bible commonly called the New Testament and the Bible—in whole or in part—in English, French, Italian, Latin, and Spanish. Crespin became famous, however, for his *Book of Martyrs*. In it he listed many who had been executed for heresy between 1415 and 1554.

The Purpose of a Martyrology

Much of the literature produced by Reformers denounced the brutality of the Catholic authorities. It encouraged the people by presenting the “heroism” of Protestant martyrs as a continuation of the sufferings faced by God’s servants in earlier times, including Christians in the first century. To provide fellow Protestants with examples to be imitated, Crespin compiled a catalog of those who had suffered death for their faith.*

Crespin’s book is a compilation of records of trials, inquisitorial proceedings, and eyewitness accounts, as well as testimonies written by the accused while they were in prison. Included, too, were letters of encouragement written to those in prison, some of which are filled with quotations from the Bible. The faith of the writers, Crespin believed, was “worthy of perpetual memory.”

Much of the doctrinal material covered in Crespin’s book centers on well-known disputes between Catholics and Protestants. The persecutors and the persecuted argued, for

example, over such issues as the use of images in worship, purgatory, and prayers for the dead, as well as whether Jesus’ sacrifice was repeated during the Catholic Mass and whether the pope was God’s representative.

The *Book of Martyrs* is a testimony to the controversy and intolerance that characterized those violent times. While Crespin focused on the Catholic persecution of Protestants, it should not be forgotten that Protestants have at times also persecuted Catholics with much the same ferocity.

Throughout history, false religion has stained itself with “the blood of prophets and of holy ones and of all those who have been slaughtered on the earth.” Certainly, the blood of those whom God recognizes as his faithful martyrs cries out for vengeance. (Revelation 6:9, 10; 18:24) Likely some of those who suffered and died for their faith back in Jean Crespin’s day were searching in all sincerity for religious truth.

* Two other martyrologies were published in 1554—the same year that Crespin published his *Book of Martyrs*—one in German, by Ludwig Rabus, and the other in Latin, by John Foxe.

The Sounds of Music

in Ancient Israel

MUSIC formed an integral part of the culture of ancient Israel. Trumpets and horns were blown to call people to worship and to signal momentous events. Harps and lyres were plucked and strummed to pacify royalty. (1 Samuel 16:14-23) Drums, cymbals, and rattles were beaten and shaken to celebrate a joyful occasion.—2 Samuel 6:5; 1 Chronicles 13:8.

Jubal, a descendant of Cain, is mentioned in the Bible as “the founder of all those who handle the harp and the pipe.” (Genesis 4:21) He may have invented both stringed and wind instruments.

The Bible describes many events in which music played a part. Yet, it says very little about the instruments themselves. By means of archaeological discoveries and ancient writings, however, scholars have tried to determine the appearance and sounds of ancient musical instruments. Some conclusions are conjectural, but let’s look at a few well-documented examples.

Tambourines, Sistrums, and Cymbals

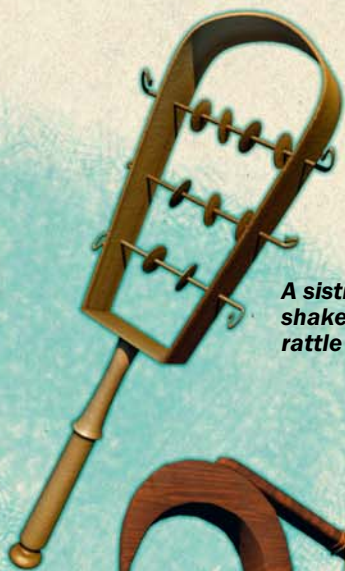
After God miraculously led Moses and the Israelites through the Red Sea, Moses’ sister, Miriam, accompanied by “all the women,” went out “with tambourines and in dances.” (Exodus 15:20) Although no tambourines as we know them today have been recovered from the Biblical era, ancient pottery figurines of women with small handheld drums have been found in Israel in places such as Achzib, Megiddo, and Beth-shean. This in-

strument, often referred to as a tambourine in Bible translations, was probably a simple wooden hoop with an animal skin stretched across it.

In patriarchal times, tambourines were played by women on festive occasions, and they were accompanied by singing and dancing. The Bible explains that when the Israelite leader Jephthah returned home after an important victory in battle, his daughter ran to meet him “with tambourine playing and dancing.” On one occasion, women celebrated David’s achievements “with song and dances” and “with tambourines.”—Judges 11:34; 1 Samuel 18:6, 7.

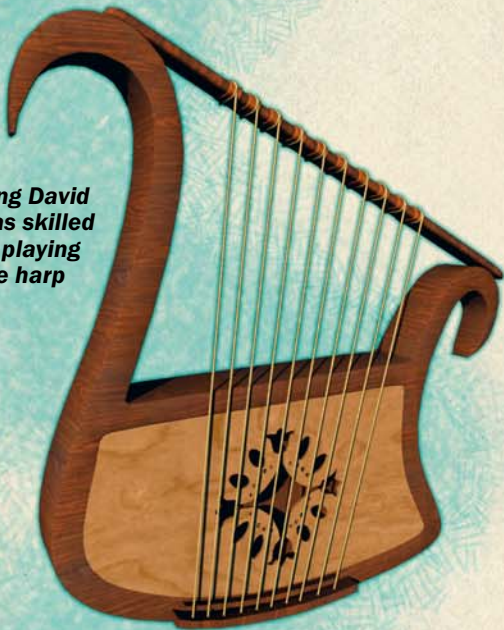
When David, as king, brought the ark of the covenant to Jerusalem, the people “were celebrating before Jehovah with all sorts of instruments of juniper wood and with harps and with stringed instruments and with tambourines and with sistrums and with cymbals.” (2 Samuel 6:5) Later, the temple in Jerusalem had its own orchestra, which included trained musicians who played cymbals, trumpets, and harps, as well as other stringed instruments.

Although we have an idea of what tambourines looked like, what were sistrums? They were evidently musical rattles that had a small oval metal frame with a handle. Shaking one would produce sharp, ringing sounds. The Bible mentions sistrums only once. That was on the occasion when the ark of the covenant was brought to Jerusalem. Jewish tradi-

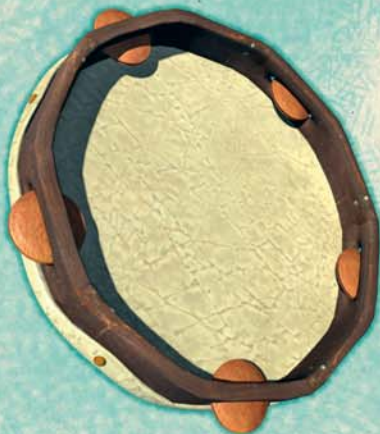


A sistrum was shaken like a rattle

King David was skilled at playing the harp



The tambourine has been used since patriarchal times



tion, however, holds that the sistrum was also played during sad events.

