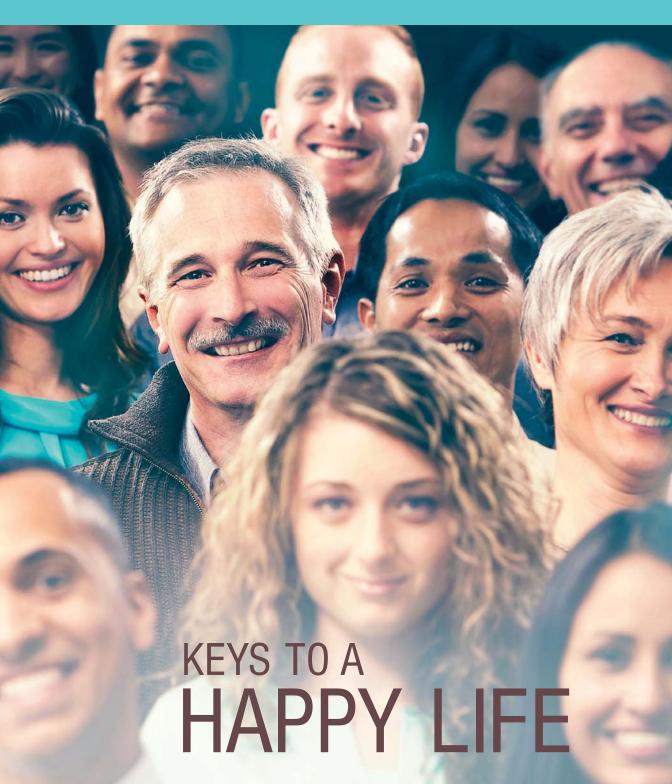
Awake!









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WATCHING THE WORLD



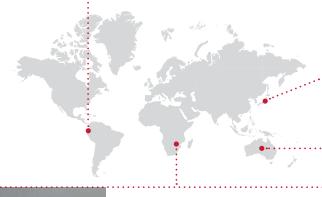
ECUADOR

In 2007, Ecuador announced plans to fund the protection of almost 4,000 square miles (10,000 sq km) of pristine Amazon rain forest instead of drilling for oil in it. Those plans have been abandoned because of a lack of international financial support for the conservation plan. This part of the Amazon rain forest is one of the most biologically diverse regions of the world.



JAPAN

It is technically difficult to prevent all tainted blood samples from slipping through tests, says *The Japan News*. The report followed news that in 2013, a man in his 60's contracted HIV through transfused blood. When donated blood is infected with HIV, there is a window period during which the virus cannot be detected.



ZIMBABWE

Though Zimbabwe's guerrilla fighting along its border with Mozambique ceased more than 30 years ago, antipersonnel mines continue to maim and kill. "Since 1980, more than 1,500 people and 120,000 livestock have been killed and 2,000 people have been maimed by mines on the Zimbabwean side of the border," reports the International Committee of the Red Cross.

AUSTRALIA

According to a survey, more and more separating couples fight over the custody of pets. Among jointly owned assets that are a source of contention, pets rank behind real estate, money, and certain personal effects.







KEYS TO A HAPPY LIFE

"I'll be happy when I get married and have children."

"I'll be happy when I have my own home."

"I'll be happy when I land that job."

"I'll be happy when..."

HAVE you felt like that? And when you attained your goal or acquired the desired item, did your happiness last? Or did it begin to fade? To be sure, reaching a goal or obtaining something we have desired can make us happy, but that kind of happiness can be fleeting. Lasting happiness is not based solely on achievements or acquisitions. Rather, like good physical health, true happiness depends on a variety of factors.

Each of us is unique. What makes you happy may not make someone else happy. Additionally, we change as we grow older. Yet, evidence suggests that some things are more consistently associated with happiness. For example, genuine happiness is linked to finding contentment, avoiding envy, cultivating love for others, and building mental and emotional resilience. Let us see why.

1. FIND CONTENTMENT

"Money is a protection," observed a wise student of human nature. But he also wrote: "A lover of silver will never be satisfied with silver, nor a lover of wealth with income. This too is futility." (Ecclesiastes 5:10; 7:12) His point? While we may need money to survive, we should avoid greed, for it is insatiable! The writer, King Solomon of ancient Israel, actually experimented to see whether wealth and luxurious living fostered true happiness. "I did not deny myself anything that I desired," he wrote. "I did not withhold from my heart any sort of pleasure."—Ecclesiastes 1:13; 2:10.

