



## Why Go On?

THREE REASONS TO KEEP LIVING



## Why Go On?

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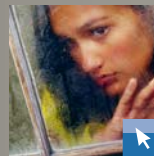
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## TEENAGERS



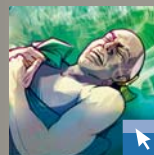
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(Look under BIBLE TEACHINGS > CHILDREN)

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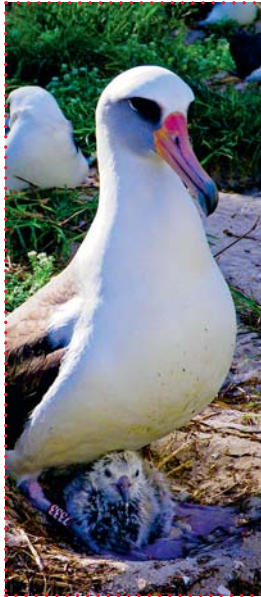




## WORLD

A global health assessment found an 82 percent jump in obesity between 1990 and 2010. Excess body weight causes more than three times as many deaths as malnutrition—although not getting enough food is still a problem in many lands. In a real sense, though, “we’ve gone from a world 20 years ago where people weren’t getting enough to eat to a world now where too much food and unhealthy food—even in developing countries—is making us sick,” said Majid Ezzati, one of the lead researchers.

U.S. Fish & Wildlife Service, Washington, D.C./J. Klavitter



## MIDWAY ISLAND

A Laysan albatross, reported to be the “world’s oldest-known wild bird,” has hatched another of her many chicks. The mother bird’s age? She was first banded in 1956 when she was at least five years old, making her well over 60 years of age now. In her lifetime this albatross has likely flown between two and three million miles (3 to 4 million km)—the equivalent of four to six trips from the earth to the moon and back.



## SOUTH AFRICA

One study suggests that a third of South African women use skin-bleaching soaps and creams to lighten the color of their skin. Such skin-lighteners are dangerous, and several countries have banned them. Among the dangers are different types of cancer, kidney damage, depression, anxiety, rashes, and scarring.

## UNITED STATES

The city of Los Angeles, California, has synchronized all of its nearly 4,500 traffic signals, which are spread out across some 469 square miles (1,215 sq km). According to *The New York Times*, Los Angeles is “the first major metropolis in the world to do so.”





# How to Accept Correction



## THE CHALLENGE

“When someone gives you correction, that person is basically telling you that you’re doing something wrong. And I don’t know anyone who says, ‘I just love to be told that I’m doing something wrong!’”—Amy, 17.\*

Do you find it hard to accept correction from your parents, teachers, and other adults? If so, this article will help you.

\* Some names in this article have been changed.

## WHAT YOU SHOULD KNOW

### **Everyone needs correction.**

“We all stumble many times.”—James 3:2.

*“There’s nothing shameful about needing to be corrected when you do something wrong.”—Jessica.*

### **Being corrected does *not* mean you are a failure.**

“Those whom Jehovah\* loves he reproves, just as a father does a son in whom he delights.”—Proverbs 3:12.

*“When people give me correction, I try to focus on how difficult it must be for them to do it and how loving it is for them to give me advice.”—Tamara.*

### **Correction can help you become a better person.**

“Listen to discipline and become wise.”—Proverbs 8:33.

*“Correction is essential for growth. It gives you insight into how you are perceived by others and helps you to curb negative traits that you may not even know you have developed.”—Deanne.*

\* Jehovah is God’s name as revealed in the Bible.

◀ A person who dismisses correction is like a pilot who ignores direction from the control tower. The result can be disastrous.



## WHAT YOU CAN DO

**Look at the matter objectively.** You might be inclined to take offense at the correction. But try to put your feelings aside. To help you do that, take yourself out of the situation for a moment and imagine that you are giving the same correction to *someone else*—perhaps a younger sibling. Can you now see at least some merit in the counsel? Now put yourself back into the situation and try to view the matter the same way.—*Bible principle: Ecclesiastes 7:9.*

*“Sometimes you can get so upset over the criticism that you forget that this person was trying to help you become a better person, not trying to hurt your feelings.”*  
—Theresa.