What about ancient cymbals? You may think of them as large metal disks that were clashed together. Some cymbals from ancient Israel, however, were only a few inches (some 10 cm) in diameter, being similar to castanets, and produced a tinkling sound.

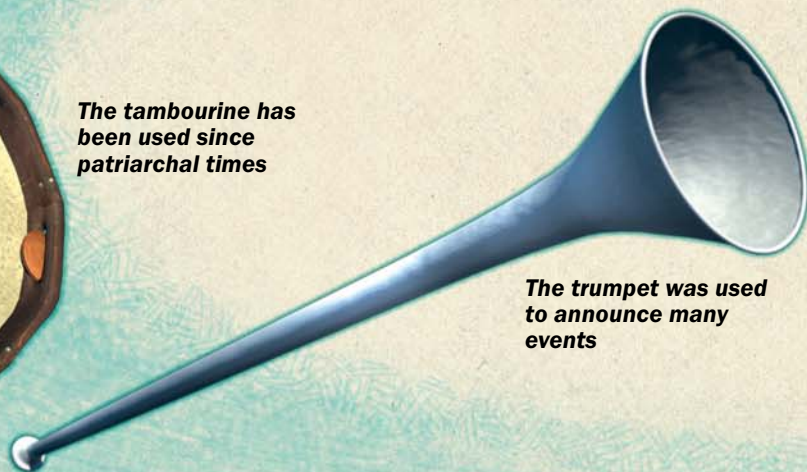
Harps and Stringed Instruments

The kinnor, most often referred to as a “harp” or “lyre,” was an instrument commonly used in ancient Israel. David played it to soothe King Saul. (1 Samuel 16:16, 23) Scholars have at least 30 representations of the lyre from depictions found on ancient rock walls, coins, mosaics, plaques, and seals. The form of the instrument varied through the centuries. The player held it in his arms and strummed or plucked the strings with his fingers or with a plectrum.

The nebel was similar to the kinnor. There is uncertainty as to how many strings the nebel had, how large it was, and whether it was plucked or strummed. Most scholars, however, are of the opinion that both the nebel and the kinnor could be carried about by the musician.

Trumpets and Horns

Moses was instructed by God to make two trumpets. They were to be made of hammered, or beaten, silver. (Numbers 10:2) The



The trumpet was used to announce many events



Figurine of a woman holding a percussion instrument, eighth century B.C.E.



Coin depicting a stringed instrument, second century C.E.



This stone from the temple enclosure in Jerusalem is inscribed with the words "to the place of trumpeting," from the first century B.C.E.

priests used them to announce many events associated with the temple and various festivals. Different sounds were produced depending on the purpose, including a loud and sustained sound or a shorter blast. The actual physical appearance of these trumpets is still unknown, since no trumpet from Bible times has been recovered. We have only artists' interpretations, such as the one found carved on a bas-relief on the Arch of Titus in Rome.

The horn, or shofar, is mentioned in the Hebrew Scriptures over 70 times. A horn from either a goat or a ram was used to fashion this instrument. According to Jewish sources, the horn had two forms—one straight with a gold mouthpiece and the other curved and decorated with silver. The horn was often used as a signaling instrument because it could produce a far-reaching, hollow sound of two or three tones.

In ancient Israel the horn was used to signal certain religious events, such as the beginning and the end of the Sabbath. But it was also used in other ways—for example, in times of war. We can just imagine the frightening blasts that issued from the 300 horns immediately before Gideon's army made their surprise nighttime attack on the Midianites.—Judges 7:15-22.

All Sorts of Musical Instruments

Such instruments as bells, flutes, and lutes were also used in Bible times. Jehovah's prophet Daniel, who was exiled in ancient Babylon, wrote of the orchestra of Babylon's King Nebuchadnezzar. It included the zither, the pipe, and the bagpipe.—Daniel 3:5, 7.

This brief look at a few of the instruments mentioned in the Scriptures confirms the fact that music was part of everyday life in ancient Israel and probably in other ancient civilizations as well. The sounds of music were heard in the royal court and places of worship, as well as in villages and homes.

Pottery figurine: Z. Radovan/BR/Lefebvre; coin: © 2007 by David Hendin. All rights reserved; temple stone: Photograph © Israel Museum, Jerusalem; courtesy of Israel Antiquities Authority

A BOOK YOU CAN TRUST

Part 5

Greece in Bible History

This is the fifth in a series of seven articles in consecutive issues of "Awake!" that discuss the seven world powers of Bible history. The objective is to show that the Bible is trustworthy and inspired of God and that its message is one of hope for an end to the suffering caused by man's cruel domination of his fellow man.

IN THE fourth century B.C.E., a young Macedonian named Alexander propelled Greece* onto the world stage. In fact, he made Greece the fifth world power in Bible history and eventually came to be called Alexander the Great. The preceding empires were Egypt, Assyria, Babylon, and Medo-Persia.

After Alexander's death, his empire fragmented and began to wane. However, Greece's influence by way of its culture, language, religion, and philosophy endured long after the political empire ceased.

Trustworthy History

The Bible record does not mention that any prophets of God were active during the era of Greek supremacy, nor were any inspired Bible books written then. Nevertheless, Greece is featured in Bible prophecy. Additionally, the Christian Greek Scriptures, commonly called the New Testament, often refer to Greek influence. In fact, mainly in Israel there was a group of ten Hellenistic cities called the Decapolis, from a Greek

word meaning "ten cities." (Matthew 4:25; Mark 5:20; 7:31) The Bible mentions this region several times, and secular history and the impressive remains of theaters, amphitheaters, temples, and baths verify its existence.

The Bible also makes many references to Greek culture and religion, especially in the



About 200 years in advance, Bible prophecy pointed to Alexander the Great

* The references to Greece in this article are to ancient Greece before the first century and do not relate to any modern-day national boundaries.



The Bible accurately foretold the conquests of Alexander the Great and the breakup of his empire

book of Acts, which was written by the physician Luke. Consider a few examples:

Describing events that occurred during the apostle Paul's visit to Athens in 50 C.E., the Bible states that the city was "full of idols." (Acts 17:16) Historical evidence confirms that Athens and its suburbs were filled with religious idols and shrines.

Acts 17:21 says that "all Athenians and the foreigners sojourning there would spend their leisure time at nothing but telling something or listening to something new." The writings of Thucydides and Demosthenes attest to the Athenian preoccupation with conversation and debate.

The Bible specifically states that "the Epicurean and the Stoic philosophers took to conversing with [Paul] controversially," even taking him to the Areopagus to hear more of what he had to say. (Acts 17:18, 19) Athens was known for its many philosophers, including Epicureans and Stoics.

