



## Three Things That Money Cannot Buy

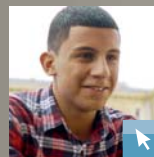


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### TEENAGERS



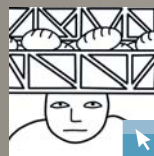
Find Bible-based answers to dozens of questions that young people ask, including:

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- “Am I Obsessed With My Appearance?”
- “What if I Have a Health Problem?”

Also watch the video “What Your Peers Say About Body Image.” See how the Bible can help teenagers face life’s challenges successfully.

(Look under BIBLE TEACHINGS > TEENAGERS)

### CHILDREN



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(Look under BIBLE TEACHINGS > CHILDREN)

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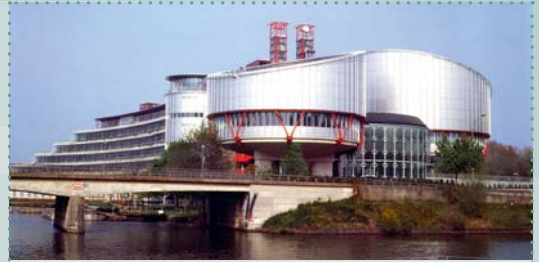
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### ITALY

In 2011 in Italy, the **sale of bicycles** exceeded the sale of cars. Among the possible reasons given are the economic crisis, the cost of fuel, and the maintenance costs for cars. Bicycles, on the other hand, are relatively inexpensive to maintain, easy to use, and convenient.



### ARMENIA

The European Court of Human Rights has ruled that the government of Armenia violated the rights of 17 young men, all Jehovah's Witnesses, who were detained after refusing to perform civilian service under the supervision of military authorities. The government was **required to pay damages** and legal fees to the 17.



### CHINA

In an effort to ease traffic congestion, major cities are limiting **new vehicle registrations**. For example, Beijing will issue no more than 240,000 registrations per year. In August 2012, some 1,050,000 people entered the lottery that assigned 19,926 registration certificates, meaning that only 1 out of 53 applicants was successful.



### JAPAN

Of the children who fell victim to crimes in which **social networking sites** played a role, 63 percent had received no warning from their parents regarding the potential dangers. In the 599 cases examined, 74 percent of the alleged perpetrators admitted that their objective in using these sites was to have sex with minors.





## When a Friendship Gets Too Close



### THE CHALLENGE

You have a friend of the opposite sex who really understands you. The two of you can talk about anything, and you do. 'We're just friends,' you tell yourself—although your spouse might think otherwise if he or she were privy to your lingering conversations.

Likely, your friendship is already too close and you need to address the situation. First, though, consider why you might have become entangled in such a relationship.



### WHY IT HAPPENS

**Fulfillment.** Simply put, attention from the opposite sex feels good. It flatters us to know that we are valued, and it makes us feel attractive. After being married for a time, you might begin to find reassurance in the company of a friend of the opposite sex. But know this: Having such needs fulfilled by someone other than your spouse comes at a cost. When you form an improper emotional connection with a member of the opposite sex, you weaken your connection with your spouse. In a sense, you rob your spouse of the affection you owe him or her.

- Ask yourself, 'What needs are being fulfilled by this friendship that would better be fulfilled in my marriage?'

**Vulnerability.** The Bible acknowledges that those who marry will have a degree of "tribulation." (1 Corinthians 7:28) For instance, at times you might feel neglected or unappreciated by your spouse, or you may harbor resentment over an unresolved conflict. Perhaps your spouse avoids talking about such issues, leaving you frustrated and vulnerable to the attention of someone else. Some experts say that shying away from discussing difficult issues can be a significant predictor of unhappiness in marriage—and even a predictor of divorce.

- Ask yourself, 'Is there a void in my marriage that has made me vulnerable to an inappropriate friendship?'





## WHAT YOU CAN DO

**Recognize the danger.** The Bible says: “Can you carry fire against your chest without burning your clothes?” (Proverbs 6:27, *Good News Translation*) The fact is, developing a romantic attachment when you are already married to someone else is destructive. (James 1:14, 15) It is not just a matter of what might occur. Consider what has already happened. By giving that kind of attention to someone else, you have robbed your spouse of the attention he or she should get from you.