## The correction that *hurts* the most may be the correction that you *need* the most

**Stay humble.** Do not let pride cause you to reject the correction. On the other hand, do not allow yourself to become overwhelmed with discouragement just because you have something to work on. Humility will help you to avoid either extreme. Remember: The correction that *hurts* the most may be the correction that you *need* the most. If, for whatever reason, you reject it, you miss out on a valuable opportunity to grow.—*Bible principle: Proverbs 16:18.*

*“Accepting correction is an important part of becoming a mature adult. If we don’t learn to take it and grow from it, we hurt ourselves in the long run.”*—Lena.

**Be thankful.** Even if you find the correction difficult to accept, why not express your gratitude to the person who gave it? Undoubtedly, that person has your best interests at heart and truly wants you to succeed.—*Bible principle: Psalm 141:5.*

*“You can never go wrong with saying ‘Thanks,’ especially if you needed the counsel. Even if you didn’t, you can be gracious and express thanks for the effort the person took to approach you.”*—Carla. ■

## KEY SCRIPTURES

“Do not be quick to take offense.”  
—Ecclesiastes 7:9.

“Pride is before a crash.”  
—Proverbs 16:18.

“Should the righteous one strike me [with reproof], it would be an act of loyal love.”—Psalm 141:5.



JUSTIN

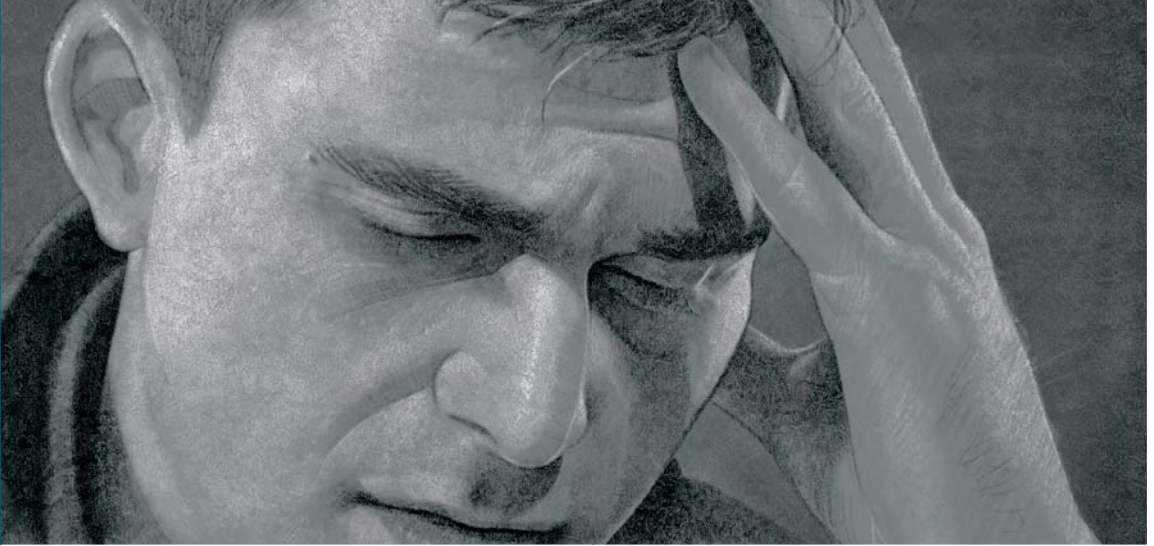
“Criticism can hurt, but I try to remember that the person who gives it wants me to be the best that I can be. I try to view him as a friend helping me to succeed.”



CHARLETTE

“I know that I’ll make mistakes, so I appreciate it when people tell me when I’m wrong. That way I know what I need to work on.”

For more articles for young people, see our Web site, [www.jw.org](http://www.jw.org). (Look under BIBLE TEACHINGS > TEENAGERS)



## Why Go On?

“Some studies have shown that for every death by suicide, 200 people have attempted suicide and 400 [other] people have thought about it.”—**THE GAZETTE, MONTREAL, CANADA.**

**I**F YOU met Diana,\* you would find her to be an intelligent, friendly, and gregarious young woman. But beneath Diana's charming exterior lurks a crippling despair that leaves her feeling utterly worthless for days, weeks, or even months at a time. “Not a day goes by that I don't think about dying,” she says. “I truly believe that the world would be a better place without me.”