Paul refers to an Athenian altar inscribed "To an Unknown God." (Acts 17:23) Altars dedicated to an unknown god were possibly erected by Epimenides of Crete.

In his speech to the Athenians, Paul quotes the words, "for we are also his progeny," attributing the words, not to a single poet, but to "certain *ones* of the poets among you." (Acts 17:28) These Greek poets evidently were Aratus and Cleanthes.

For good reason, one scholar concluded: "The account of Paul's visit in Athens seems to me to have the flavor of an eye-witness account." The same could be said of the Bible's description of Paul's experiences in Ephesus of Asia Minor. In the first century C.E., this city still retained its affinity for pagan Greek religion, most notably the worship of the goddess Artemis.

The temple of Artemis, one of the seven wonders of the ancient world, is mentioned a number of times in the book of Acts. For

example, we are told that Paul's ministry in Ephesus angered a silversmith named Demetrius, who had a flourishing business making silver shrines of Artemis. "This Paul," said an angry Demetrius, "has persuaded a considerable crowd and turned them to another opinion, saying that the ones that are made by hands are not gods." (Acts 19:23-28) Demetrius then stirred up an angry mob, who began to shout: "Great is Artemis of the Ephesians!"

Today you can visit the ruins of Ephesus and the site of the temple of Artemis. Moreover, ancient inscriptions from Ephesus verify that idols were made in honor of the goddess and that a guild of silversmiths was active in the city.

Trustworthy Prophecy

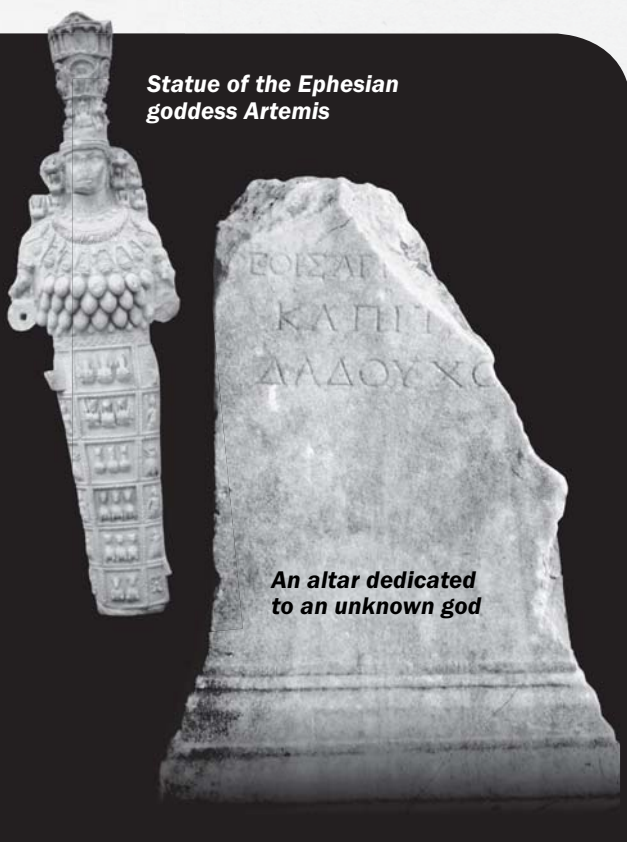
About 200 years before the time of Alexander the Great, Jehovah God's prophet Daniel wrote concerning world domination: "Look! there was a male of the goats coming from the sunset upon the surface of the whole earth, and it was not touching the earth. And

as regards the he-goat, there was a conspicuous horn between its eyes. And it kept coming all the way to the ram possessing the two horns, . . . and it came running toward it in its powerful rage. And . . . it proceeded to strike down the ram and to break its two horns, and there proved to be no power in the ram to stand before it. So it threw it to the earth and trampled it down . . . And the male of the goats, for its part, put on great airs to an extreme; but as soon as it became mighty, the great horn was broken, and there proceeded to come up conspicuously four instead of it, toward the four winds of the heavens."—Daniel 8:5-8.

To whom did those words apply? Daniel himself answers: "The ram that you saw possessing the two horns stands for the kings of Media and Persia. And the hairy he-goat stands for the king of Greece; and as for the great horn that was between its eyes, it stands for the first king."—Daniel 8:20-22.

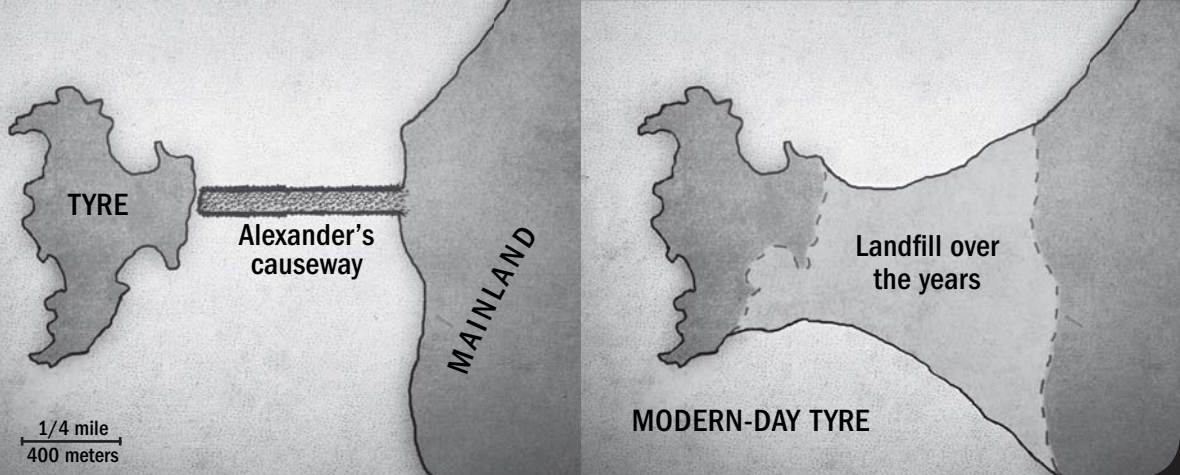
Think about that! *During the time of the Babylonian world power*, the Bible foretold that the succeeding powers would be Medo-Persia and Greece. Moreover, as noted earlier, the Bible specifically stated that "as soon as it became mighty, the great horn"—Alexander—would be "broken" and would be replaced by four others, adding further that none of them would be Alexander's posterity.—Daniel 11:4.

That prophecy was fulfilled in detail. Alexander became king in 336 B.C.E., and within seven years he defeated the mighty Persian King Darius III. Thereafter, Alexander continued to expand his empire until his premature death in 323 B.C.E., at the age of 32. No single individual succeeded Alexander as absolute ruler, nor did any of his offspring. Rather, his four leading generals—Lysimachus, Cassander, Seleucus, and Ptolemy—"proclaimed themselves kings" and took over the empire, states the book *The Hellenistic Age*.