**Give up the illusion.** A close friendship might make you wonder what life might have been like had you married this person. Likely, though, you are pitting your friend’s strengths against your spouse’s weaknesses—an unfair comparison, to say the least! Remember, too, that the euphoria you experience when you think about your friend is probably the same feeling you initially had for the person you married.—*Bible principle: Jeremiah 17:9.*

**Set boundaries.** People will install an alarm system in their vehicle or home to prevent theft. You can do something similar for your marriage. “Safeguard your heart,” says the Bible. (Proverbs 4:23) How can you do that? Try the following:

- Send out clear signals that you are already committed—perhaps by keeping photographs of your spouse at work.—*Bible principle: Genesis 2:24.*
- Decide what you will and will not tolerate when it comes to conduct with the opposite sex. For example, it would hardly be fitting to talk to such a friend about your marital problems or to go out for drinks with a coworker of the opposite sex.
- If you have become too close to a member of the opposite sex, end the relationship. If that seems too much to bear, ask yourself why. Instead of trying to defend your relationship with this person, stand up for your spouse and take steps to protect your marriage.—*Bible principle: Proverbs 5:18, 19.* ■

## KEY SCRIPTURES

“The heart is more treacherous than anything else and is desperate.”—Jeremiah 17:9.

“A man . . . must stick to his wife.”—Genesis 2:24.

“Rejoice with the wife of your youth . . . With her love may you be in an ecstasy constantly.”—Proverbs 5:18, 19.

## “JUST FRIENDS”? ASK YOURSELF:

Do I talk about my marital problems with this person?

Do I create opportunities to be with him or her?

Do I hide the relationship from my spouse?

If my spouse were present, would I be embarrassed?

Would my spouse feel suspicious or betrayed if he or she overheard our conversations?



## A Biochemist Explains His Faith

Dr. Davey Loos is a biochemist in Belgium. At one time, he doubted the existence of a Creator, believing instead in evolution. Later, he changed his mind. What caused a researcher to reconsider his beliefs about the origin of life? *Awake!* asked Dr. Loos about his science and his faith.

### How did you become involved in scientific research?

When I attended university, I chose to study chemistry. I was particularly fascinated by proteins and nucleic acids, which are by far the most complex molecules on our planet. In time, I became intrigued by the way certain molecules respond to sunlight.

### Did you believe in God?

I did when I was a little boy. But later, while I was studying

at the Catholic University of Leuven, I was taught that living things owe their designs to natural processes. The professors made some of these processes sound quite complicated. They were experienced scientists, so I believed what they said. Eventually, I found it difficult to accept the existence of God.

### What made you reconsider the origin of life?

In 1999, I met a friend from my school days who had be-

come one of Jehovah's Witnesses, and I attended one of their meetings. Also about that time, one of Jehovah's Witnesses visited our house and left a copy of the book *Is There a Creator Who Cares About You?*\*

### What did you think about the book?

I was impressed by the quality of the research that it presented. I began to wonder if evolution really did explain the designs seen in nature.

### What designs in nature impressed you?

My work as a biochemist involved studying the design of certain molecules found in ocean-dwelling cyanobacteria,

\* Published by Jehovah's Witnesses.

## Our faith is not blind faith that ignores the facts of science

which are microorganisms that don't depend on other living things for food. Some researchers think that these organisms were the first living things on our planet. Using energy from sunlight, the microbes use an extremely complex chemical process, which is still not fully understood, to convert water and carbon dioxide into food. I was also amazed at how cyanobacteria can harvest light with incredible efficiency.

### Leaves also use sunlight to make food. So, what is remarkable about those bacteria?

The deeper you go in the sea, the less light you find. So the cyanobacteria that live there must capture every scrap of light energy that comes their way, and they do this by means of highly sophisticated antennae. The collected energy is transmitted to food-producing centers with nearly 100 percent efficiency. The design of this light-harvesting machinery has even attracted the interest of solar-panel manufacturers. Of course, manufactured solar cells are nowhere near as efficient as the systems found in bacteria.

### What did that cause you to conclude?

I thought about engineers trying to imitate the marvelous mechanisms found in living things, and I came to the conclusion that life must have been designed by God. But my faith was not based solely on what I studied in science. It was also based on a careful study of the Bible.

### What convinced you that the Bible is from God?

One of the many things that convinced me was the detailed fulfillment of Bible prophecies. For example, centuries in advance Isaiah described in abundant detail the death and burial of Jesus. We know this prophecy was written before Jesus' death because the Isaiah Scroll, found at Qumran, was copied about a hundred years before Jesus was born.

That prophecy says: "He will make his burial place even with the wicked ones, and with the rich class in his death." (Isaiah 53:9, 12) Remarkably, Jesus was executed with criminals but was buried in the tomb of a wealthy family. This is just one example of the many fulfilled prophecies that convinced me that the Bible is inspired of God. (2 Timothy 3:16) In time, I became one of Jehovah's Witnesses.