Diana says that she would never kill herself. Still, at times she sees little point in going on with life. “My greatest wish is to be killed in an accident,” she says. “I've come to view death as a friend—not an enemy.”

Many people can relate to Diana's feelings, and some of them *have* contemplated—or attempted—suicide. Experts point out, however, that most people who try to kill themselves do not really want to end their life; they merely want to end their suffering. In short, they believe that they have a reason to die; what they need is a reason to live.

Why go on? Consider **three reasons to keep living.**

\* Name has been changed.

**MYTH:** Talking about suicide—or even using the word—encourages people to try it.

**FACT:** Bringing the topic out into the open often helps a person with suicidal thoughts to consider other options.



# 1 Because Things Change

Suicide has been called “a permanent solution to a temporary problem.” As hard as it may be to believe, a distressing circumstance—even one that seems beyond your control—may well be temporary. In fact, it can change for the better unexpectedly.—See the box “Their Circumstances Changed.”

Even if that does not happen, it is best to tackle your problems one day at a time. “Never be anxious about the next day,” Jesus said, “for the next day will have its own anxieties. Each day has enough of its own troubles.”—Matthew 6:34.

But what if your circumstance *cannot* change? For example, suppose you have a chronic illness. Or what if your despair is the result of an irreversible situation, such as the breakup of a marriage or the death of a loved one?

Even in such cases, there is something you can change: *your outlook on the situation*. By learning to accept what you cannot change, you become more likely to view things from a more positive standpoint. (Proverbs 15:15) You are also more likely to look for ways to cope with the situation rather than resort to drastic means to end it. The result? You start to take a measure of control of what seems to be an uncontrollable situation.—Job 2:10.

“We are hard-pressed in every way, but not cramped beyond movement; we are perplexed, but not absolutely with no way out.”—2 CORINTHIANS 4:8.

**REMEMBER THIS:** You cannot scale a mountain in a single step; however, you can take on the challenge one step at a time. The same is true of most obstacles you face, no matter how mountainlike they might seem to be.

**WHAT YOU CAN DO TODAY:** Talk to someone—perhaps a friend or a family member—about your situation. That person may be able to help you view your situation in a more balanced way.—Proverbs 11:14.

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## THEIR CIRCUMSTANCES CHANGED

Consider four faithful people mentioned in the Bible who suffered despair to the point of not wanting to go on.

**Rebekah:** “If this is the way it is, why should I go on living?”—Genesis 25:22.

**Moses:** “Please kill me right now. . . . Do not make me see any more calamity.”—Numbers 11:15.

**Elijah:** “Take my life away, for I am no better than my forefathers.”—1 Kings 19:4.

**Job:** “Why did I not die at birth?”—Job 3:11.

If you read the Bible accounts about these people, you will find that their circumstances changed for the better—and in ways that they could not have foreseen. The same might be true for you. (Ecclesiastes 11:6) Do not give up!

“Throw all your anxiety on [God], because he cares for you.”—1 PETER 5:7.

According to the American Foundation for Suicide Prevention, “studies have consistently found that the overwhelming majority of people who die by suicide—90% or more—had a mental disorder at the time of their deaths. Often, however, these disorders had not been recognized, diagnosed, or adequately treated”

**REMEMBER THIS:** It is usually not possible to climb out of a deep pit of depression by yourself. With a helping hand, however, you *can* succeed.

**WHAT YOU CAN DO TODAY:** Seek out a reputable physician who treats mood disorders such as depression.

## 2 Because There Is Help

Death can seem preferable to life when you feel that there is nothing you can do to improve your situation. But consider some avenues of help that are available to you.

**Prayer.** Prayer is not merely some psychological crutch; nor is it a last resort for desperate souls. It is real communication with Jehovah God, who cares about you. Jehovah *wants* you to tell him your concerns. In fact, the Bible urges us: “Throw your burden on Jehovah, and he will sustain you.”—Psalm 55:22.

