

# Awake!

AUGUST 2011

## MUSIC

How does it  
affect you?







# Awake!

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# The Gift of Music

**C**AN you imagine life without music? No soothing lullabies. No romantic serenades. No lively pop songs. No stirring symphonies. And no inspirational melodies. Most would consider that a dull and unappealing prospect.

Yes, music appeals to virtually the full range of human emotions. It soothes and excites us, uplifts and inspires us. It moves us to ecstasy and reduces us to tears. Moreover, because music speaks straight to our heart, it has power. Why are we so moved by music? The answer is really quite simple: Music is a beautiful gift from God. (James 1:17) As such, it should be treasured, it should be wholesome, and it should be available to all—young and old.

Music has a very long history. For example, archaeological evidence indicates that centuries before our Common Era, African tribes played drums, horns, and bells. The ancient Chinese played a form of mouth organ and panpipes. The peoples of Egypt, India, Israel, and Mesopotamia played the harp. Perhaps one of the most specific historical references to music is that

found in the Bible at Genesis 4:21. There we learn that a man named Jubal was “the founder of all those who handle the harp and the pipe.” Many centuries later, Israel’s King Solomon had a great interest in music and obtained the very best wood available for the making of harps and other stringed instruments.—1 Kings 10:11, 12.

Of course, to enjoy instrumental music in those days, you had to play an instrument or listen to someone who could. Nowadays, though, music is available to millions at the touch of a button or the click of a mouse. Indeed, all forms of it can be recorded or downloaded and played on devices that can be slipped into your pocket. A 2009 survey in one Western land found that 8- to 18-year-olds spend more than two hours a day listening to music and other audio recordings.

This trend, which is not uncommon, helps explain why music and the related technologies have become major commercial products. Indeed, music is *big* business. But have you wondered what it takes to make a hit?

## Music Online

**DOWNLOADING:** Users usually pay for each file they download, which then becomes their property. Others obtain subscriptions—often along with cell-phone contracts or other purchases—that allow music files to be downloaded and played only during the contract period.

**STREAMING:** Digital music that listeners play immediately without storing the files. Much streamed music is free of charge, although some specialized content is available by subscription.

## Highlights of Recording Media

1880's



Phonograph record

1890's



Steel wire

1940's



Reel-to-reel tape

1960's



Compact cassette tape

1980's



Compact disc (CD)

1990's



Digital audio files  
(MP3, AAC, WAV, etc.)







# What Makes a Hit?

**T**HE music industry is fast-paced, fickle, and ultracompetitive. Musical tastes change, hits grow stale, and new tastes and technologies supersede the old. Promoters “are always looking for the hottest new sound,” says social-media expert Kelli S. Burns. But turning that “sound” into a hit is not easy. “A lot of kids dream of becoming recording stars, . . . but it’s often a long, tough road between the dream and the recording contract,” says an industry guidebook.—See the box “Changes in the Music Industry,” on page 6.

## Putting Words to Music

**Songwriters (1)** aim to write lyrics that touch people’s emotions—that resonate with their hopes, dreams, and deepest feelings. What is the most popular theme? You guessed it—love. Songwriters also try to create melodies with a hook, a catchy musical phrase that grabs the listener’s attention and lingers in the mind.

Next, the songwriter usually makes a pilot recording, or demo, of the song. If the record-company executives think that the song is marketable, they may offer the artist a **recording contract (2)**. But if they have reservations about the singer (perhaps he or she is not well-known), they may buy the song for an established artist to perform.

## 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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### Into the Studio

To oversee the **recording process (3)**, record companies usually hire an experienced producer. He approves the song and style. He also hires and supervises the recording studio, music arrangers, copyists, musicians, backup vocalists, recording engineers, and equipment needed to produce a professional and salable product.

Most recordings are assembled step-by-step, often beginning with drums, guitar, bass, and keyboard. Later, lead vocals, harmonies, instrumental solos, and any special sound effects are added and mixed to produce a **master digital recording (4)**.

### Marketing

To promote their products, record companies often produce **music videos (5)**. These three- to five-minute films may provide some of the excitement of a live show and give artists media exposure. They may also generate significant income in their own right.

Recording artists consistently sell more albums in areas where they give **live performances (6)**. So they often promote a new album by going on tour and putting on concerts. Most artists also create a personal **Web site (7)** complete with music samples, photos, videos, a personal blog, and news of upcoming concerts, as well as links to fan

**Languages:** Afrikaans, Albanian, Amharic, Arabic, Armenian, Bislama, Bulgarian, Cebuano, Chichewa, Chinese (Simplified), Chinese (Traditional)°, 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

+ CD also available.

° MP3 CD-ROM also available.

° Audio recordings also available at [www.jw.org](http://www.jw.org).

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clubs and, most important, to online music stores.

Who determines if a song will be a hit? Ultimately, it is you—the listener. On what basis, then, do you choose your music? Is it just the sound or the artist, or do values also influence your choices? These are important questions, for music has power and can influence us on the deepest levels. This fact calls to mind some important advice from our Creator: “More than all else that is to be guarded, safeguard your heart, for out of it are the sources of life.”—Proverbs 4:23.

How can you heed that wise advice in regard to music? And if you are a parent, how

## Changes in the Music Industry

The Internet and inexpensive recording hardware and software are contributing to a revolution in the music industry. Nowadays, musicians are able to record professional-quality music at home and to distribute it to a global audience. According to a report in the magazine *The Economist*, “several big-name artists bypassed the record labels altogether.”

can you fulfill your responsibility to safeguard your children from spiritual, mental, and emotional harm?

## Will You Make Wise Choices?

*“My parents’ music is totally boring,” complains 17-year-old Jordan.\**

*“My son’s music is full of angst and anger,” laments his mother, Denise.*



**W**HY do parents and teens often clash over music? One factor is that tastes may change as people grow older. Another is that music itself changes. Thus, what is popular today may be out of style tomorrow.

Whatever the case, music influences us. Have you noticed how music affects your emotions? When King Saul of ancient Israel felt troubled, soothing music calmed him. (1 Samuel 16:23) In some ways, songs can be like the people we associate with. Some bring out our positive emotions, such as happiness and love. Others dredge up bad feelings, such as anger and hatred.—Proverbs 13:20.

Since music exerts such a powerful influence, parents and children are wise to be selective in the music they choose. If you are a parent, do you take a genuine interest in the listening habits of your children and teenagers? Do you set standards?

\* Some names have been changed.



That does not mean simply forbidding certain albums or kinds of music. You should also help your teens to choose acceptable alternatives. The book *On Becoming Teenwise* states: “You can’t just take away something someone cares deeply for and leave a vacuum. There has to be a substitute, something new for the person to put in its place, or he will go back to the old ways.”

## Some musical genres are known for depravity

.....

Another factor to consider is this: How much time do your children spend listening to music? Does that time intrude on time that should be spent on more important things, such as homework, spiritual activities, or responsibilities in the home? As the Bible says, “for everything there is an appointed time.” —Ecclesiastes 3:1.

Isolation can be another problem. Of course, we all need our privacy and should make time for quiet contemplation so that we do not become shallow, or superficial. (Psalm

1:2, 3) Taken to an extreme, though, isolation can cause a person to become self-absorbed and selfish. (Proverbs 18:1) Felipe, now 20, viewed listening to music as his ‘alone time.’ “But my mother,” he says, “was concerned that I was isolating myself.”

What can help young people like Felipe and their parents to turn a potential battleground into common ground? How can all of us make wise choices in music? Many have found that Bible principles help. Why not consider the following three questions with your children?

● **What message does the music convey?** “Let fornication and uncleanness of every sort or greediness *not even be mentioned among you.*” (Ephesians 5:3) Many songs have innocent lyrics. But others, either subtly or openly, approve of or even promote behavior that violates wholesome values, such as Bible principles. Indeed, some musical genres are known for depravity, hatred, and violence. “Rap lyrics are occasionally shocking, sometimes brutal, and rife with misogyny and obscenities,” says author Karen Sternheimer. Heavy-metal lyrics often include violence and the occult. Even mainstream pop music may promote

## Why I Made Changes

“My teenage years were a blur of alcohol, drugs, and violence,” says Ashley, 24, “and the music that fueled it was heavy metal and rap. The profane, hate-filled lyrics and strong, driving beat made me feel powerful. The music also connected me to my drug-taking friends. Rappers and heavy-metal bands were our mentors and heroes.

“Soon, however, my life spiraled out of control. When I was 17, I nearly died of a drug overdose. When I woke up, I prayed to God for help. A boy had once told me that God’s name is Jehovah, which I associated with Jehovah’s Wit-

nesses. So I picked up the telephone book, called the Witnesses, and started studying the Bible with them.

“I gave up my bad habits and threw out my music. But when I tossed my CDs in the trash, I stood there staring at them. My heart was torn. So I reminded myself that this music, along with my vices, was destroying me. I turned and walked away.

“Today, years later, I still feel drawn to heavy metal and rap. So I avoid them as if they were addictive drugs. Now I enjoy many other kinds of music, including ballads, easy rock, and some classical. But the best thing is that I am in control.”



**Maintain high standards  
when choosing music**



**There is a wide range of  
music that you *can* enjoy**

questionable behavior. So when choosing music, use “your power of reason” to make wise choices. (Romans 12:1) Do not just blindly go along with what is popular or has a good sound.