### Why do you enjoy being one of Jehovah's Witnesses?

Our faith is not blind faith that ignores the facts of science. Also, the principles that guide us are firmly based on the Bible. As one of Jehovah's Witnesses, I enjoy sharing the Bible's comforting message with others and helping them to find answers to their questions. ■

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# Three Things That Money Cannot Buy

IT SEEMS so ironic: Even when people face the threat of losing their job, their home, and even their pension, many of them are still obsessed with getting anything and everything that money can buy.

Such people are easy targets for advertisers, whose seductive marketing campaigns tell us that we *must have* a bigger home, a better car, and brand-name clothes. No cash? No problem—buy on credit! For many, the goal is to *look* well-off even if they are deep in debt.

Of course, sooner or later reality sets in. “Buying flashy consumer goods on credit in order to look and feel like a winner is similar to hitting the crack pipe in order to improve your mood,” says the book *The Narcissism Epidemic*. “Both are initially cheap and work really well—but only for a very short period of time. In the long term both leave you penniless and depressed.”

The Bible exposes the folly of what it calls “the showy display of one’s means of life.” (1 John 2:16) The fact is, an obsession with possessions distracts us from the very things that matter most in life—the things that money cannot buy. Consider three examples.





## 1. FAMILY UNITY

Brianne,\* a teenager in the United States, feels that her father places too much importance on his job and the money it provides. “We have everything we need and more,” she says, “but my dad is never home because he is always traveling. I know it’s because of his work, but I think he has a responsibility to his family too!”

**To think about:** What regrets might Brianne’s father experience later in life? By putting too much emphasis on material things, how is he affecting his relationship with his daughter? What does his family need from him *more* than money?

**Bible principles to consider:**

- “The love of money causes all kinds of trouble. Some people want money so much that they have . . . caused themselves a lot of pain.”—1 Timothy 6:10, *Contemporary English Version*.

- “Better to eat vegetables with people you love than to eat the finest meat where there is hate.”—Proverbs 15:17, *Good News Translation*.

**The bottom line:** Money cannot buy family unity. That only comes from spending time with your family and giving them adequate love and attention. —Colossians 3:18-21.

\* Names in this article have been changed.

## The Key to Happiness?

“On average,” says *The Narcissism Epidemic*, “materialistic people are less happy and more depressed. Even people who simply aspire to have more money suffer from poor mental health; they also report more physical health problems such as sore throats, backaches, and headaches and were more likely to drink too much alcohol and use illegal drugs. Striving for financial success, apparently, makes people miserable.”



## 2. GENUINE SECURITY

“My mom is always telling me that I need to marry a man with a lot of money and learn a trade so that I can have a good job to fall back on for the rest of my life,” says 17-year-old Sarah. “The only thing that seems to be on her mind is where her next paycheck is coming from.”

**To think about:** When contemplating the future, what legitimate concerns do you have? When does legitimate concern cross the line and become inordinate worry? How might Sarah’s mom provide a more balanced approach to financial security?

**Bible principles to consider:**

- “Stop storing up for yourselves treasures upon the earth, where moth and rust consume, and where thieves break in and steal.”—Matthew 6:19.
- “You do not know what your life will be tomorrow.”—James 4:14.

**The bottom line:** There is more to a secure future than stockpiling money. After all, money can be stolen—and it *cannot* cure disease or prevent death. (Ecclesiastes 7:12) The Bible teaches that genuine security comes from knowing God and his purpose. —John 17:3.

### A “Shift in Values”

“When asked about reasons for going to college during the 1960s and early seventies, most students placed the highest value on ‘becoming an educated person’ or ‘developing a philosophy of life.’ A minority deemed ‘making a lot of money’ as the main reason to attend college. Beginning in the 1990s, a majority of students say that ‘making a lot of money’ has become the most important reason to go to college . . . This shift in values among college students takes place at the same time that rates of depression, suicide, and other psychological problems have risen dramatically among this group.”—*The Price of Privilege*, by Dr. Madeline Levine.



## “Retail Therapy”

According to Dr. Madeline Levine, spending can become “retail therapy” that gives people a measure of comfort in a world where family, community, and church have failed them. “Shopping

is one way to control our environment,” she writes in *The Price of Privilege*. “It puts us in charge of transactions and confers a sense of power on the buyer. This type of power is illusory . . . The real

power is being exerted by large corporations and their advertisers, who are paid to suggest that consumer goods confer magical and protective powers on buyers.”