Statue of the Ephesian goddess Artemis

An altar dedicated to an unknown god



Alexander fulfilled Bible prophecy when he used the rubble of the old mainland city of Tyre to build a causeway to the island city

During his campaigns, Alexander also fulfilled other Bible prophecies. For example, the prophets Ezekiel and Zechariah, who lived in the seventh and sixth centuries B.C.E., foretold the destruction of the city of Tyre. (Ezekiel 26:3-5, 12; 27:32-36; Zechariah 9:3, 4) Ezekiel even wrote that her stones and dust would be placed “in the very midst of the water.” Were those words fulfilled?

Consider what Alexander’s troops did during their siege of Tyre in 332 B.C.E. They scraped up the ruins of the earlier mainland city of Tyre and cast the debris into the sea to build a causeway to the island city of Tyre. The strategy succeeded, and Tyre fell. “The prophecies against Tyre have been accomplished, even to the minutest details,” said a 19th-century explorer of the site.*

A Hope You Can Trust

Alexander’s conquests did not bring about a peaceful, secure world. After reviewing the ancient Greek period of rule, one scholar observed: “The essential condition of the common people . . . had changed little.” This situation is often repeated throughout history

* As foretold by Ezekiel, the first conquest of Tyre occurred at the hands of Babylonian King Nebuchadrezzar. (Ezekiel 26:7) Thereafter, the city was rebuilt. This rebuilt city was the one destroyed by Alexander, fulfilling in every detail the words of the prophets.

and confirms yet again the Bible statement that “man has dominated man to his injury.” —Ecclesiastes 8:9.

Poor rulership, however, will not continue indefinitely, for God has established a government that is far superior to any conceived by man. Called the Kingdom of God, it will replace all human rulerships, and its subjects will enjoy true and lasting peace and security. —Isaiah 25:6; 65:21, 22; Daniel 2:35, 44; Revelation 11:15.

The King of God’s Kingdom is none other than Jesus Christ. In contrast with power-hungry, aloof human rulers, Jesus is motivated by love for God and humankind. Concerning him, a psalmist foretold: “He will deliver the poor one crying for help, also the afflicted one and whoever has no helper. He will feel sorry for the lowly one and the poor one, and the souls of the poor ones he will save. From oppression and from violence he will redeem their soul.”—Psalm 72:12-14.

Is he the kind of Ruler you want? If so, you will do well to consider the sixth world power of Bible history—Rome. Indeed, it was during the Roman era that the foretold Savior was born and made his indelible imprint on human history. Please read the sixth article in this series, which you will find in the next issue of this magazine.

Happy to Be a Shepherd

AS TOLD BY ALYMBEK BEKMANOV



At the age of three, I began tending sheep, and I came to love caring for them. By age 17, I was an experienced shepherd. Later, I learned about another kind of shepherd, a spiritual one. Let me explain why serving as such has brought me even greater joy.

I WAS born in 1972. My large Kirghiz family lived in the village of Chyrpykty, on the shores of beautiful Lake Issyk Kul. The area around the lake is a popular tourist attraction for those who visit Kyrgyzstan, which was formerly a republic of the Soviet Union. Now I live with my wife, Gulmira, in Bishkek, Kyrgyzstan's capital city, located about 125 miles (200 km) from where I grew up.

A Shepherd and Sheep

When I was a child, we would lead the sheep to high mountain pastures in the spring. This involved a climb of more than 9,000 feet (3,000 m), which would take us several days. Some other shepherds chose a shorter route and reached the pastures faster. But the way they went was near gorges and ravines, and sheep that strayed a little were sometimes injured—or even killed.

On such routes wolves were often known to frighten or attack the sheep, dividing them off from the flock and killing them. So my uncle chose a path that was easier and less

dangerous, even though going that way took an extra day or more. Sometimes I wanted to hurry, but my uncle would stop me. “Alymbek,” he would say, “think about the sheep, not about yourself.”

In the beautiful high mountain pastures, temporary corrals, or enclosures, were made for the protection of the sheep during the night. Some shepherds loved to sleep in and would not get the sheep to pasture until long after sunrise. By the time the sheep began to graze, the day was already hot.

The sheep would soon stand together with their heads bowed, breathing with much effort. Unable to eat their fill, they became weak and thin. On the other hand, my uncle was up before daylight—by four in the morning—and he would have the sheep under his care out in a good pasture by sunrise. There they had time to graze in the refreshing early morning air. As people often said, “Looking at the sheep, you see the shepherd.”

A good time for checking and treating sheep is when they are taking a rest after grazing. One of the biggest problems our sheep had was with flies that lay eggs in the sheep's navel. When this happens, the navel becomes inflamed and swells. If the problem is not found in time, the pain can become so intense that a sheep may wander off and die. We checked our sheep almost daily so that we could treat them. Although this took time and effort, our reward was that the sheep were healthy and content.

Every evening when we returned to the corral from the pasture, we counted the sheep. They entered a pen through a narrow gate—sometimes up to three or four at a time. Our flock numbered into the hundreds, yet we became so skilled at the procedure that we could count up to 800 sheep within 15 or 20 minutes. That took a lot of practice, but we did it!

If we found that a sheep was missing, my uncle would take a gun and a staff and go out looking for the lost one—even going out when it was raining and dark to search for just one lamb. He would call loudly. His voice would scare off wild animals. When a sheep heard that voice, you could just see that it felt safe.

We gave a name to every sheep, according to differences in their appearance or character traits. In a flock there always seemed to be stubborn sheep. For some reason they just didn't want to obey the shepherd. At times, other sheep were inclined to follow a disobedient one. So the shepherd would try to train and discipline the stubborn ones. For example, he would leave such a sheep in the pen alone. In time, some accepted correction and followed the shepherd's directions. Sheep that remained stubborn ended up on our dinner table.

A Different Kind of Shepherd

In 1989, I studied martial arts and became very skilled in them. The following year, I was drafted into the Soviet army. While serv-

ing in Russia, my martial-arts comrades organized their own criminal gang. When I returned home to Kyrgyzstan, they told me that if I joined them, I would have everything. But at that same time, I became acquainted with Jehovah's Witnesses.

The Witnesses answered questions that had tormented me from childhood, such as Why do people die? I came to understand from our discussions that death is the result of the sin of the first man, Adam. (Romans 5: 12) I also learned from the Bible that Jehovah, the true God, sent his Son Jesus as our Redeemer and that by putting faith in Jehovah and his Son, we could have our inherited sin covered. This would then put us in line to live forever in Paradise on earth, in harmony with God's original purpose for mankind. —Psalm 37:11, 29; 83:18; John 3:16, 36; 17:1-5; Revelation 21:3, 4.