Having amassed great wealth, Solomon built grand houses, made beautiful parks and pools, and acquired many servants. Whatever he wanted, he got. What did he learn? His experiment made him somewhat happy, but not for long, "I saw that everything was futile," he observed. "There was nothing of real value." He even came to hate life! (Ecclesiastes 2:11, 17, 18) Yes, Solomon learned that a life of self-indulgence ultimately leaves one feeling empty and unfulfilled.*

Do modern studies agree with that ancient wisdom? An article published in the Journal of Happiness Studies observed that "after one's basic needs are satisfied, additional income does little to advance one's subjective well-being." Indeed, findings show that increased material consumption, especially at the cost of moral and spiritual values, can erode happiness.

BIBLE PRINCIPLE: "Let your way of life be free of the love of money, while you are content with the present things."—Hebrews 13:5.

2. AVOID ENVY

Envy is defined as "the painful or resentful awareness of an advantage enjoyed by another, accompanied by a desire to possess the same advantage." Like a malignant growth, envy can take over one's life and destroy happiness. How might envy take root? How can we recognize this trait? And how can we combat it?

The Encyclopedia of Social Psychology observes that people tend to envy their equals, perhaps in age, experience, or social background. A salesman, for instance, might not envy a famous movie star. But he may envy a more successful fellow salesman.

To illustrate: Certain high officials in ancient Persia envied, not the king, but a brilliant fellow official named Daniel, Indicating how unhappy those men must have been, they even schemed to kill Daniel! But the plot failed. (Daniel 6:1-24) "It is important to recognize the hostile nature of envy," says the aforementioned

Adopt a Healthy View of Mistakes

When people who are resilient make mistakes, they do not berate themselves with self-defeating language, such as "I'm a failure" or "I'm useless." The Bible says: "A crushed spirit saps one's strength." (Proverbs 17:22) The book The Power of Resilience states that if you want to lead a resilient life, "you must recognize that mistakes and failure are a natural occurrence ... Your choice is the manner in which you respond to these events."

^{*} The account of Solomon's experiment is found at Ecclesiastes 2:1-11. You can read the Bible online at www.jw.org.

"Show Yourselves Thankful"

Found at Colossians 3:15, that is sound advice! Studies suggest that reflecting on positive aspects of our life and showing appreciation for kindnesses rendered us can foster a heightened sense of well-being.

encyclopedia. "This hostility explains why envy is associated with so many historical cases of aggression."*

How can you recognize envy? Ask yourself: 'Do a peer's successes delight or deflate me? If a sibling, talented classmate, or fellow worker fails in some way, am I sad or gleeful?' If you answered "deflate me" and "gleeful," you may be nurturing envy. (Genesis 26:12-14) "Envy," says the Encyclopedia of Social Psychology, "can poison a person's capacity to enjoy the good things in life and snuff out feelings of gratitude for life's many gifts. . . . Such tendencies are hardly conducive to happiness."

We combat envy by cultivating genuine humility and modesty, which enables us to appreciate and value the abilities and good qualities of others. "Do nothing out of contentiousness or out of egotism," the Bible says, "but with humility consider others superior to you."—Philippians 2:3.

BIBLE PRINCIPLE: "Let us not become egotistical, stirring up competition with one another, envying one another."—Galatians 5:26.

3. CULTIVATE LOVE FOR PEOPLE

"People's feelings about their relation-

ships have a bigger impact on their overall satisfaction with their lives than do their job, income, community, or even physical health," says the book *Social Psychology*. Simply put, in order to be truly happy, humans need to give and receive love. "If I... do not have love, I am nothing," said a Bible writer.—1 Corinthians 13:2.

It is never too late to cultivate love. For example, Vanessa had an abusive, alcoholic father. When she was 14 years old, she ran away from home and stayed in foster homes, as well as in one bad shelter where she remembers begging God for help. Then, perhaps as an answer

Envy can poison a person's capacity to enjoy the good things in life

to her prayers, she was placed with a family who lived by the Bible principle that "love is patient and kind." (1 Corinthians 13:4) That environment, coupled with what she was learning from her own study of the Bible, helped Vanessa to heal emotionally and progress mentally. "At school, my grades went from D's and F's to A's and B's," she said.

Vanessa still bears emotional scars. Nevertheless, she is now a happily married mother of two girls.

BIBLE PRINCIPLE: "Clothe yourselves with love, for it is a perfect bond of union."—Colossians 3:14.

^{*} An outstanding historical case involved Jesus Christ. Mark 15:10 says that "out of envy the chief priests" handed Jesus over for execution.

4. BUILD RESILIENCE

Who has a problem-free life? As the Bible says, there is "a time to weep" and "a time to wail." (Ecclesiastes 3:4) Resilience helps us to get through such times, to bounce back from adversity. Consider Carol and Mildred.

Carol has spinal degenerative disease, diabetes, sleep apnea, and macular degeneration that has blinded her left eye. Yet, she says: "I try not to feel discouraged for too long. I allow myself my 'pity party.' But then I set my feelings aside and thank God for what I am still able to do, especially for other people."