## 3. PERSONAL CONTENTMENT

“My parents raised me to live simply,” says 24-year-old Tanya. “My twin sister and I were happy growing up, even though much of the time we had only enough to get by.”

**To think about:** Why might it be difficult to be content with basic necessities? When it comes to attitudes toward money, what example do you set for your family?

**Bible principles to consider:**

- “Having sustenance and covering, we shall be content with these things.”—1 Timothy 6:8.
- “Happy are those conscious of their spiritual need.”—Matthew 5:3.

**The bottom line:** There is more to life than money and the things it can buy. After all, it is as the Bible says: “Even when a person has an abundance his life does not result from the things he possesses.” (Luke 12:15) Really, the greatest satisfaction in life comes from answering important questions such as these:

- Why are we here?
- What does the future hold?
- How can I fill my *spiritual* needs?

The publishers of this magazine, Jehovah’s Witnesses, would be happy to help you find answers to those questions. You may contact them locally or visit our Web site, [jw.org](http://jw.org). ■





# What You Should Know About **Epilepsy**



**A**N ACQUAINTANCE falls to the ground, unconscious. His body stiffens, and his head and limbs begin to convulse. If you know that the person suffers from epilepsy, you can provide adequate assistance while waiting for help. Let us explore some basic facts about this often misunderstood disorder.

**What is epilepsy?** Epilepsy is a brain disorder that produces brief attacks called seizures. The entire seizure usually lasts less than five minutes. The situation described at the outset of this article is typical of what is called a grand mal seizure.

## **What causes seizures?**

Researchers believe that seizures occur when there is an abnormal surge of electrical activity between brain cells. Just why this happens remains unclear.

## **If I see someone with epilepsy having a grand mal seizure, what should I do?**

“Bystanders should let the attack run its course and not interfere with the patient, beyond checking to make sure the person is in no physical danger and can breathe,” says *The Encyclopedia of the Brain and Brain Disorders*. On the other hand, the book says: “An ambulance should be called if

the seizure continues for more than five minutes, if another seizure immediately follows the first, or if the person does not regain consciousness a few minutes after the seizure ends.”

## **How can I help the patient while he is having a seizure?**

Place a soft object between his head and the floor, and move sharp objects away from his head. When the convulsions stop, turn the patient on his side as shown in the accompanying diagram.

## **What should I do after the patient awakens?**

First, assure him that everything is all right. Then help him to stand upright and guide him to a place where he can get needed rest. Most people are confused and sleepy after a seizure; others recover quickly and can continue what they were doing before the attack.

**Do all epileptic seizures include convulsions?** No. Some patients experience a moment of impaired awareness without even falling to the ground. This is called a petit mal seizure (or absence seizure), which is usually brief with no lingering aftereffects. Some people with epilepsy undergo *prolonged* petit mal seizures, lasting several minutes. In such a case, the patient may wander



around the room, tug at his clothing, or otherwise behave strangely. After the seizure, he may feel light-headed.

**What is it like to live with epilepsy?** Understandably, many people with epilepsy contend with a nagging fear of when and where the next seizure will occur. To avoid embarrassment, they may tend to avoid social situations.

**How can I give support to someone who has epilepsy?**

Encourage him not to bottle up his feelings. Be a good listener. Ask him what he would like you to do if he has a seizure. Since many people with

epilepsy do not drive, perhaps you could offer a ride or run some errands for him.

**Can seizures be reduced—or even prevented?** Some factors increase the likelihood of a seizure, such as stress and lack of sleep. Experts therefore encourage epileptics to get proper rest and to exercise regularly in order to reduce stress. In some cases, medications have also been effective in preventing seizures. ■



Because of his epilepsy, a young man in South Africa named Sello was dismissed from school at an early age. He grew up without an education and without medication to control his epilepsy. But he wanted to understand the Bible, and Jehovah's Witnesses helped him. They not only studied the Bible with him but also taught him to read. Additionally, a Witness medical doctor helped him get medication along with a social disability grant. "Jehovah's Witnesses are truly loving Christians," says Sello, who is now a Witness himself and enjoys sharing with others God's promise of a new world where sickness will be no more.—Revelation 21:3-5.

## The Recovery Position



After convulsing has stopped . . .