The Scriptural answers that the Witnesses provided to my questions were so clear and understandable that I was moved to exclaim, "That's how it should be!" No longer did I wish to be around my former comrades. A number of times they tried to get me to return to their group. But my desire to learn and practice Bible truths was strong enough that it helped me to resist their tempting offers and led to my becoming a spiritual shepherd.

About that time, a faith healer who was famous in our area would come to visit my mother. One day, when I arrived home, the woman conducted a spiritistic séance. She said that I had a special gift and encouraged me to go to the mosque and receive an amulet, claiming that the amulet would help me. She almost convinced me that by doing this, I would receive the gift of healing.

The next day, I went to the Witnesses with whom I studied the Bible and told them about her visit. They showed me in the Bible that Jehovah is opposed to all forms of spiritism, as it is connected with evil spirits. (Deu-



Our sheep at pasture



We counted the sheep each evening to make sure that none were missing

teronomy 18:9-13) For a few nights, I couldn't sleep because of the influence of the demons. When the Witnesses taught me how to pray in harmony with Jehovah's will, I was soon free of nightmares. I became convinced that I had found the true Shepherd, Jehovah.

I learned that David, the writer of many Bible psalms, had also been a shepherd in his youth. He called Jehovah "my Shepherd," and his feelings about Him became dear to me. (Psalm 23:1-6) I wanted to imitate Jehovah's Son, Jesus, who is called the "shepherd of the sheep." (Hebrews 13:20) At an assembly held in Bishkek early in 1993, I symbolized my dedication to Jehovah by water baptism.

An Important Meeting

A large number of my relatives, as well as neighbors, began to meet for Bible study. About 70 from our village met together near Lake Issyk Kul. A relative of mine, who was the head of the village council, was very interested. He said that he would arrange for a

large meeting at which we could explain our newfound faith. But local religious leaders began to incite people in the area to oppose our preaching activity. They conspired to use this meeting to turn people against us.

On the appointed day, about a thousand gathered, including people from three nearby villages. A few Witnesses were present, one of whom began to explain our Bible-based beliefs. After less than five minutes, a person stood up and shouted provocative questions. Accusations and threats were hurled, and the crowd was stirred up to the point of wanting to do us violence.

At that moment, one of my older brothers, who had recently started studying the Bible, stood up in our defense. Everyone feared and avoided him because of his fighting abilities. He bravely stood between the attackers and the Witnesses, and we left without any violence occurring. During the following years, many of those who had attended that meeting became Witnesses. Today, more than 50 from our village of about 1,000 are Jehovah's Witnesses.

A Shepherd's Daughter

A few months before the big convention of Jehovah's Witnesses in Moscow, Russia, in August 1993, I met Gulmira, a Witness

from a Kirghiz village. Her family had also been shepherds. In 1988, when the activities of the Witnesses were still banned in the Soviet Union, Gulmira's mother had begun to study the Bible with a Witness named Aksamy. In the 1970's, Aksamy became the first Kirghiz Witness of Jehovah in the area.

Soon Gulmira joined her mother in the Bible study with Aksamy. In 1990 they both became baptized Witnesses. Gulmira's heart soon moved her to take up the full-time ministry as a pioneer.

I saw Gulmira only occasionally during the next two years, since I lived about a hundred miles (160 km) away. In March 1995, I decided to get better acquainted with her, so one morning I went to her home with that in mind. I was shocked to learn that she was leaving the next day to serve at the Russia branch office, over 3,500 miles (5,633 km) away!

By that time I had begun to serve as a full-time minister and had started to learn the Russian language, since we did not as yet have any of our literature in the Kirghiz language. For three years Gulmira and I wrote to each other and arranged to read the same Bible passages so that we could exchange spiritual thoughts. In the meantime, I served in the first Kirghiz-language congregation, in the town of Balikchi.

Serving Jehovah With Gulmira

In 1998, Gulmira came to Kyrgyzstan on vacation, and we were married. I was invited to serve with her at the Russia branch office. How happy I was that I had started to study the Russian language! In time, I was assigned to work with the Kirghiz translation team, which provided Bible literature in Kirghiz. I prayed to Jehovah and asked for wisdom and patience. And, of course, my coworker Gulmira was a big help to me.

In 2004 our translation team was sent to Bishkek, where I was appointed to serve on the committee that provides oversight for the



With Gulmira today

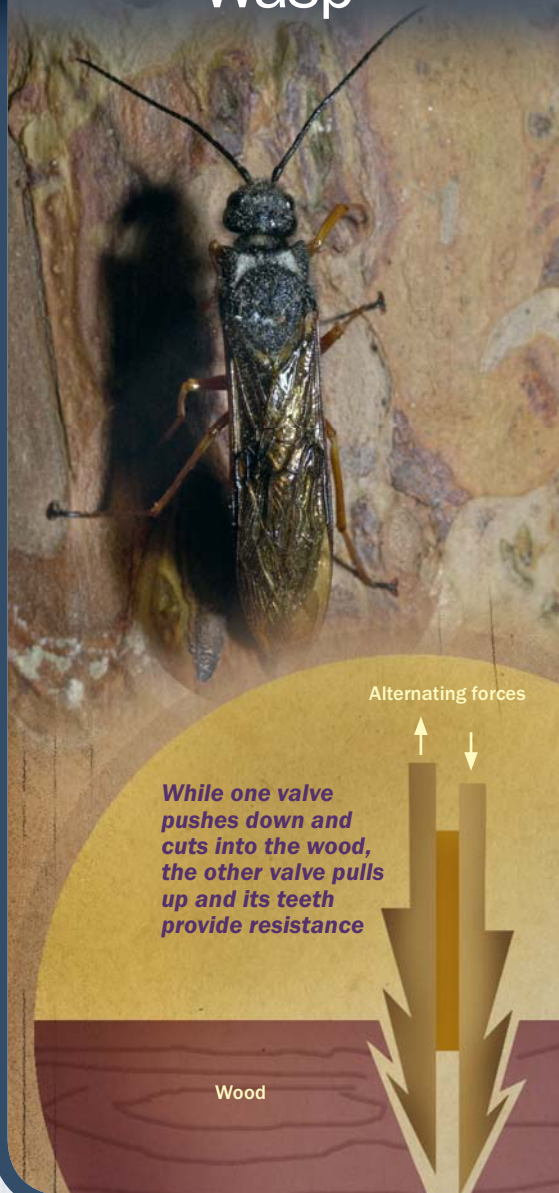
work of Jehovah's Witnesses in Kyrgyzstan. There were then seven Kirghiz-language congregations and over 30 Russian-language congregations in the country. Now there are more than 20 Kirghiz-language congregations and many Kirghiz-speaking groups, which comprise some 40 percent of the 4,800 Witnesses in Kyrgyzstan.