● **How does the music affect my feelings?**

“Safeguard your heart, for out of it are the sources of life.” (Proverbs 4:23) Your choice of music is more than just a window into your mind and heart revealing facets of the inner person. It can *influence* your mind and heart. “Listening to some types of music made me angry and aggressive,” says Jordan, quoted earlier. Ask yourself: ‘How does my music affect my thoughts and mood? Does it leave me feeling relaxed and refreshed or tense and upset? Does it arouse indecent thoughts?’ (Colossians 3:5) If a certain piece of music stirs up undesirable feelings or fosters improper thoughts, you would be wise to discard it. (Matthew 5:28, 29) Hannah, aged 17, says, “I see the damage that bad music does, and I want no part of it.”

● **Will the music influence my values?** “Hate what is bad, and love what is good,” says Amos 5:15. Nowadays, that is a challenge, for true to Bible prophecy, people in general are “lovers of themselves, lovers of money, self-assuming, haughty, blasphemers, disobedient to parents, unthankful, disloyal, having no natural affection, not open to any agreement, slanderers, without self-control, fierce, without love of goodness, . . . lovers of pleasures rather than lovers of God.” (2 Timothy 3:1-4) Hence, verse 5 says: “From these turn away.”





How do you turn away from people like that? Obviously, you need to do more than just stay away from them in person. You must also reject products that reflect their godless ways. (Ephesians 4:25, 29, 31) But will that unduly limit your choice in music? Not at all!

### Broaden Your Tastes

In many families, parents and teens enjoy exploring each other's musical worlds. Says Lena, "My 13-year-old daughter introduced me to her favorite music, and now I like listening to it." Heather, who is 16, and her parents enjoy each other's music and regularly swap CDs.

Worldwide, millions of Jehovah's Witnesses of all ages and cultures enjoy a wide variety of music, including the spiritually enriching melodies in the songbook *Sing to Jehovah*.<sup>\*</sup> Yet, in some cultures the melodies differ from local styles.

Whether you are a parent or a teen, when you want to buy an album or download some music, why not ask yourself these questions: 'Who gave me the capacity to enjoy music? Was it not my Creator, Jehovah God? Then how can I show him that I truly appreciate his gifts? Would it not be by placing a high value on his standards of right and wrong or what is wise or unwise?' Reflecting on such questions will help you to choose your music wisely, thus bringing joy both to your heart and to the heart of your Creator.—Proverbs 27:11.

<sup>\*</sup> Available for download at the Web site [www.jw.org](http://www.jw.org).

## Helpful Hints for Parents

Does your child's music give you cause for concern? How can you help him or her without starting a war? Consider these suggestions:

**Be informed** Before you speak, get the facts. Listen to the music, note the lyrics, and examine the packaging. Ask yourself, 'Is there reason for concern, or am I being picky?' The Bible says: "Intelligent people think before they speak; what they say is then more persuasive."—Proverbs 16:23, *Today's English Version*.

**Be discerning** Music can be a window into your child's world and heart. Gently draw out his feelings. Ask: "What do you like about this music? Does it express any concerns you may have?" Then listen carefully to the reply. Says Proverbs 20:5: "A person's thoughts are like water in a deep well, but someone with insight can draw them out."—TEV.

**Be constructive** Your goal is not just to get a teen to discard an unacceptable CD. Rather, you want to train his "perceptive powers . . . to distinguish both right and wrong" so that he can make wise decisions himself. (Hebrews 5:14) So give your child a lasting legacy: *Teach him to do research and to reason on Bible principles*. In this way, you will help him to develop both thinking ability and godly wisdom, which are far more valuable than all the gold in the world!—Proverbs 2:10-14; 3:13, 14.

**Be firm, compassionate, and kind** "Clothe [yourself] with the tender affections of compassion, kindness, lowliness of mind, mildness, and long-suffering." (Colossians 3:12) When reasoning with your teen, do not be dogmatic or argumentative. Remember that you too were once a teenager.

## YOUNG PEOPLE ASK

# What should I know about social networking? Part 2

Number the items below *in order of their importance to you*.

- my privacy
- my time
- my reputation
- my friendships

**W**HICH issue above did you rate number one—the one that’s the most important to you? That aspect of your life, as well as the other three, could be at risk if you use a social networking site.

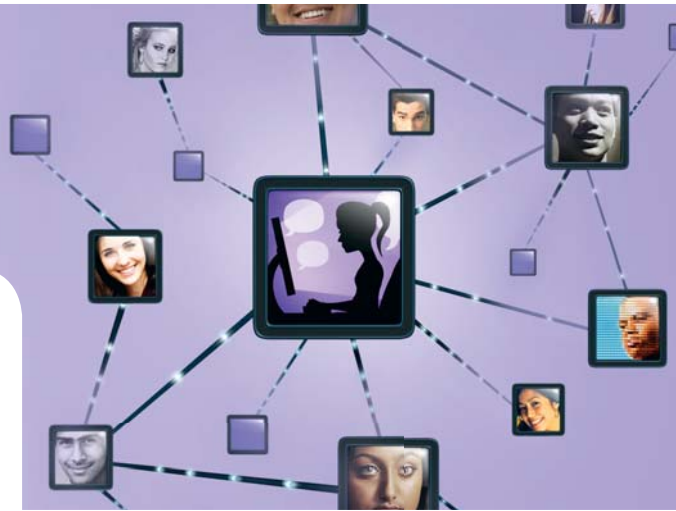
Should you have a social networking account at all? If you live with your parents, that’s for them to decide.\* (Proverbs 6:20) Like nearly *any* use of the Internet, social networking can have its benefits—and its pitfalls. If your parents don’t want you to have an account, you should comply with their wishes. —Ephesians 6:1.

On the other hand, if your parents *do* allow you to use a social networking site, how can you avoid the dangers? The “Young People Ask” article that appeared in the July 2011 *Awake!* discussed two areas of concern—your privacy and your time. In this article, we’ll take a look at your reputation and your friendships.

### YOUR REPUTATION

Guarding your reputation means being careful not to give others valid reason to think badly of you. To illustrate, imagine that you own a brand-new car; it doesn’t have a single

\* *Awake!* neither endorses nor condemns any particular networking site. Christians should be sure that their use of the Internet does not violate Bible principles.—1 Timothy 1:5, 19.



scratch or dent. Wouldn’t you like to keep it that way? How would you feel if because of your own carelessness, your car was wrecked in an accident?

**A Bible proverb states: “If you have to choose between a good reputation and great wealth, choose a good reputation.”**

**—Proverbs 22:1, Today’s English Version**

Something similar can happen to your reputation on a social network. “With one thoughtless picture or post,” says a girl named Cara, “your reputation can be ruined.” For example, consider how your reputation might be affected by . . .

● **Your pictures.** The apostle Peter wrote: “Always let others see you behaving properly.” (1 Peter 2:12, *Contemporary English Version*) What have you noticed if you have looked at photos on a social networking site?



*"Sometimes a person I've thought highly of will have pictures of himself or herself appearing to be drunk."—Ana, 19.*

*"I know girls who pose in ways that accentuate their bodies. They look so different on their social network page from the way they look offline."—Cara, 19.*

What would you conclude about the character of someone who in a social network photo (1) is dressed provocatively or (2) appears to be drunk?

- 1 .....
- 2 .....

● **Your comments.** "Let a rotten saying [“filthy talk,” *International Standard Version*] not proceed out of your mouth,” says Ephesians 4:29. Some have noticed that crude language, gossip, or immoral topics creep into discussions on social networking sites.

*"People feel less inhibited on a social network. The words don't sound as bad when you type them as when you say them out loud. You may not be swearing, but your words can be more flirty, daring, or even dirty."—Danielle, 19.*

Why, in your opinion, do many people feel less inhibited when in front of a computer screen?

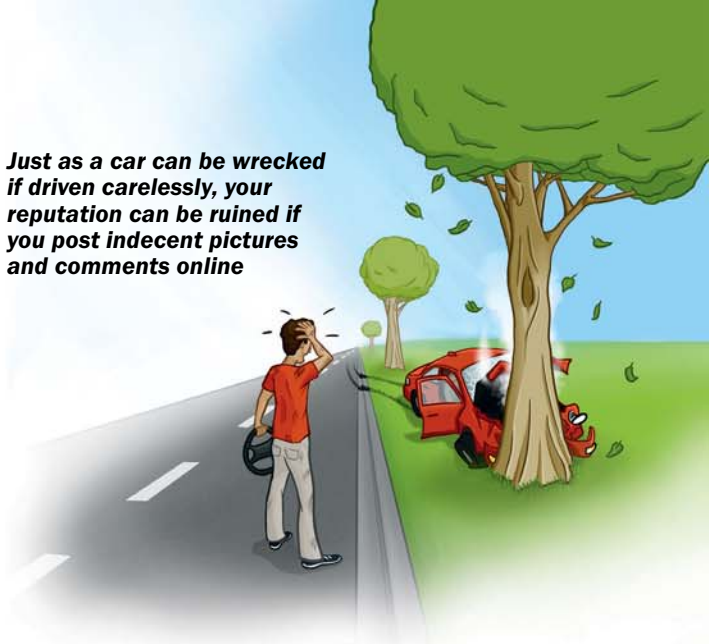
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Do the photos and comments that you post really matter? Yes! "At school, that's been a big topic," says a teen named Jane. "We've discussed how employers will look at an applicant's social network page to judge his or her character."