Why not talk to God in prayer today? Use his name, Jehovah, and speak from your heart. (Psalm 62:8) Jehovah wants you to come to know him as a friend. (Isaiah 55:6; James 2:23) Prayer is an avenue of communication that can become available to you anytime, anywhere.

**People who care.** Your life matters to others—including your family members or friends who may already have expressed concern for you. People who care also include some whom you may never have met. For example, at times in their ministry, Jehovah’s Witnesses encounter distraught people, some of whom have admitted that they were desperate for help and had considered ending their life. The door-to-door ministry has given Jehovah’s Witnesses a unique opportunity to help such people. Following Jesus’ example, Jehovah’s Witnesses care about their fellowman. They care about *you*.—John 13:35.

**Professional assistance.** Suicidal thoughts often indicate the presence of a mood disorder, such as clinical depression. There is nothing to be ashamed of if you suffer from an emotional illness—any more than if you suffered from a physical illness. In fact, depression has been called “the common cold of the mind.” Just about anyone can get it—and it *can* be treated.\*

\* If thoughts of taking your life are strong or persistent, find out what resources are available to you for help—perhaps a suicide-prevention hotline or hospital emergency room. These are staffed by people who are trained to provide assistance.



# 3 Because There Is Hope

The Bible acknowledges that life is “filled with trouble.” (Job 14:1) Today, everyone is touched by tragedy of one sort or another. But some people feel utterly hopeless about life, as if there were no light on the horizon, no prospect for a better future. Is that how you feel? If so, be assured that the Bible offers genuine hope—not just for you but for all humankind. For example:

- The Bible teaches that Jehovah God intended something far better for us.—Genesis 1:28.
- Jehovah God promises to make our earth a paradise.—Isaiah 65:21-25.
- The fulfillment of that promise is certain. Revelation 21:3, 4 says:

*“The tent of God is with mankind, and he will reside with them, and they will be his people. And God himself will be with them. And he will wipe out every tear from their eyes, and death will be no more, neither will mourning nor outcry nor pain be anymore. The former things have passed away.”*

That hope is not mere wishful thinking. Jehovah God fully purposes to bring it to reality, and he has both the power and the desire to do so. The hope that the Bible holds out is reliable, and it provides a strong answer to the question “Why go on?” ■

“The meek will possess the earth, and they will find exquisite delight in the abundance of peace.”—PSALM 37:11.

**REMEMBER THIS:** Although your emotions may toss and turn like a boat on a turbulent sea, the Bible’s message of hope can be like an anchor that keeps you stabilized.

**WHAT YOU CAN DO TODAY:** Start investigating what the Bible teaches about a genuine hope for the future. Jehovah’s Witnesses will be glad to help you. You can contact them locally or find valuable information at their Web site, [jw.org](http://jw.org).\*

\* Suggestion: Visit [jw.org](http://jw.org) and look under PUBLICATIONS > ONLINE LIBRARY. From there, search keywords such as “depression” or “suicide” to find more help.





## “I Am Convinced That There Is a Creator”

For more than a decade, Frédéric Dumoulin has worked in the field of pharmaceutical research at Ghent University in Belgium. At one time he was an atheist. But later Frédéric became convinced that God created life. *Awake!* asked Frédéric—who is now one of Jehovah’s Witnesses—about his work and his faith.

### Did religion have any role in your childhood?

Yes. My mother was Roman Catholic. But when I read about the Crusades and the Inquisition, I felt disgusted with religion and wanted nothing more to do with it. I also read about non-Christian religions and saw that they were no better. When I was 14, I reasoned that the prevalence of corruption in religion proves that God doesn’t exist. So when I was taught the evolution theory at school, I con-

cluded that life originated by natural processes.

### How were you attracted to science?

When I was seven, I was given a microscope and it became my favorite toy. Among other things, I used it to examine fascinating insects, such as butterflies.

### How did you become interested in the origin of life?

When I was 22, I met a scientist who was one of Jehovah’s

Witnesses. She believed that God created life. That seemed really strange to me. I thought I could easily prove her faith to be ridiculous. But to my surprise, she had sensible answers to my questions. I became curious about people who believe in God.