Kneel beside the patient and bend his arm at the elbow, pointing it upward



Gently tuck the hand of the patient's other arm underneath his cheek



With your other hand, pull the patient's knee toward you, slowly rolling him over. Then move the patient's knee in front of his body so that it rests on the floor



Tilt the patient's head up to allow for unobstructed breathing



# DEPRESSION

## What is depression?

*“I have become disconcerted, I have bowed low to an extreme degree; all day long I have walked about sad.”—Psalm 38:6.*

**WHAT RESEARCHERS SAY** Everyone feels down now and then, but clinical depression is a debilitating disorder that is ongoing and that interferes with a person’s daily life. It should be noted that not all experts agree on what is “normal” sadness and what constitutes a “disorder.” However, it is safe to say that some people experience profoundly negative emotions, at times accompanied by feelings of worthlessness and inordinate guilt.

**WHAT THE BIBLE SAYS** The Bible tells of many men and women who experienced negative emotions. For example, Hannah felt “bitter of soul”—a phrase that has been rendered as “brokenhearted” and “deeply distressed.” (1 Samuel 1:10) On one occasion the prophet Elijah was so grief-stricken that he prayed for God to take his life!—1 Kings 19:4.

First-century Christians were instructed to “speak consolingly to the depressed souls.” (1 Thessalonians 5:14) According to one reference work, the term “depressed souls” can refer to those “who are temporarily overwhelmed by the stress of life.” Clearly, even faithful men and women of the Bible at times felt depressed.



## Is depression the sufferer's fault?

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**WHAT THE BIBLE SAYS** The Bible teaches that illness is a by-product of the rebellion of the first human couple. For example, Psalm 51:5 states: “With error I was brought forth with birth pains, and in sin my mother conceived me.” And Romans 5:12 explains that “through one man [the first human, Adam] sin entered into the world and death through sin, and thus death spread to all men because they had all sinned.” Because we have inherited imperfection from Adam, each of us is susceptible to illness, both physical and emotional. As a result, says the Bible, “all creation keeps on groaning together and being in pain together.” (Romans 8:22) However, the Bible also offers a hope that no physician can extend—God’s promise of a peaceful new world in which all sicknesses and disorders, including depression, will be gone.—Revelation 21:4.

*“All creation keeps on groaning together and being in pain together.”*

—Romans 8:22.

## How can you cope with depression?

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**WHY IT MATTERS** You cannot always control your circumstances, and bad things are bound to affect you at times. (Ecclesiastes 9:11, 12) You can, however, develop a practical strategy so that negative feelings do not dominate your life.

**WHAT THE BIBLE SAYS** The Bible acknowledges that those who are sick need a physician. (Luke 5:31) So if you suffer from a debilitating mood disorder, there is nothing wrong with seeking medical attention. The Bible also emphasizes the value of prayer. For example, Psalm 55:22 says: “Throw your burden upon Jehovah himself, and he himself will sustain you. Never will he allow the righteous one to totter.” Prayer is not a psychological crutch; it is real communication with Jehovah God, who is “near to those that are broken at heart.”—Psalm 34:18.

*“Jehovah is near to those that are broken at heart; and those who are crushed in spirit he saves.”—Psalm 34:18.*

You may also benefit by confiding your feelings to a close friend. (Proverbs 17:17) “A fellow believer gently coaxed me to talk about my depression,” says Daniela, one of Jehovah’s Witnesses. “Although I had been avoiding such a conversation for years, I soon realized that this was what I needed all along. I was surprised at how relieved I felt afterward.” ■



# The Katydid's Remarkable Hearing

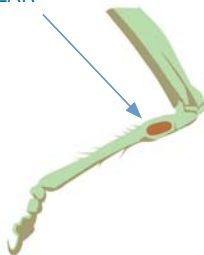


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**T**HE South American bush katydid (*Copiphora gorgonensis*) has ears less than a millimeter long, yet they work in a way very similar to human ears. The insect can distinguish a wide range of frequencies from long distances. For example, it can tell the difference between the sound of another katydid and the ultrasound of a bat that is hunting.

**Consider:** The katydid's ears are located on its two front legs. Like the human ear, the ear of the katydid collects sound, converts it, and analyzes the frequency.

KATYDID'S EAR



But scientists have discovered a unique organ inside the ear of this insect—a pressurized fluid-filled cavity that looks like an elongated balloon. This organ, which they named the acoustic vesicle, works like the cochlea of mammals but is much smaller. The acoustic vesicle is responsible for the katydid's remarkable hearing.

Professor Daniel Robert, of the University of Bristol's School of Biological Sciences in the United Kingdom, says this discovery will help engineers “develop bio-inspired hearing devices that are smaller and more accurate than ever before.” Researchers believe it will also contribute to the next generation of ultrasonic engineering technology, including imaging systems for hospitals.

**What do you think?** Did the remarkable hearing of the katydid come about by evolution? Or was it designed? ■