In the book *Facebook for Parents*, Dr. B. J. Fogg says that he does just that when hiring. "I consider this part of my due diligence," he says. "If I can access an applicant's Profile, and I see junky things, then I'm not impressed. I won't hire that person. Why? Because people who work with me need excellent judgment."

**Just as a car can be wrecked if driven carelessly, your reputation can be ruined if you post indecent pictures and comments online**



If you're a Christian, there's something even more important to consider—how your posts might affect others, whether they are fellow believers or not. The apostle Paul wrote: "In no way are we giving any cause for stumbling."—2 Corinthians 6:3; 1 Peter 3:16.

### What You Can Do

If your parents allow you to use a social network, look at your posted pictures and ask yourself: "What do these photos say about me? Is this really how I want to present myself? Would I be embarrassed if my parents, a Christian elder, or a prospective employer were to see these photos?" If your answer to that last question is yes, make changes. That's what 21-year-old Kate did. "A Christian elder spoke to me about my profile picture," she says, "and I was grateful. I knew that he wanted to protect my reputation."

Also, carefully review the comments you've posted—as well as those that *others* have posted on *your* page. Don't tolerate "foolish talking" or "obscene jesting." (Ephesians 5:3, 4) "Sometimes people post comments with bad words or double meanings," says 19-year-old Jane. "Even though you're not the one who said it, it reflects poorly on *you* because it's *your* page."

When it comes to the photos and comments that you post, what boundaries will you set so that you guard your reputation?

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## YOUR FRIENDSHIPS

If you owned a brand-new car, would you allow just *anyone* inside? If your parents allow you to have a social networking account, you face a similar decision with regard to whom you will invite—or accept—as a friend. How selective will you be?

*“Some people make getting more friends their only goal—the more, the better. They may even add people they don’t really know.”—Nayisha, 16.*

*“A social network allows you to reconnect with people from your past. But sometimes those people are best left in your past.”—Ellen, 25.*

### What You Can Do

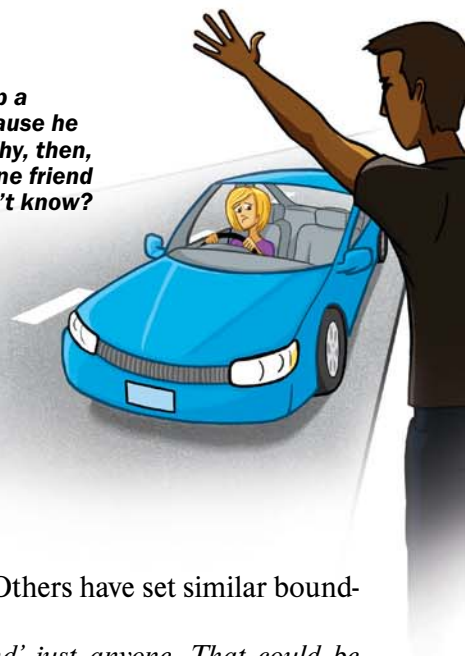
**Suggestion: Audit and edit.** Review your list of friends and make adjustments where necessary. In each case, ask yourself:

1. ‘How well do I know what this person is like *off-line*?’
2. ‘What pictures and comments does this person post?’
3. ‘Is this friend a positive influence in my life?’

*“I usually go through my ‘friends list’ each month. If there’s someone on there that I’m uncomfortable with or that I don’t know well, I delete that person from my list.”—Ivana, 17.*

**Suggestion: Establish a ‘friending policy.’** Set boundaries as to whom you will invite or accept as a friend, just as you would off-line. (1 Corinthians 15:33) For example, a young woman named Leanne says: “My policy is this: If I don’t know you, I don’t accept your friend request. If I see something on your page that makes me uncomfortable, I’ll delete you from my ‘friends list’ and not accept fur-

**Would you pick up a stranger just because he needed a ride? Why, then, accept as an online friend someone you don’t know?**



ther requests.” Others have set similar boundaries.

*“I don’t ‘friend’ just anyone. That could be dangerous.”—Erin, 21.*

*“I’ve had requests from old schoolmates to become their networking friend. But I did my best in school to avoid that particular crowd; why would I want to be part of it now?”—Alex, 21.*

Below, write out what will be *your* ‘friend-ing policy.’

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More articles from the “Young People Ask” series can be found at the Web site [www.watchtower.org/ype](http://www.watchtower.org/ype)

### WHY NOT ASK YOUR PARENTS?

Review with your parents this article and the “Young People Ask” article that appeared in the July 2011 issue of *Awake!* Discuss how your use of the Internet is affecting (1) your privacy, (2) your time, (3) your reputation, and (4) your friendships.



## A NOTE TO PARENTS

Your children may know more about the online world than you do. But they don't have your level of judgment. (Proverbs 1:4; 2:1-6) It is as Internet-safety expert Parry Aftab said: "Kids know more about technology. Parents know more about life."

In recent years, social networks have become popular. Is your adolescent mature enough to use one? That's for you to decide. Like driving a car, having a bank account, or using a credit card, social networking has its share of risks. What are some of these?

**PRIVACY.** Many youths don't understand the consequences of putting too much information online. Indicating where they live, where they attend school, or when they're at home or away could compromise the safety of your family.

**What you can do.** When your children were younger, you taught them to look both ways before crossing the street. Now that they're older, teach them how to be safe online. Read the information on privacy issues that appeared in last month's "Young People Ask" article. Also see *Awake!* of October 2008, pages 3-9. Then discuss this material with your teen. Strive to instill "practical wisdom and

thinking ability" with regard to online safety—Proverbs 3:21.

**TIME.** Social networking can be addictive. "After just a few days of having an account, I couldn't stop looking," says 23-year-old Rick. "I spent hours going through pictures and posts."

**What you can do.** Read and discuss with your children the article "Young People Ask . . . Am I Addicted to Electronic Media?" which appeared in the January 2011 issue of *Awake!* Pay particular attention to the box "I Was a Social-Networking-Site Addict," on page 26. Help your adolescent become "moderate in habits" and adhere to a time limit regarding Internet use. (1 Timothy 3:2) Remind him or her that there *is* such a thing as life off-line!

**REPUTATION.** "The good or bad that children do shows what they are like," says a Bible proverb. (Proverbs 20:11, *Contemporary English Version*) That's certainly true online! Furthermore, since a social network is a *public forum*, what your children post can affect not only their reputation but also that of the family.

**What you can do.** Teenagers should know that what they post online *reflects who they are*. They also need to

understand the adage, *What happens online stays online*. "The concept of *permanence* of online material is not easy for kids to grasp but crucial for them to begin to learn," writes Dr. Gwenn Schurgin O'Keeffe in the book *CyberSafe*. "One way to explain online behavior to kids is to remind them not to say online what they would not say off-line to anyone."

**FRIENDSHIPS.** "Many teenagers want to be perceived as popular," says 23-year-old Tanya, "so they will be more willing to accept 'friends' who are strangers or who are unprincipled."

**What you can do.** Help your son or daughter develop a 'friending policy.' For example, 22-year-old Alicia doesn't usually add friends of friends to her list. She says, "If I don't know you or haven't met you face-to-face, then I'm not adding you simply because we have mutual friends."

A couple named Tim and Julia set up their own networking account through which they could monitor their daughter's friends and posts. "We required that she include us in her list of friends," says Julia. "The people she's connecting with are as good as in our living room. We want to know who they are."



# Ibn Battuta Reveals His World

**I**N THE year 1325, a young man set out from Tangier, Morocco, on the first of a number of journeys that would take him to some of the most distant parts of the then-known world, including China, India, Indonesia, Mali, Persia, Russia, Syria, Tanzania, Turkey, and all the Arab lands. The man was Abu Abdallah ibn Battuta, and he traveled some 75,000 miles (120,700 km)—a feat unequaled before the age of steam.

Ibn Battuta has been called the traveler of Islam and the greatest traveler of premodern times. His memoirs, recorded on his final return home after nearly 30 years of travel, shed

light on many facets of life and culture during the 14th century, especially in the medieval Muslim world.

## Pilgrimage to Mecca

Ibn Battuta left Tangier to visit the holy places and to perform the hajj, the Muslim pilgrimage to Mecca, which is required of every adult Muslim who is financially and physically able to travel. Mecca lies some 3,000 miles (4,800 km) east of Tangier. Like

**A 13th-century illustration by  
al-Wasiti, showing medieval Islamic  
pilgrims on a hajj**

Scala/White Images/Art Resource, NY

most pilgrims, for safety Ibn Battuta attached himself to caravans that would help him toward his destination.

Because his father was a qadi, or local judge, Ibn Battuta received a qadi's education, the best Tangier could offer. Learning of this, his fellow travelers made him their judge to settle any disputes en route.