A few months later, I met another Witness who was quite knowledgeable about medical matters. When he offered to explain what he believed, I accepted his offer because I wanted to know why people believe in God. I wanted to save him from his delusion.

### Did you convince him that he was mistaken?

No, I didn’t. I began researching theories on the origin of

## I found that whenever the Bible comments on scientific matters, it is accurate

life. To my surprise, I found that some eminent scientists say that even the simplest living cell is so complex that it couldn't have originated on earth. Some of them think such cells came from outer space. There is a lot of disagreement about how life began.

### Is there a point of agreement?

Strangely, many scientists agree that *somehow* natural processes caused life to spring from nonliving matter. I began to wonder, 'If they don't know *how* life could come about without a Creator, how can they be so sure that it happened that way?' I began to look into what the Bible says about the origin of life.

### What conclusions did you draw about the Bible?

The more I learned from the Bible, the more I became convinced that it's true. For example, only recently have scientists found evidence that the universe had a beginning. But the opening verse of the Bible, written some 3,500 years ago, says: "In the beginning God created the heavens and the earth."<sup>1</sup> And I found that whenever the Bible comments

on scientific matters, it is accurate.

### Did your knowledge of science make believing in God difficult?

No. When I first came to believe in God, I had been studying science at a university for three years. To this day, the more I study the design of living things, the more I am convinced that there is a Creator.

### Can you give us an example?

Yes. I've studied the effects of medications and toxins on living creatures. A design that impresses me is how our brain is protected from dangerous substances and from bacteria. There is a barrier that keeps our blood separate from our brain cells.

### What is remarkable about that?

Over a hundred years ago, researchers noticed that substances introduced into the bloodstream enter every area of the body—except the brain and spinal cord. That fact is astonishing to me, because an immense network of tiny capillary vessels takes blood to every cell in the brain. All brain cells are cleaned, fed, and oxy-

genated by blood. So, how can our blood be kept separate from our brain cells? For many years it was a mystery.

### How does the barrier work?

Microscopic blood vessels are not like plastic tubes that keep what's inside separate from what's outside. The walls of blood vessels are made of cells. These cells allow substances and microbes to pass through them and between them. However, the cells making up the blood vessels in our brain are different. They're tightly connected to each other. These cells and the tight junctions between them are amazing. A vast array of complex mechanisms ensure that some things—such as oxygen, carbon dioxide, and glucose—pass between the bloodstream and the brain in a regulated way. But other compounds, proteins, and cells are kept out. So the blood-brain barrier operates at a molecular level to produce physical, chemical, and electrical barriers. For me, such design simply could not have evolved. ■

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1. Genesis 1:1.



# A Visit to Cambodia



**F**LOATING VILLAGES, bustling markets, streets jammed with motorbikes transporting everything from live chickens to refrigerators—these are just some of the sights and sounds in parts of Cambodia.

The people of Cambodia are known for being warm, friendly, and close-knit. In informal settings, they may refer to one another using titles for brother, sister, aunt, uncle, grandmother, or grandfather—even if they are meeting for the first time!

Rice is a prominent part of Cambodian cuisine. A typical meal will have three or four dishes, often including soup. Fish is a favorite food. It is common for sweet, sour, and salty dishes to be served in the same meal.

About two millennia ago, Indian merchants and pilgrims on their way to China began frequenting





More than 1,500 people in Cambodia are studying the Bible with Jehovah's Witnesses and finding the answers to such questions as, "Where are the dead?" and "What is God's purpose for the earth?"

Dragon fruit is popular in Cambodia



Some Cambodians live in houseboats, while others live in houses raised on long stilts or built on floating platforms. There are even floating schools, clinics, markets, and petrol stations



Cambodia's coastline and exchanging silk and metals for spices, aromatic wood, ivory, and gold. In time, the people of Cambodia absorbed the influence of India and China, and thus Hinduism and Buddhism flourished. Today, over 90 percent of the inhabitants are Buddhist.