Gulmira and I decided to learn English, since knowledge of it would help us in our ministry. This led to our receiving an invitation to the world headquarters of Jehovah's Witnesses in the United States in 2008. There I attended the special school for those who are taking the lead in the preaching work in their respective countries.

Gulmira and I now feel more fully able to serve the spiritual interests of the people in Kyrgyzstan. Our experiences have helped us to see firsthand that Jehovah is truly a loving shepherd. I have personally felt the fulfillment of the Bible psalm that states: "Jehovah is my Shepherd. I shall lack nothing. In grassy pastures he makes me lie down; by well-watered resting-places he conducts me. My soul he refreshes. He leads me in the tracks of righteousness for his name's sake." —Psalm 23:1-3.

WAS IT DESIGNED?

The Ovipositor of the Wood-Boring Wasp



● The female wood-boring wasp deposits its eggs inside pine trees, and its method of doing so has inspired scientists to develop safer and more-efficient surgical probes.

Consider: The wood wasp burrows into the pine tree by means of an ovipositor—a needlelike tube with two interlocking shafts, or “valves,” each of which is covered with backward-facing teeth. The teeth of one valve catch onto the wood, thus providing resistance, while the other valve slides a small step forward. Then the teeth of *that* valve catch onto the wood, providing resistance, while the *first* valve slides forward. By means of rapid oscillation—during which the valves alternate in providing resistance and moving forward—the ovipositor drills nearly an inch (up to 20 mm) into sapwood with minimal force, neither buckling nor breaking in the process.

Inspired by the ovipositor of the female wood wasp, scientists have created a prototype neurosurgical probe that operates on a similar principle. Its silicon needle consists of two oscillating valves, each with micro-size teeth that can penetrate areas deep in the brain with minimal damage. However, the instrument is to have an additional feature. “Unlike existing rigid surgical probes,” explains *New Scientist* magazine, “the device will be flexible enough to move along the safest possible route, bypassing high-risk areas of the brain during surgery, for example.” Such a probe would also reduce the number of incisions needed to access hard-to-reach areas.

What do you think? Did the ovipositor of the female wood-boring wasp come about by chance? Or was it designed?

Wasp: David R. Lance, USDA APHIS PPQ, Bugwood.org;
diagram: J. F. V. Vincent and M. J. King, (1996). The mechanism
of drilling by wood wasp ovipositors. *Biomimetics*, 3: 187-201

YOUNG PEOPLE ASK

What should I know about smoking?



Look at the following options, and put a ✓ in the box beside each item that you feel describes you.

- ☐ I'm curious
- ☐ I'm dealing with stress
- ☐ I want to fit in
- ☐ I'm concerned about my weight

IF YOU checked *any* of the boxes, then you have something in common with your peers who smoke tobacco or have thought about it.* For example:

* Although this article discusses those who smoke cigarettes, the problems and dangers that are highlighted also apply to those who chew tobacco.

Satisfying curiosity. “I wondered what it was like, so I took a cigarette from a girl at school and then sneaked out and smoked it.” —Tracy.

Coping with stress and fitting in. “Kids at school would say, ‘I *need* a cigarette,’ and then afterward, ‘Phew, now I can cope!’ During stressful times, I wanted that.” —Nikki.

Losing weight. “Some girls smoke to stay thin—it’s so much easier than dieting!” —Samantha.

But before you light your first—or your next—cigarette, stop and think. Don’t be like a fish striking at a baited hook. True, the fish may get a small reward, but what a price it pays! Instead, follow the Bible’s advice, and use “your clear thinking faculties.” (2 Peter 3:1) Answer the following questions.

What Do You Really Know About Smoking?

Mark each statement true or false.

- a. — Smoking reduces stress.
- b. — I would exhale almost all of the smoke.
- c. — Smoking won’t affect my health until I get older.
- d. — Smoking will make me more attractive to the opposite sex.
- e. — If I smoke, no one is hurt but me.
- f. — It doesn’t matter to God whether I smoke or not.

Answers

a. Smoking reduces stress.—*False.* Although smoking temporarily relieves the stress of withdrawal symptoms, scientists

have found that nicotine actually increases your level of stress hormones.

b. I would exhale almost all of the smoke.—*False*. Some studies indicate that over 80 percent of the cigarette smoke particles you inhale stay inside your body.

c. Smoking won't affect my health until I get older.—*False*. While the risks increase with each cigarette you smoke, a few effects are immediate. Some people become addicted from just one cigarette. Your lung capacity will be reduced, and you'll likely develop a persistent cough. Your skin will wrinkle more and prematurely. Smoking increases your risk of sexual dysfunction, panic attacks, and depression.

d. Smoking will make me more attractive to the opposite sex.—*False*. Researcher Lloyd Johnston found that teens who smoke are "less attractive to the great majority of the opposite sex."

e. If I smoke, no one is hurt but me.—*False*. Secondhand smoke kills thousands each year; it will harm your family, your friends, and even your pets.

f. It doesn't matter to God whether I smoke or not.—*False*. Those who want to please God must cleanse themselves of "every defilement of flesh." (2 Corinthians 7:1) There is no doubt that smoking defiles the body. If you choose to be unclean, harming yourself and others by using tobacco, you cannot be a friend of God.—Matthew 22:39; Galatians 5: 19-21.

How to Resist

So, what will you do if someone offers you a cigarette? A simple but firm response, such as "No thanks, I don't smoke," will often work. If the person persists or even taunts you, remember that it is your choice. You might say:

- "I checked out the risks and decided that it's not for me."

- "I have some important future plans that involve breathing."

WHAT YOUR PEERS SAY

“If someone asked me why I don't smoke, I'd say, 'Because I don't want to blacken my lungs and shorten my life span.'”



Benjamin



Heather

“If someone offered me a cigarette, I'd say, 'No.' If they tried to push me, I'd say, 'Are you denying me my right to make a personal choice? That's pretty shocking in this day and age!'”

Like the youths quoted earlier in this article, though, you may find that the greatest pressure comes from inside yourself. If that's the case, answer this 'inner voice' by reasoning on questions such as these:

- Will I really gain benefits by smoking? For instance, if I decide to smoke just to be accepted by others, will I somehow fit in despite having little else in common with them? Do I even *want* to fit in with people who would be happy to see me damage my own health?

- How much will smoking cost me in money, health problems, and loss of others' respect?

- Would I be willing to sell out my friendship with God for the price of a cigarette?



*Like a fish striking
at bait, a smoker
gets a reward but
pays a terrible price*

What, though, if you're already hooked?
What can you do to break free?