## To Alexandria, Cairo, and the Upper Nile

The caravan followed the coast of North Africa to Egypt. Here, Ibn Battuta saw Alexandria's famous lighthouse—a wonder of the ancient world—by then already partly in ruins. Cairo, he said, was “boundless in multitude of buildings, peerless in beauty and splendour, the meeting-place of comer and goer, the halting-place of feeble and mighty, whose throngs surge as the waves of the sea.” He greatly admired the boats, gardens, bazaars, religious establishments, and customs of this great city. As became his custom, in Egypt he sought and gained the patronage of clerics, scholars, and other influential people.

From Cairo he went up the Nile to Upper Egypt, along the way enjoying the hospitality of religious men, monasteries, and donation-supported hostels and colleges—then com-



mon in Muslim cities. His intention was to cross the desert to the Red Sea, sail to western Arabia, and then go to Medina, which was the home of the mosque of the prophet Muhammad, and on to Mecca. But war barred his way, so he returned to Cairo.

### **A Long Detour**

Still determined to reach Medina and Mecca, Ibn Battuta went north to Gaza, then to Hebron, and then to the place believed to be the burial site of Abraham, Isaac, and Jacob. On his way to Jerusalem and its Dome of the Rock shrine, he stopped at Bethlehem, where he noted the veneration that professed Christians gave to Jesus' birthplace.

Then Ibn Battuta went north to Damascus, where he studied with eminent Muslim scholars and obtained credentials certifying him as a teacher. The city's Umayyad Mosque, he said, was the "most magnificent" in the world. Local bazaars sold jewelry, cloth, stationery, books, and glassware, while stalls of notaries public had "five or six witnesses in attendance and a person authorized by the qādī to perform marriage-ceremonies." In fact, while in Damascus, Ibn Battuta got married. His bride, however, was just one of many wives and concubines who vanish from his story as quickly as they enter it.

In Damascus, Ibn Battuta joined other pilgrims bound for Mecca. Along the way, his group camped at a spring where water carriers used buffalo hides to make large cisterns, or tanks. From these, travelers watered their camels and filled their own waterskins before crossing the desert. Finally, he arrived in Mecca. This was the first of seven pilgrimages he made there. Most pilgrims went home after performing their rites. Not Ibn Battuta. He left for Baghdad "simply for the adventure of it," says one biographer.

### **Globe-Trotting Begins in Earnest**

In Baghdad, then the capital of Islam, Ibn Battuta was impressed by the public baths.

"Each establishment has a large number of private bathrooms," he noted, "every one of which has also a wash-basin in the corner, with two taps supplying hot and cold water." Through the good offices of a friendly general, the young man gained an introduction to the sultan, Abu Sa'id. Ibn Battuta left that meeting with valuable gifts—a horse, a ceremonial robe, and a letter of introduction requesting the governor of Baghdad to supply him with camels and provisions.

Ibn Battuta then sailed to the East African ports of Mogadishu, Mombasa, and Zanzibar before traveling on to Arabia and into the Persian Gulf. He later described the people, customs, and products he saw en route—the hospitality extended to merchants in Somalia, betel-nut chewing and coconut cultivation in Yemen, and pearl diving in the Persian Gulf. He then took an extremely circuitous route to India—traveling through Egypt, Syria, and Anatolia (Turkey); across the Black Sea; around the north of the Caspian Sea; and then down into what is today Kazakhstan, Uzbekistan, Afghanistan, and Pakistan.

### **From India to China**

In India, Ibn Battuta served as qadi for the sultan of Delhi for eight years. Knowing Ibn Battuta's love of travel, the sultan sent him as an ambassador to Togon-temür, the Mongolian emperor of China. On arrival, he was to convey a diplomatic gift consisting of "a hundred thoroughbred horses, a hundred white slaves, a hundred Hindu dancing- and singing-girls, twelve hundred pieces of various kinds of cloth, gold and silver candelabra and basins, brocade robes, caps, quivers, swords, gloves embroidered with pearls, and fifteen eunuchs."

In the southern India port of Calicut, Ibn Battuta saw great merchant vessels called junks that plied the route he planned to take to China. The ships had as many as 12 sails, all made of plaited bamboo, and they had crews of up to 1,000–600 sailors plus

400 men-at-arms. The sailors' families lived aboard ship, where "they [cultivated] green stuffs, vegetables and ginger in wooden tanks," said Ibn Battuta.

Shipwreck prevented Ibn Battuta from fulfilling his diplomatic mission to China. Instead, he took up service with a Muslim ruler in the Maldives and was the first to describe the local customs to the outside world. Even-

tually, he did enter China. Yet, along with all that he found agreeable there, he saw things that offended his religious sensibilities. The little he recorded of China leads some to doubt that he traveled as extensively there as he claims. Perhaps he reached only ports in southern China.

### **Sorrows on the Way Home**

Back in Damascus, Ibn Battuta learned that a son he left there some 20 years earlier had been dead for 12 years and that his own father, who lived in Tangier, had been dead for 15. By now it was 1348, and the Black Death was ravaging the Middle East. In fact, Ibn Battuta reported that in Cairo 21,000 people were dying every day!

A year later, the 45-year-old traveler arrived in Morocco, only to find that his mother had died of the plague just months before. When he left, he was 21. Had 24 years of travel satisfied his craving for adventure? Evidently not, for he soon headed off to Spain. Three years later, he embarked on his last journey, which took him to the Niger River and Tombouctou (Timbuktu), a city in the African country now known as Mali.

### **Commissioned to Write His Memoirs**

After learning of Ibn Battuta's travels, the sultan of Fez, Morocco, ordered him to prepare a written account for the court's pleasure and gave him a secretary, Ibn Juzayy. The finished work did not enjoy a wide circulation in Arabic, and translation into Western languages began only after the narrative was rediscovered by European scholars in the 19th century.

Ibn Juzayy describes the account as an abridgment of the traveler's dictation, but the scribe evidently took some liberties with the narrative. Even so, the work offers unique insights into the life, commerce, customs, religion, and politics of the lands Ibn Battuta visited, especially those of the medieval Islamic world.

***The Catalan Atlas of 1375, showing a portion of the area traveled by Ibn Battuta***

Snark/Art Resource, NY





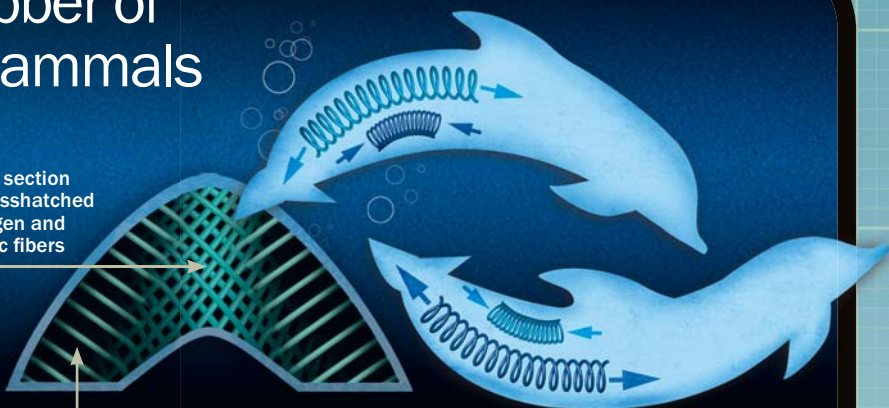
## WAS IT DESIGNED?

### The Blubber of Marine Mammals



Cross section  
of crosshatched  
collagen and  
elastic fibers

Rung  
fibers



● For decades, scientists could not understand how dolphins could swim at the speed of nearly 25 miles (40 km) an hour. The animals simply did not have enough muscle, the scientists thought. But dolphins have a secret, part of which lies in their blubber, a complex substance also found under the skin of porpoises, whales, and other marine animals.

**Consider:** “Blubber is a thick, dense layer of highly organized connective tissue with a lot of fat cells,” says *New World Encyclopedia*. It covers practically the whole creature, and it is “strongly attached to the musculature and skeleton by highly organized, fan-shaped networks of tendons and ligaments.” These networks, in turn, are composed of elastic fibers and collagen, a protein that is also found in skin and bones. Blubber, therefore, is much more than a layer of insulating fat. It is a highly sophisticated combination of various living tissues.

How, though, does blubber help dolphins

and porpoises to swim so fast—Dall’s porpoises at speeds of up to 35 miles (56 km) an hour? For one thing, blubber gives the animals a more streamlined shape. For another, the blubber between their tail flukes and dorsal fin is crosshatched with an especially dense array of collagen and elastic fibers—a design that gives the tail elasticity and stores mechanical energy. Hence, when muscles move the tail in one direction, the blubber, like a spring, helps to pull it back, thus both adding thrust and conserving energy.

Blubber also aids buoyancy and provides thermal insulation. Its fat content stores energy for lean times. Understandably, this versatile composite has attracted the interest of those who are trying to improve the efficiency of marine craft and their means of propulsion.

**What do you think?** Could blubber, with its many amazing properties, have originated by chance? Or was it designed?

# The Nazis Could Not Change Me

AS TOLD BY HERMINE LISKA

**M**Y SHELTERED early childhood came to an abrupt end in 1938 when Adolf Hitler and his Nazi party took power in my home country, Austria. Soon my schoolmates and I were required to give the “Heil Hitler” salute, sing Nazi songs, and join the Hitler Youth movement. These things I resolutely refused to do. Let me explain.