Jehovah's Witnesses share a message of hope from the Bible in Cambodia. They have helped many people by means of the book *What Does the Bible Really Teach?* It is available in about 250 languages, including Cambodian. ■

The book *What Does the Bible Really Teach?*, published by Jehovah's Witnesses, is available in Cambodian (shown here).



## FAST FACTS

### Population:

Approximately 14 million

### Capital:

Phnom Penh

### Climate:

Warm to hot, with wet and dry seasons

### Exports:

Clothing, timber, rubber, rice



# RACISM

## What is the origin of the races of mankind?

*“Adam named his wife Eve, because she was to become the mother of everyone living.”*

—Genesis 3:20.

**WHAT EXPERTS SAY** The United Nations Educational, Scientific and Cultural Organization (UNESCO) states that “all human beings belong to a single species and are descended from a common stock.”—Declaration on Race and Racial Prejudice, 1978.

**WHAT THE BIBLE SAYS** God created two humans, Adam and Eve, and he said to them: “Be fruitful and become many, fill the earth and subdue it.” (Genesis 1:28) Thus, Adam and Eve came to be the father and mother of all humankind. Later, when a flood wiped out most of the earth’s population, four couples survived—Noah and his wife along with their three sons and their wives. The Bible teaches that all of us descended from Noah’s sons.—Genesis 9:18, 19.



## Is any race superior to another?

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**WHAT SOME HAVE SAID** During the 20th century, a number of groups adopted racist ideologies. The Nazis, for example, argued that there was a biological basis for beliefs concerning racial superiority. On the other hand, the UNESCO document cited earlier recognized “the essential unity of the human race and consequently the fundamental equality of all human beings and all peoples.”

**WHAT THE BIBLE SAYS** Acts 10:34, 35 states: “God is not partial, but in every nation the man who fears him and does what is right is acceptable to him.” For this reason, nobody can rightly consider one race to be superior to another.

Jesus set the standard for Christians when he said to his disciples: “All of you are brothers.” (Matthew 23:8) He prayed that his followers be united and be “perfected into one,” not divided or segregated.—John 17:20-23; 1 Corinthians 1:10.

*“[God] made out of one man every nation of men to dwell on the entire surface of the earth.”*

—Acts 17:26.

## Will there ever be an end to racism?

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**WHAT SOME THINK** Ongoing racial tension leads people in many lands to question whether society has made any significant progress in dealing with racism. Some conclude that they will *never* see racial equality.

**WHAT THE BIBLE SAYS** God will not tolerate racial hatred indefinitely. On the contrary, under his Kingdom, men and women “out of all nations and tribes and peoples and tongues” will serve him in unity, demonstrating genuine love for their fellow man. (Revelation 7:9) God’s Kingdom is not some abstract condition of the heart. Rather, it is a government that will have profound effects on our earth—the very place that God intended for all peoples to dwell *without* racial barriers.\* ■

*“In the final part of the days, the mountain of the house of Jehovah will become firmly established . . . , and to it all the nations will stream.”*

—Isaiah 2:2.

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\* For more information, see chapter 3 of the book *What Does the Bible Really Teach?* published by Jehovah’s Witnesses. Also available at [www.jw.org](http://www.jw.org).



# The Butterfly's Wing



THE wings of a butterfly are so fragile that even the weight of specks of dust or drops of moisture could make flying difficult. Nevertheless, the wings stay clean and dry. What is the butterfly's secret?

**Consider:** Researchers at Ohio State University studying the Giant Blue Morpho butterfly (*Morpho didius*) found that although the insect's wings look smooth to the naked eye, the surfaces are covered with minute overlapping scales that resemble tiles on a roof. Even tinier parallel grooves on the surface of these scales cause dirt or drops of water to roll off with ease. Engineers are seeking to copy the wings' texture in order to make high-tech coatings for industry and medical equipment that are resistant to dirt and water.

The butterfly's wing is another example of how science is trying to mimic the designs found in living things. "Nature is full of engineering marvels, from the micro to the macro scale, that have inspired mankind for centuries," says researcher Bharat Bhushan.

**What do you think?** Did the butterfly's wing come about by evolution? Or was it designed? ■

The butterfly's wing has minute overlapping scales