How to Quit

1. Convince yourself. Write down *your* reasons for quitting, and review this list regularly. A desire to be clean before God can be a powerful motive.—Romans 12:1; Ephesians 4:17-19.

● DID YOU KNOW?

Smokeless tobacco—such as chewing tobacco—can deliver more nicotine than cigarettes and contains more than 25 cancer-causing compounds that increase the user's risk of developing cancer of the throat and mouth.

2. Get help. If you've been smoking in secret, now is the time to come clean. Tell those you have been hiding your smoking from that you are quitting, and ask for their support. If you want to serve God, pray for his help.—1 John 5:14.

3. Set a quit date. Give yourself two weeks or less, and mark on your calendar the day you are

determined to quit. Tell your family and friends that you are quitting on that date.

4. Search and destroy. Before you reach your quit date, scour your room, car, and clothing for any cigarettes. Destroy them. Get rid of lighters, matches, and ashtrays.

5. Deal with withdrawal symptoms. Drink plenty of fruit juice or water, and allow more

time for sleep. Keep in mind that the discomfort is *temporary*, while the benefits are *permanent*!

6. Avoid triggers. Stay away from places and situations where you would be tempted to smoke. You may also need to cut off social contact with associates who are smokers.—Proverbs 13:20.

7. Avoid rationalizations. Don't fool yourself by saying, "I'll only take one puff." Such rationalizations often lead to a full relapse.—Jeremiah 17:9.

Don't Be Duped

Each year, tobacco companies spend billions of dollars on advertising. How can they *not* know that many youths will be lured by their bait and even become tomorrow's addicted adults?

Don't allow tobacco executives to get their hands into your pockets. Why take their bait? Neither that group nor your peers who smoke have your best interests at heart. Rather than listen to them, listen to the advice found in the Bible and learn "to benefit yourself."—Isaiah 48:17.

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

WHY NOT ASK YOUR PARENTS?

Coping with peer pressure is much easier when you are prepared. Why not ask your parents to have practice sessions with you so that you'll be ready to reply if someone offers you a cigarette? Have a parent play the part of a pushy peer. Hint: Use the "Peer-Pressure Planner" on pages 132 and 133 of *Questions Young People Ask—Answers That Work*, Volume 2, to get some good ideas on how to respond.

Trust in Church Has Plummeted

“Most people no longer trust [the Catholic] Church,” says a headline in *The Irish Times*. The report places the Catholic Church in the same category as other institutions in which a majority of the Irish have lost confidence—the government and the banks. In a country where loyalty to the church has been legendary, over half those interviewed in a recent poll said either that they did not trust the church “at all” (32 percent) or that they did “not really” trust the church (21 percent). Scandals that have recently rocked the church are blamed for the fact that public trust in it has “plummeted.”

Unemployed College Graduates

Is a college education a guarantee of a job? Not for many, according to the *Manila Bulletin*. It quotes Herbert Bautista, mayor of Quezon City, as saying: “Every year our colleges and universities are producing millions of graduates who simply end up among the unemployed because their courses are incompatible with what jobs are available.” Many end up working in clerical positions or fast-food restaurants. The government is encour-

Italy held its first divorce fair.

Visitors consulted marriage agencies to find a new partner, travel agencies to organize vacations for singles, and divorce-planning agencies to find lawyers, accountants, psychologists, and family mediators.

—CORRIERE DELLA SERA, ITALY.

The “credibility gap” caused by the Catholic Church’s “mismanagement of the clergy sex abuse crisis” has resulted in its “largest institutional crisis in centuries, possibly in church history.”—NATIONAL CATHOLIC REPORTER, U.S.A.

Scientists who sequenced DNA from the frozen hair of a Greenlander who died some 4,000 years ago found that he **“appears to have originated in Siberia.”**

—REUTERS NEWS SERVICE, U.S.A.

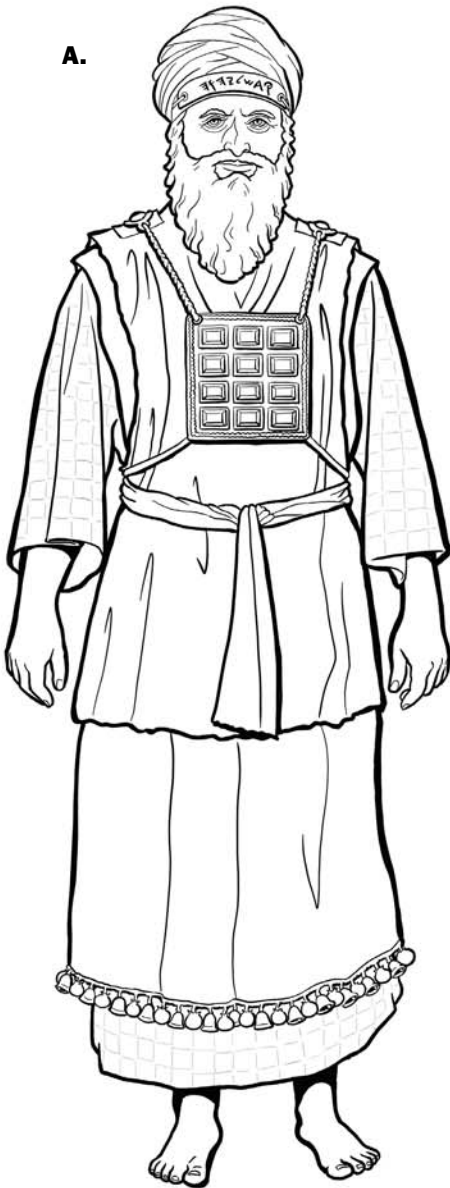
aging high school graduates to take short courses in practical skills or technical fields in which work may be found more easily.

Bridge Corroded by Spit

In Calcutta, India, the 1,500-foot-long (457 m) Howrah Bridge is being threatened by pedestrians’ spit. Why? *Gutkha*—the popular mixture of betel leaf, areca nut, and slaked lime, which many citizens chew and spit—is highly corrosive. According to the Calcutta newspaper *The Telegraph*, “the commuters’ collective spit power [has] reduced the thickness of the steel hoods protecting the [bridge’s] pillars from six [.24 in] to three [.12 in] millimetre[s] since 2007.” Some 500,000 pedestrians and 100,000 vehicles use this river crossing every day.



A.



What Is Different?

Can you identify the three differences between picture A and picture B? Write your answers on the lines below, and complete the pictures by coloring them. CLUE: Read Exodus 28:9-12, 33, 36, 37.

1.

.....

2.

.....

3.