I grew up with four siblings, all older brothers, on a farm in St. Walburgen in Carinthia, Austria. My parents were Johann and Elisabeth Obweger. In 1925, Father became a *Bibelforscher*, or Bible Student, as Jehovah’s Witnesses were then known. Mother was baptized in 1937. From my childhood, they taught me Bible principles and helped me to develop a love for God and his creation. For example, they showed me that it is wrong to give worshipful honor to any human. Jesus Christ said: “It is Jehovah your God you must worship, and it is to him alone you must render sacred service.”—Luke 4:8.

Mother and Father were very hospitable. We had many visitors, and a number of farmhands lived with our family of seven. We sang a lot—a custom that is still popular in Carinthia—and we had many interesting Bible discussions. I still cherish the memory of our family gathered around our living-room table every Sunday morning for Bible study.



## From Freedom to Fear

Germany annexed Austria when I was nearly eight years old. From then on, the pressure to comply with Nazi party demands increased, and soon all citizens were expected to greet others with the “Heil Hitler” salute. I refused to do so because “heil” in German means “salvation,” and I was not going to ascribe salvation to Hitler! I knew that Jesus Christ was my Savior. (Acts 4:12) Because of my stand, I was constantly mocked by both teachers and classmates. When I was 11 years old, my primary-school headmaster said: “Hermine, I’m going to move you back to first grade. I cannot tolerate such a stubborn child in my class!”

Because my brothers and I steadfastly refused to heil Hitler, Father was summoned to appear in court. He was asked to sign a document renouncing his faith. The document also stated that he would rear his children according to Nazi ideology. Because he refused to sign, he and Mother lost custody of us children, and I was sent to a reeducation facility some 25 miles (40 km) from home.

I soon felt terribly homesick, and I cried a lot. Meanwhile, the governess tried to force



me to join the Hitler Youth, but in vain. Other girls tried to hold my right arm up during the salute of the Nazi flag, but they did not succeed. I felt as did God's servants of old who stated: "It is unthinkable, on our part, to leave Jehovah so as to serve other gods." —Joshua 24:16.

My parents were prohibited from visiting me. They did, however, find ways to meet me clandestinely on my way to school and at school. Those short meetings encouraged me greatly to stay faithful to Jehovah. At one such meeting, Father gave me a small Bible, which I carefully hid in my bed. How I enjoyed reading it, even though I had to do so in secret! Indeed, one day I almost got caught, but I quickly hid the Bible under my blanket.

### Off to a Convent

Since all efforts to reeducate me had failed, the authorities suspected that I was still under my parents' influence. Hence, in September 1942, they sent me by train to Munich, Germany, where I was put into a Catholic school called Adelgunden, which was also a convent. During the transfer, nuns saw my Bible and confiscated it.

Nevertheless, I was determined to remain faithful to my beliefs, and I refused to attend church services. When I told one of the nuns

**"I am not a follower of my brother . . .  
I am a follower of Jesus Christ"**

that my parents used to read the Bible to me on Sundays, her response surprised me. She gave me back my Bible! Evidently, what I had said touched her heart. In fact, she even let me read the Bible to her.

On one occasion, a teacher said to me: "Hermine, you are blonde, and you have blue eyes. You are Germanic, not Jewish. Jehovah is the God of the Jews."

"But," I replied, "Jehovah made everything. He is the Creator of us all!"

The headmaster too tried to pressure me. On one occasion, he said: "Look, Hermine, one of your brothers has joined the army. What a fine example for you to follow!" I knew that one of my brothers had joined the army, but I had no intention of following his example.

"I am not a follower of my brother," I said.



▲ **My parents,  
Elisabeth and Johann Obweger**

Both photos: Foto Hammerschlag

◀ **With my family  
on our farm in St. Walburgen**

“I am a follower of Jesus Christ.” The headmaster then threatened to send me to a psychiatric ward, even instructing a nun to get ready to take me there. However, he did not carry out his threat.

In the summer of 1943, Munich was bombed and children from Adelgunden were moved to the countryside. During that time I often reflected on Mother’s words to me: “Should we ever be separated and you do not even receive my letters, remember that Jehovah and Jesus will be with you. They will never abandon you. So keep on praying.”

### **Allowed to Go Home**

In March 1944, I was taken back to Adelgunden, where we spent nearly all our time—night and day—in the air-raid shelter because of the intense bombing of Munich. In the meantime, my parents regularly requested that I be returned to them. That request was finally granted, and I arrived home at the end of April 1944.

***With my husband, Erich***



When the time came to say good-bye to the headmaster, he said: “Write to us when you get home, Hermine. And stay the way you are.” What a change in attitude! I learned that soon after my departure, nine girls and three nuns were killed during a bombing raid. What a horrible thing war is!

On the other hand, I was happy to be reunited with my family. In May 1944, as the war raged on, I was baptized in a bathtub, thereby symbolizing my dedication to Jehovah. When hostilities ceased in 1945, I took up the full-time ministry, eager to share with others the good news of God’s Kingdom, mankind’s only hope for lasting peace and security.—Matthew 6:9, 10.

In 1950, I met Erich Liska, a young traveling minister of Jehovah’s Witnesses from Vienna, Austria. We were married in 1952, and for a short time, I accompanied Erich as he visited congregations to strengthen them spiritually.

Our first child was born in 1953, and two more followed. Because of our increased responsibilities, we discontinued the full-time ministry to raise our family. I have learned that if you stick to God, he will never disappoint you, but he will give you strength. He never failed me. Especially since the loss of my dear husband in death in 2002, Jehovah has been a source of comfort and strength to me.

As I reflect on my life, I am most thankful to my parents for inculcating in my young heart a love for God and his written Word, the source of true wisdom. (2 Timothy 3:16, 17) But most of all, I am grateful to Jehovah, who continues to give me strength to cope with life’s trials.

**1.** Naaman’s chariot. **2.** Bags of silver. **3.** Garments. **4.** 172,000. **5.** D.

ANSWERS TO PAGES 30 AND 31



## Biodiversity in Amazonia

The Amazon River basin is one of the areas in the world with the greatest known biodiversity. Over the past decade, more than 1,200 species of plants and animals—fish, amphibians, reptiles, birds, and mammals—were discovered and classified there, says a World Wildlife Fund (WWF) report. This means that, on average, a new species is discovered in Amazonia every three days. “The number of discoveries of new species is just amazing,” says Sarah Hutchison, WWF coordinator in Brazil, “and this does not include the many groups of insects that are discovered.”

Of the 5,296 **so-called green products** surveyed in Canada and the United States, 95 percent were “found to have made unproven environmental claims.”—*TIME*, U.S.A.

Security staff at Bangkok’s international airport “suspected something amiss” **when they X-rayed a woman passenger’s luggage**. When officers opened one bag for inspection, they found that it contained a live, sedated tiger cub.—WORLD WILDLIFE FUND, THAILAND.

## Stress in the Workplace

One fifth of Finns feel that problems with concentration and memory affect their performance at work. According to a report by the Finnish Institute of Occupational Health, such problems increasingly afflict those under 35 years of age, a time when the brain should be in its prime. Among the factors blamed were information overload and con-

tinual changes in computer systems. “Many feel that they are dealing with such large volumes of information that it is difficult to sift out what is essential to their work,” says Professor Kiti Müller. The *Helsinki Times* notes: “If the stress is long-term, the brain adapts to it, and the system may no longer alert us to excessive strain. Not before we become seriously ill, that is.”

## Thinking About Games Fuels Aggression?

How long does aggression last after a person plays violent video games? Researchers randomly assigned male and female students to play violent or nonviolent video games for 20 minutes. Afterward, half of the people in each group were asked to think about their game. “The next day,” says the report, “participants competed with an ostensible opponent on a competitive task in which the winner could punish the loser with painful noise blasts through headphones.” Increased aggression was evident among males who were told to think about the violent game. “Violent gamers usually play longer than 20 min[utes] and probably ruminate about their game play in a habitual manner,” say the authors of the study, as reported in the journal *Social Psychological and Personality Science*. No significant effects were found among women, who generally dislike violent video games.



## Does God Support Wars Today?

**C**ONCERNING his role as a warrior, King David of ancient Israel said: “[God] is teaching my hands for warfare, and my arms have pressed down a bow of copper.” —Psalm 18:34.

In regard to Christians, the apostle Paul wrote: “Though we walk in the flesh, we do *not* wage warfare according to what we are in the flesh. For the weapons of our warfare are *not* fleshly.”—2 Corinthians 10:3, 4.

Do those texts contradict each other? Or are there valid reasons why God approved of ancient Israel’s going to war but disapproved of Christians’ doing so? Has God’s view of warfare changed? The answers become clear when we consider three major differences between Israel and the true Christian congregation.

### Three Significant Differences

**1.** Ancient Israel was a nation with God-given geographical borders, and it was surrounded by neighbors who were often hostile. Therefore, God commanded his people to protect their land, even giving them victories over their enemies. (Judges 11:32, 33) The Christian congregation, on the other hand, has no borders, and its members can be found in all lands. So if Christ’s followers in one country were to join in warfare against another country, they would be fighting against fellow believers—their spiritual brothers and sisters—whom they are commanded to love and even die for.—Matthew 5:44; John 15:12, 13.

**2.** Ancient Israel had a human king whose throne was in Jerusalem. True Christians,

however, are ruled by Jesus Christ, now a powerful spirit creature whose throne is in heaven. (Daniel 7:13, 14) Jesus himself said: “My kingdom is no part of this world. If my kingdom were part of this world, my attendants would have fought that I should not be delivered up to the Jews. But, as it is, my kingdom is not from this source.” (John 18:36) Thus, no political kingdom, or rulership, on earth can claim to belong to Christ. What bearing does this have on Jesus’ “attendants,” or followers? The third point explains.

**3.** Ancient Israel, like other nations, often sent out messengers, or what we today might call ambassadors or envoys. (2 Kings 18:13-15; Luke 19:12-14) Christ has done the same, but with two key differences. First, *all* his followers serve as ambassadors or envoys. Thus, the apostle Paul could write on behalf of his fellow Christians: “We are therefore ambassadors substituting for Christ.” (2 Corinthians 5:20) As peaceful ambassadors, they did not take up arms. Second, Jesus’ followers speak to *all* who will listen to their message. Jesus said: “This good news of the kingdom will be preached in all the inhabited earth for a witness to all the nations.” (Matthew 24:14) He also said: “Go therefore and make disciples of people of all the nations, . . . teaching them to observe all the things I have commanded you.”—Matthew 28:19, 20.

Sadly, Christ’s attendants do not always receive a warm welcome. For this reason Paul wrote to the Christian evangelizer Timothy: “As a fine soldier of Christ Jesus take your part in suffering evil.” (2 Timothy 2:3) Tim-





*Jehovah's Witnesses make up a multinational brotherhood and maintain neutrality in the wars of the nations*

othy's weapons, of course, were of a spiritual nature and included God's written Word, which is called "the sword of the spirit."—Ephesians 6:11-17.

### **Why the Change From Israel to the Christian Congregation?**

For some 1,500 years, the nation of Israel enjoyed a special relationship with God, one that was based on a covenant, or contract. (Exodus 19:5) That covenant, mediated by Moses, included the Ten Commandments and other laws, all of which promoted true worship and high moral standards. (Exodus 19:3, 7, 9; 20:1-17) Sadly, though, Israel as a whole became unfaithful to God, even to the point of killing his prophets.—2 Chronicles 36:15, 16; Luke 11:47, 48.

Finally, Jehovah sent his Son, Jesus Christ, who was born a Jew. Instead of welcoming him as the Messiah, the Jewish nation as a whole rejected him. As a result, God terminated his long-standing covenant with Israel, and the figurative wall that separated Jew from non-Jew came down.\* (Ephesians 2:13-18; Colossians 2:14) At about the same time, God established the Christian congregation, appointing Jesus as its Head. Moreover, before the end of the first century, that congregation became truly multinational. "In every nation the man that fears [God] and works

righteousness is acceptable to him," stated the Jewish apostle Peter.—Acts 10:35.

Jehovah's Witnesses model themselves after the early Christians. Hence, the Witnesses are known for their public ministry and their neutrality toward politics and carnal warfare. (Matthew 26:52; Acts 5:42) Yes, they let nothing distract them from announcing the good news of God's Kingdom, the only government that will eradicate evil and bring lasting peace to the earth. With that precious hope in mind, the apostle Paul wrote: "As substitutes for Christ we beg: 'Become reconciled to God.'" (2 Corinthians 5:20) Those words carry an even greater sense of urgency today, for we are nearing the end of "the last days" of the present wicked world.—2 Timothy 3:1-5.

### **HAVE YOU WONDERED?**

- What outstanding quality are Christians to show toward one another?  
—John 13:34, 35.
- What is a true Christian's primary "weapon"?—Ephesians 6:17.
- Christ's representatives announce what important message?—Matthew 24:14; 2 Corinthians 5:20.

\* The term "Jew" initially applied to a person belonging to the Israelite tribe of Judah. Later, the name was applied to all Hebrews.—Ezra 4:12.

# BREAST CANCER

## *What to Hope, How to Cope*

**C**ONCHITA had none of the classic risk factors.\* She was 40 years old, healthy, and had no family history of breast cancer. Her regular mammogram had shown nothing abnormal. But one day while examining her breasts in the shower, she felt a lump. It turned out to be cancer. Conchita and her husband sat numbly while the doctor explained her options.

In times past, a doctor would tell a woman with breast cancer that her only hope lay in a radical mastectomy—a disfiguring operation that removed the breast, lymph nodes in the chest and armpit, and chest muscles. Chemotherapy or radiation treatments often prolonged the ordeal. Understandably, many dreaded the “cure” more than the disease.

The battle against breast cancer has been an ongoing struggle between the need to treat a killer aggressively and the desire to avoid needless disfigurement and painful side effects. Like Conchita, today’s breast cancer patients may have a range of treatment options.<sup>#</sup> And a steady stream of medical studies and media reports hold out hope that breakthrough treatments, predictive tests, and protective diets will finally conquer the disease.

Despite medical advances, however, breast cancer remains a leading cause of female cancer death.<sup>△</sup> The industrialized countries of North America and Western Europe have



high incidences of cancer, but numbers are rising in Asia and Africa, which have historically had lower incidences. Moreover, death rates among those diagnosed in Asia and Africa are higher. Why? “Early detection is negligible,” said a doctor in Africa. “Most patients come to us when they are already in an advanced state.”

Risk increases with age. Some 80 percent of cases are in women over 50. But the good news is that breast cancer is one of the most treatable cancers. Indeed, 97 percent of women whose early-stage breast cancer is localized are still alive five years after diagnosis. Conchita recently passed the five-year mark.

### **Breast Cancer Basics**

As in Conchita’s case, breast cancer is often detected as a strange lump. Fortunately, though, about 80 percent of such lumps are benign, or self-contained, many simply being fluid-filled sacks called cysts.

Breast cancer begins with a renegade cell that divides uncontrollably, gradually forming a tumor. A tumor turns malignant, or cancerous, when its cells invade other tissues.

\* Some names have been changed.

<sup>#</sup> *Awake!* does not endorse any particular treatment.

<sup>△</sup> Breast cancer in men is comparatively rare.





## SIGNS TO WATCH FOR

Early detection is crucial, but some studies caution that breast exams and mammograms may be less accurate in younger women, resulting in unnecessary treatment and anxiety. However, experts strongly urge women to watch for changes in their breasts and lymph nodes. Here are some signs to watch for:

- A lump or thickening anywhere in the armpit or breast
- Any discharge other than breast milk from the nipple
- Any change in the color or texture of the skin
- An abnormally pushed-in or tender nipple

Some tumors grow quickly; others may take up to ten years before they are detected.

To test Conchita for cancer, her doctor used a thin needle to take a tissue sample from the lump. It contained cancer cells. So she had surgery to remove the tumor and the surrounding breast tissue and to determine the tumor's stage (size, type, and spread) and grade (speed of growth).

After surgery, many patients have additional treatments aimed at preventing the recur-

rence or spread of the cancer. Cancer cells can break away from a tumor, travel through the bloodstream or the lymphatic system, and start growing again. The spread, or metastasis, of cancer to vital organs and tissues—the brain, the liver, the bone marrow, or the lungs—is what turns the disease deadly.

Conchita underwent both radiation and chemotherapy to destroy stray cancer cells around the original site and throughout her body. Since her form of cancer fed on

## IF YOU ARE DIAGNOSED WITH BREAST CANCER

- Expect to spend a year or more focusing on treatment and recovery.
- When possible, choose competent doctors who respect your needs and beliefs.
- With your family, decide whom you will tell, and when. This will allow your friends to show their love for you and to pray with you and for you.—1 John 3:18.
- Cope with emotional strain through Bible reading, prayer, and upbuilding meditation.—Romans 15:4; Philippians 4:6, 7.
- Talk with others who have had breast cancer and who will be encouraging to you.—2 Corinthians 1:7.
- Try to focus on today's concerns, not tomorrow's. "Never be anxious about the next day," Jesus said, "for the next day will have its own anxieties."—Matthew 6:34.
- Budget your energy. You need sufficient rest.

estrogen, she also underwent antihormonal therapy to hinder the growth of new cancers.

Advances in breast cancer treatment offer other options to patients according to their age, health, cancer history, and the individual cancer. For instance, in the case of a woman named Arlette, tests revealed her cancer before it spread beyond the milk duct. So she

had a lumpectomy, which saved her breast. Alice had chemotherapy before surgery to shrink her tumor. Janice's surgeon removed the tumor and only the sentinel lymph node, the first node into which the fluid from the tumor drains. Since it held no cancer cells, additional nodes were left intact. This reduced Janice's risk of lymphedema, an uncomfortable swelling of the arm that can occur when many lymph nodes are removed.

Much is known about the growth of breast cancer, but a basic question continues, Why and how does breast cancer start?

### **The Causes?**

The causes of breast cancer remain a puzzle. Critics say that more research is done on treatment and screening—which reap big profits—than on causes and prevention. Still, scientists have unearthed important clues. Some believe that breast cancer results from a complex, multistep process, beginning with a faulty gene that causes cells to misbehave—to divide furiously, to invade other tissue, to evade capture by immune cells, and to launch stealthy attacks on vital organs.