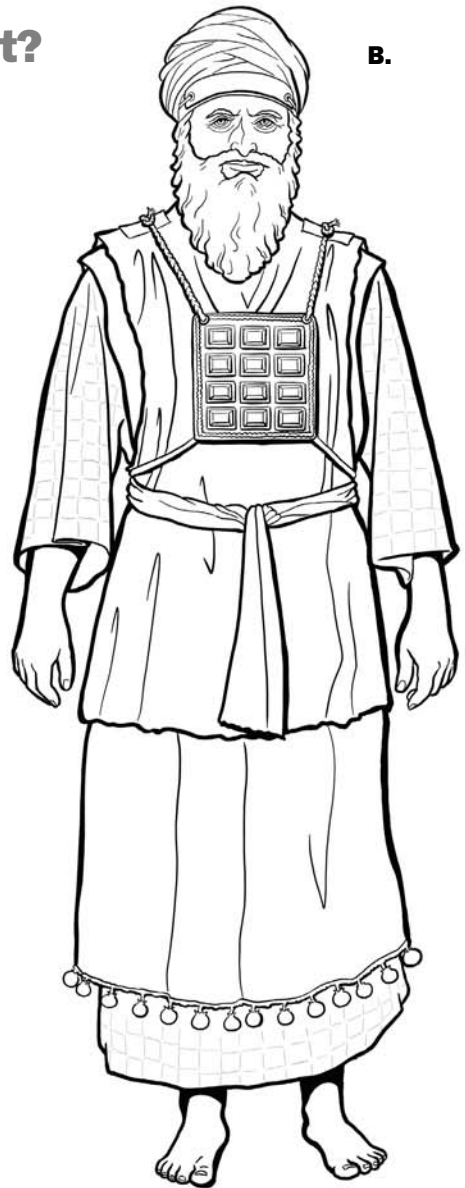
.....

4. Which picture is correct, the one on the right or the one on the left?

.....

● Answers to pages 30 and 31 on page 7

B.



FOR DISCUSSION: What does the word “holy” mean? Why is it important for worshippers of Jehovah to be holy? How can you show that you are trying to be holy? CLUE: Read 2 Corinthians 7:1.

FAMILY ACTIVITY: Have each family member research facts about the role of Israel’s high priest. Then come together and report what you have learned. For example, what were some of the responsibilities of the high priest? CLUE: Read Leviticus 9:7; Deuteronomy 17:9-11. How does Jesus Christ prove to be the best High Priest? CLUE: Read Hebrews 4:14-16; 7:26-28; 9:11-14.

Collect and Learn

Cut out, fold in half, and save



RUTH

BIBLE
CARD

3



QUESTIONS

- A.** Complete Ruth's statement to Naomi: "Your people will be . . ."
- B.** How is Ruth a good example for those who care for the sick and elderly?
- C.** Fill in the blanks. Ruth married _____ and became an ancestress of _____ and _____.

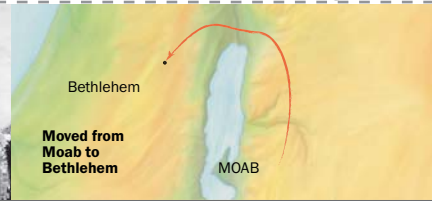
98 C.E.

Last Bible
book written

Lived circa
1200's B.C.E.

4026 B.C.E.

Adam
created



RUTH

PROFILE A faithful Moabite widow who supported her aged mother-in-law, Naomi. Ruth's loyal love for Naomi and her determination to worship Jehovah gave her the strength to leave her homeland and move to Bethlehem. Others told Naomi, "Your daughter-in-law . . . is better to you than seven sons."—Ruth 4:14, 15.

ANSWERS

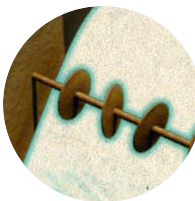
- A.** "... my people, and your God my God."
—Ruth 1:16.
- B.** Ruth showed a self-sacrificing and industrious spirit.—Ruth 2:7, 10-12, 17; 3:11.
- C.** Boaz, King David, Jesus Christ.
—Matthew 1:5, 6, 16.

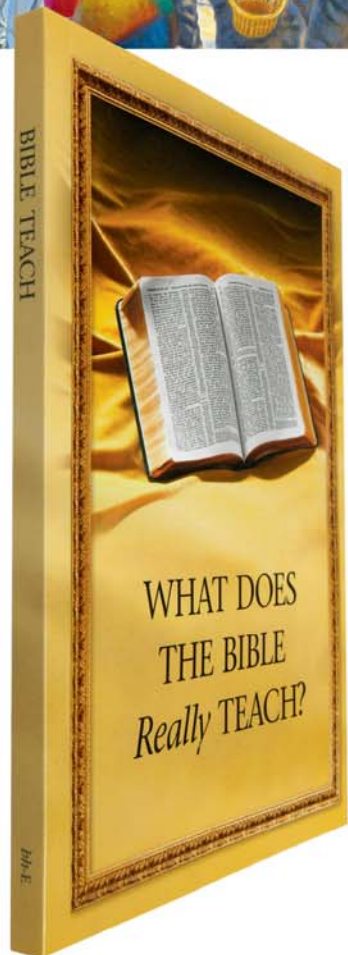
Peoples and Lands

- 5.** My name is Shaé. I live in Britain, which is near the continent of Europe. About how many of Jehovah's Witnesses live in Britain? Is it 13,300, 133,000, or 333,000?
- 6.** Which dot shows where I live? Circle it, draw a dot where you live, and see how close you are to Britain.

Children's Picture Search

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





“Thank You for Showing Me a Father of Love”

● A 19-year-old girl from the southern United States wrote: “I was raised in a churchgoing family and personally know Christ as my Savior. Yet, for years I have lived in fear of God’s judgmental wrath, of burning in a horrible hell. Then I began reading your book *What Does the Bible Really Teach*?

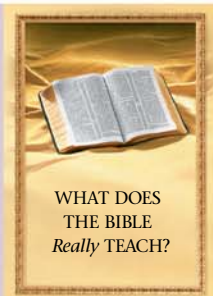
“After just a few chapters, I felt a huge amount of peace. I felt as if an elephant had climbed off my chest. I now see that Jehovah is a loving, kind, and merciful God. He desires a relationship with me and not one based on a dreadful fear of him. I am planning to visit the Kingdom Hall of Jehovah’s Witnesses this Sunday! I am so excited. Thank you for showing me a Father of love and not one who created a fiery hell.”

The *Bible Teach* book also discusses other important subjects. These include the condition of the dead, the resurrection hope, how to improve family life, the identity of God and Jesus Christ, and why God allows suffering. You may request a copy of the book by filling in the accompanying coupon and mailing it to an appropriate address on page 5 of this magazine.

☐ Without obligation, I request a copy of the book shown here.

Indicate which language.

☐ Please contact me concerning a free home Bible study.



Name

Address

.....

City

Province/State Postal/ZIP Code