Where do errant genes come from? In between 5 and 10 percent of cases, women are born with genes that predispose them to breast cancer. But it seems that in many cases, healthy genes are damaged by outside agents—radiation and chemicals being among the prime suspects. Future studies may confirm these links.

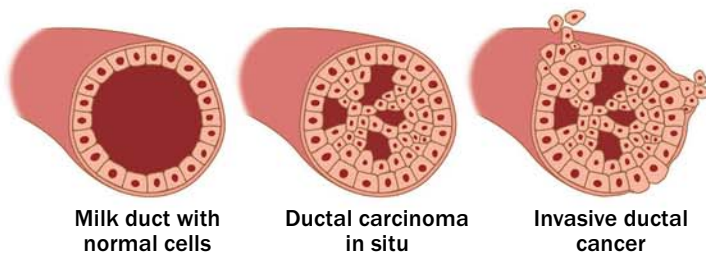
Another link includes the hormone estrogen, which appears to stimulate certain breast cancers. Hence, a woman's risk may be raised if she began menstruating very early in life or went into menopause later than normal, if she had a late first pregnancy or no pregnancy at all, or if she had hormone replacement therapy. Because fat cells produce estrogen, obesity may increase risk in postmenopausal women, whose ovaries have stopped producing hormones. Other risk factors include high levels of the hormone insulin and low levels



## **TALKING WITH YOUR DOCTOR**

- Learn the basic medical vocabulary of breast cancer.
- Before seeing your doctor, list your questions, and ask your mate or a companion to come with you to help take notes.
- If your doctor says something you do not understand, ask her to explain.
- Ask your doctor how many cases of your type she has handled.
- If possible, get a second opinion.
- If your doctors disagree, weigh their experience. Ask them to confer.





**Cancer cells disobey normal growth signals by multiplying and invading other tissue**

of the sleep hormone melatonin, a condition often affecting night workers.

Are more-effective, less-traumatic treatments for breast cancer on the horizon? Researchers are developing therapies that involve using the body's own immune system and drugs that target the molecular pathways that support cancer growth. Meanwhile, improved imaging technologies should help clinicians deliver radiation more precisely and effectively.

Scientists are also fighting on other fronts, including unlocking the mystery of metasta-

sis, outwitting chemoresistant cancer cells, disrupting cellular-growth signals, and tailoring treatment to individual tumors.

Nevertheless, in today's world, disease will never be eliminated and humans will continue to die. (Romans 5:12) Only our Creator can change that sad reality. But will he? The Bible answers yes! The time will come, it says, when "no resident will say: 'I am sick.'"<sup>\*</sup> (Isaiah 33:24) What a relief that will be!

<sup>\*</sup> This promise is discussed in more detail in the Bible study aid *What Does the Bible Really Teach?* published by Jehovah's Witnesses.

## COPING WITH SIDE EFFECTS



Side effects of some cancer treatments may include nausea, hair loss, chronic tiredness, pain, numbness or tingling in extremities, and skin reactions. The following simple steps may reduce such effects:

- Eat well to strengthen your immune system.
- Keep a log of your energy levels and your reactions to foods.
- See if medication, acupuncture, or massage lessens nausea and pain.
- Exercise moderately to increase your stamina, control your weight, and improve your immune response.\*
- Rest often, but be aware that long periods in bed may increase fatigue.
- Keep your skin moist. Wear loose clothing. Bathe in warm water.

<sup>\*</sup> Cancer patients should consult a medical professional before starting an exercise program.

## IF A LOVED ONE HAS CANCER

How can you support a loved one who has cancer? Apply the Bible principle: “Rejoice with people who rejoice; weep with people who weep.” (Romans 12:15) Express your love and concern by means of telephone calls, letters, cards, e-mails, and brief visits. Pray together, and read comforting scriptures from the Bible. “Don’t mention those who died of cancer, but those who lived,” urges Beryl, the wife of a traveling minister of Jehovah’s Witnesses. “Just go up and hug your friend,” advises Janice, who had a bout with cancer herself. “If she wants to talk about it, she will.” Husbands especially need to reassure their wives of their love.

“Regularly we had a cancer-free day,” recalls Geoff. “My wife was determined that her health would not become the only focus of our attention. So we decided that at regular intervals we would not talk about the cancer for a whole day. Instead, we focused on the positive aspects of our life. It was like taking a vacation from the disease.”



*A vital part of cancer treatment is the loving support given patients by family and friends*

## REFLECTIONS

### *On Hearing the Diagnosis*

**Sharon:** My life changed in an instant. “This is the end,” I said.

### *On the Hardest Moments*

**Sandra:** The mental anguish is worse than the treatment.

**Margaret:** After the second treatment, you say, “I don’t really want to do this.” But you just do it.

### *On Friends*

**Arlette:** We told our friends so that they could pray for us.

**Jenny:** Not one smile, nod, or hello went unnoticed.

### *On Supportive Husbands*

**Barbara:** I decided to shave off my hair before it fell out. Colin said, “Your head is shaped so beautifully!” He made me laugh.

**Sandra:** We looked in the mirror together. I watched Joe’s face, and it was all OK.

**Sasha:** Karl would tell others, “We have cancer.”

**Jenny:** Geoff’s love was unending, and his spirituality was reassuring and unailing.



# Wisdom for Heart and Health

*"A calm heart is the life of the fleshly organism."*—PROVERBS 14:30.

*"A heart that is joyful does good as a curer."*—PROVERBS 17:22.

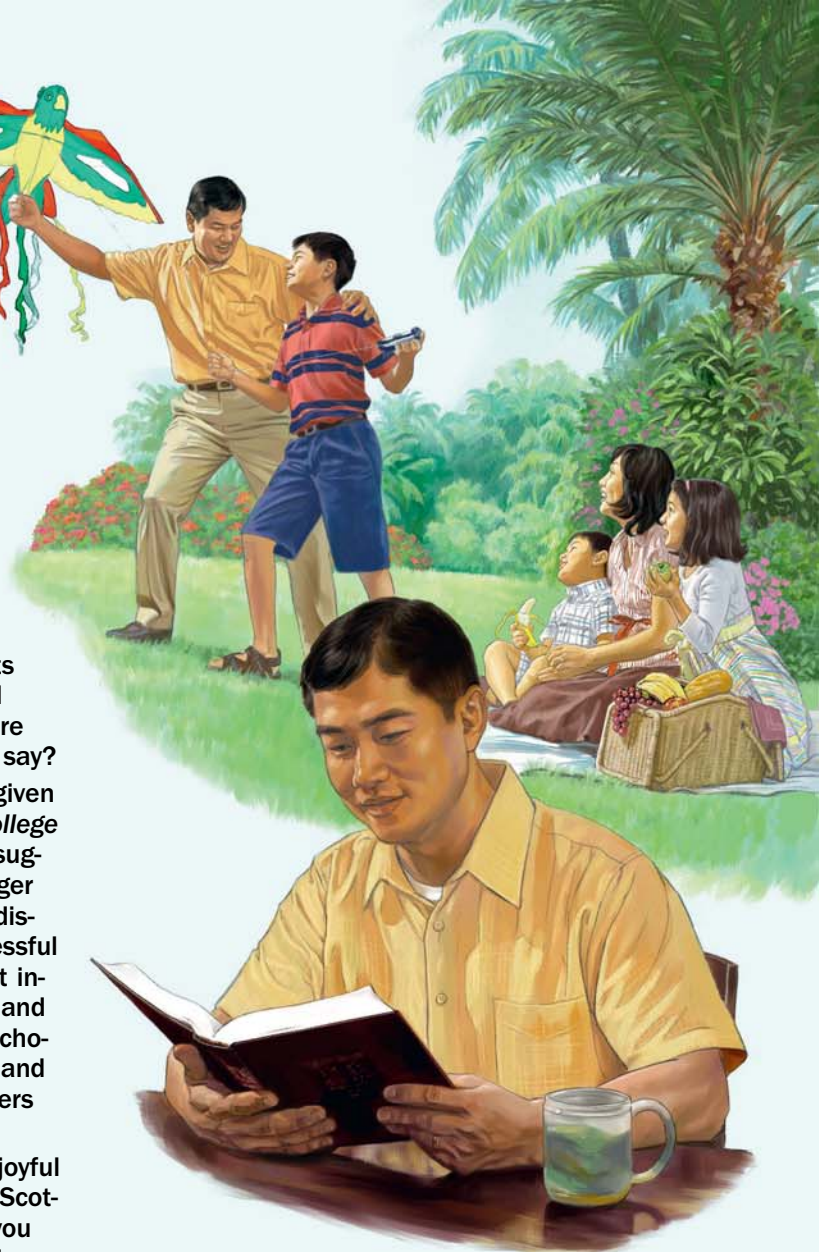
● Those simple but profound statements were spoken by King Solomon of Israel about three thousand years ago.\* But are they true? What does modern medicine say?

Concerning a calm heart versus one given to anger, the *Journal of the American College of Cardiology* states: "Current findings suggest a harmful association between anger and hostility and CHD [coronary heart disease]." Hence, the *Journal* notes: "Successful prevention and treatment of CHD might involve . . . not only conventional physical and pharmacological therapies, but also psychological management focusing on anger and hostility." Simply put, a calm heart fosters good health, just as the Bible says.

Similar positive effects spring from a joyful heart. Dr. Derek Cox, a health official in Scotland, stated in a BBC News report: "If you are happy you are likely in the future to have less in the way of physical illness than those who are unhappy." The same report stated: "Happier people also have greater protection against things like heart disease and stroke."

Why was the wisdom of Solomon—not to mention that of the other Bible writers—so far ahead of its time? The answer is simple. "God continued giving Solomon wisdom and understanding in very great measure."

\* The word "heart" in the Bible usually refers to the whole inner person, including his emotions.



(1 Kings 4:29) What is more, that wisdom is recorded in plain language so that all can benefit. And it comes free of charge!

Why not make regular Bible reading a part of your life? As millions have already discovered to their great joy, "when wisdom enters into your heart and knowledge itself becomes pleasant to your very soul, thinking ability itself will keep guard over you, discernment itself will safeguard you." (Proverbs 2:10, 11) Is that not most reassuring?

## What Is Missing From This Picture?

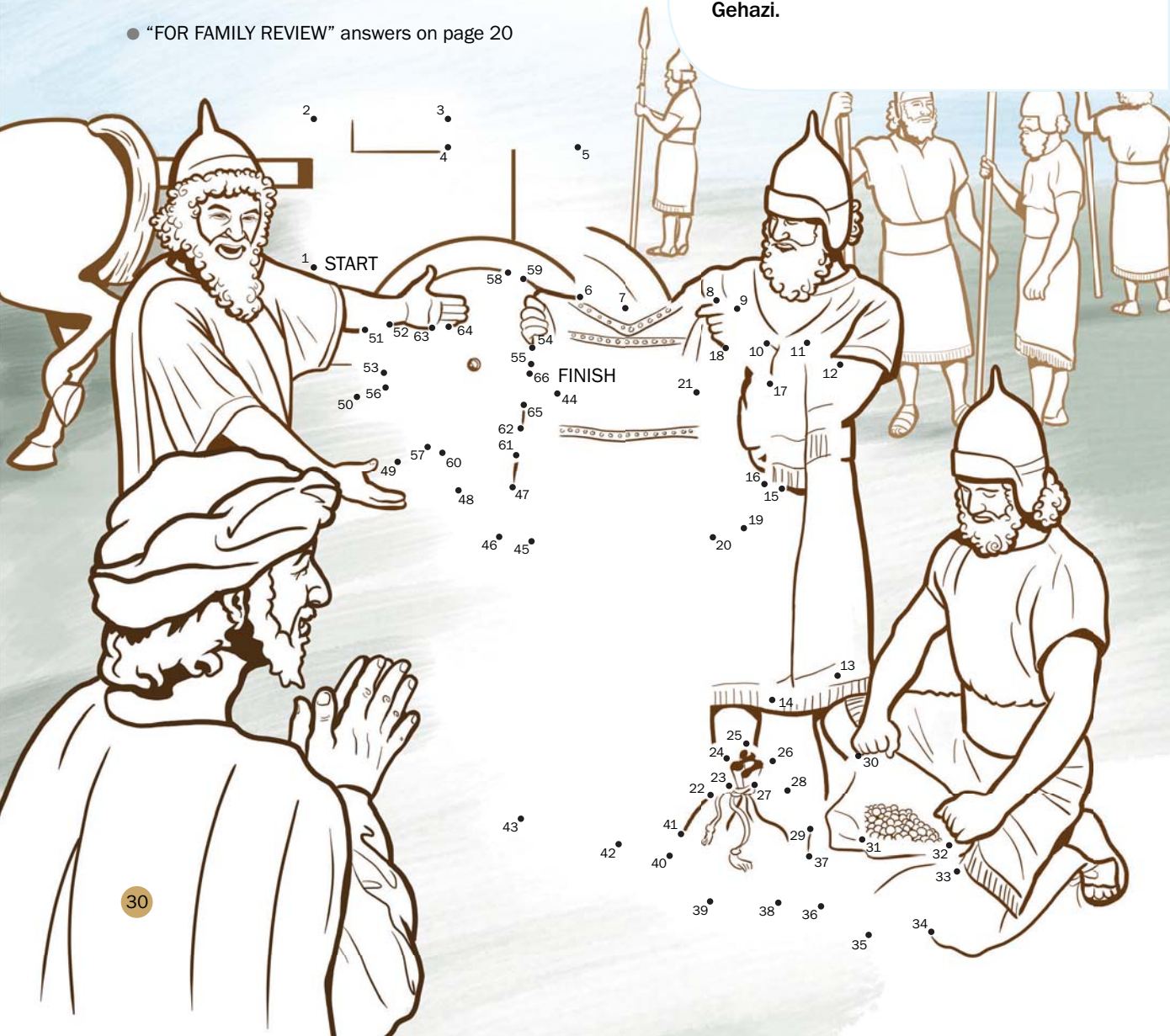
**Read 2 Kings 5:1, 9-16, 20-27.** Now look at the picture. What features are missing? Write your answers on the lines below. Connect the dots to complete the picture, and then color in the drawing.

1. ....
2. ....
3. ....

● "FOR FAMILY REVIEW" answers on page 20

**FOR DISCUSSION:** What two lies did Gehazi tell? **CLUE:** Read 2 Kings 5: 22, 25. Who knew that Gehazi was lying? **CLUE:** Read 2 Kings 5:25, 26; 2 Chronicles 16:9; Hebrews 4:13. Why should you avoid telling lies? **CLUE:** Read Proverbs 12:22; John 8:44.

**FAMILY ACTIVITY:** Read the Bible account together. If possible, have one person read the part of the narrator, a second the part of Elisha, a third the part of Naaman and his attendants, and a fourth the part of Gehazi.





## Collect and Learn

Cut out, fold in half, and save



HEZEKIAH

BIBLE  
CARD

8



### QUESTIONS

- How old was Hezekiah when he became king of Judah?
- Jehovah miraculously extended Hezekiah's life by how many years?
- Fill in the blank. Because of Hezekiah's prayers and loyalty, Jehovah sent an angel to strike down \_\_\_\_ Assyrian soldiers.

98 C.E.

Last Bible  
book written

1 C.E.

Lived circa  
700's B.C.E.

4026 B.C.E.

Adam  
created



### HEZEKIAH

**PROFILE** A faithful king who repaired and reopened God's temple, destroyed objects of false worship, and urged people to observe the Passover. (2 Kings 18:4; 2 Chronicles 29:3; 30:1-6) Despite the bad example of his father, King Ahaz, Hezekiah "kept sticking to Jehovah."—2 Kings 18:6.

### ANSWERS

- 25 years old.—2 Kings 18:1, 2.
- 15 years.—2 Kings 20:1-6.
- 185,000.—2 Kings 19:15, 19, 35, 36.

## Peoples and Lands

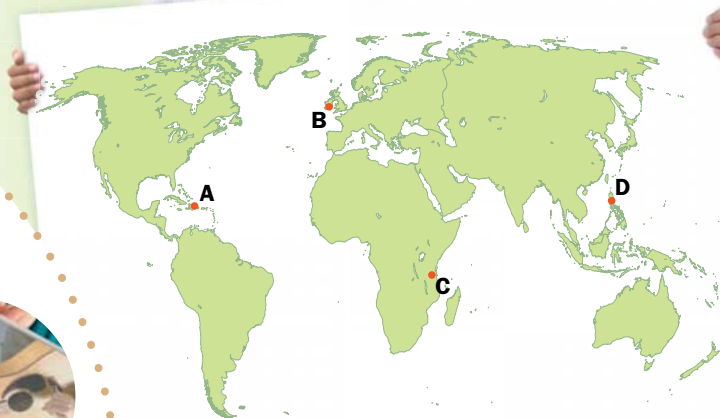
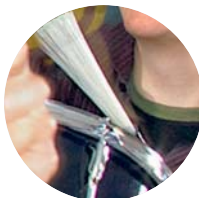
4. Our names are Kyril, aged 6, and Sheen, aged 9. We live in the Philippines. About how many of Jehovah's Witnesses live in the Philippines? Is it 62,000, 126,000, or 172,000?

5. Which dot shows where we live? Circle it, draw a dot where you live, and see how close you are to the Philippines.



## Children's Picture Search

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





# The Bible

## Do You Know Its Message?

● The Bible is the most widely distributed book in all history. People of all cultures have found its message to be a source of comfort and hope and its advice to be practical for daily living. Yet, many know little about this amazing book.

The fast-moving, tastefully illustrated brochure *The Bible—What Is Its Message?* can help you to understand the Bible. The first two sections describe God's original provision of a paradise for humans and how it was lost. Later, we learn of the Creator's purpose to restore Paradise by means of God's Kingdom, a heavenly government in the hands of Jesus Christ.

Sections that follow focus on Jesus—his ministry, his miracles, his death, and his resurrection. We are also introduced to Jesus' courageous early followers and their inspired writings, which became part of the Bible we know today.

Fittingly, the 26 sections of the brochure conclude with the beautiful theme "Paradise Regained!" The colorful facing page is entitled "The Bible's Message—An Overview." There you will see a summary of seven key developments in the out-working of God's purpose for mankind.

To request a copy of this 32-page brochure, simply fill in this coupon and mail it to an appropriate address listed on page 5 of this magazine.

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

Indicate which language.

☐ Please contact me concerning a free home Bible study.



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