Mildred too has a number of ailments. including arthritis, breast cancer, and diabetes. But like Carol, she tries not to focus on her problems. "I have learned to love people and to comfort others during their illness, which helps me as well," she writes. "In fact, I find that when I am comforting others, I am not worrying about myself."

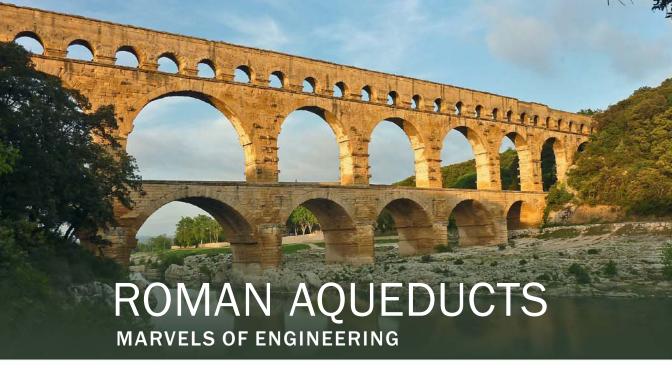
Although both women are interested in receiving good medical care, they focus, not on their physical health, but on their attitude and how they use their time. As a result, they have an inner joy that no one can take away from them. Additionally, they are much loved by others and are an inspiration to people who are going through various trials.

BIBLE PRINCIPLE: "Happy is the man who keeps on enduring trial, because on becoming approved he will receive the crown of life." -James 1:12.

When applied, the Bible's wisdom is "a tree of life to those who take hold of it. and those who keep firm hold of it will be called happy." (Proverbs 3:13-18) Why not discover that truth for yourself by tapping into the wisdom recorded in the Bible? After all, the Author of this sacred book, who is also called "the happy God," wants you to be happy too.—1 Timothy 1:11. ■







F ALL the feats of ancient engineering, Roman aqueducts are among the most remarkable. "With such an array of indispensable structures carrying so many waters, compare, if you will, the idle Pyramids or the useless, though famous, works of the Greeks!" wrote Sextus Julius Frontinus (35–c. 103 C.E.), Roman governor and water commissioner.*

Why the Need for Aqueducts?

Ancient cities were usually built near an abundant water supply, and Rome was no exception. Originally, the Tiber River and nearby springs and wells provided sufficient water. From the fourth century B.C.E. on, however, Rome grew rapidly, as did its need for water.

Since few people had running water in their homes, the Romans built hundreds of private and public baths. The first public bath in the city of Rome was fed by the Aqua Virgo, dedicated in 19 B.C.E. The builder of this aqueduct, Marcus Agrippa, a close friend of Caesar Augustus, poured much of his vast fortune into overhauling and extending Rome's water-supply system.

Baths also became social venues, larger ones even having gardens and libraries. After leaving the baths, aqueduct water, which could not be shut off, flowed into the sewers, constantly flushing them of refuse, including waste from the latrines attached to the baths.

Construction and Maintenance

When you hear the words "Roman aqueduct," do you think of lofty arches running to distant horizons? In fact, arches formed less than 20 percent of those conduits, the larger portion of which lay underground. This more economical design not only protected aqueducts against erosion but also minimized their impact on fields and neighborhoods. For example, the Aqua Marcia, completed

^{*} The Romans were not the first to build water conduits. Other ancient nations, such as Assyria, Egypt, India, and Persia, preceded them in this.

in 140 B.C.E., was about 57 miles (92 km) long but comprised just 7 miles or so (11 km) of arches.

Before building an aqueduct, engineers assessed the quality of a potential water source by examining the clarity, rate of flow, and taste of the water. They also took note of the physical condition of the locals who drank it. Once a site was approved, surveyors calculated the right path and gradient for the conduit, as well as its channel size and length. Slaves evidently provided manpower. Aqueducts could take years to complete, making them costly—especially if arches were needed.

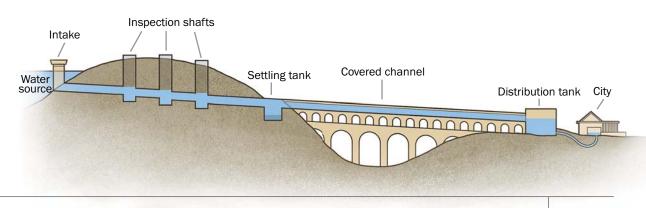
Moreover, aqueducts had to be maintained and protected. To care for them, the city of Rome at one time employed about 700 people. Provisions for maintenance were also incorporated into the design. For instance, underground sections of the aqueducts were made accessible by means of manholes and shafts. When major repairs were needed, engineers could temporarily divert the water away from a damaged section.

Rome's Urban Aqueducts

By the early third century C.E., 11 major aqueducts served the city of Rome. The first, the Agua Appia, built in 312 B.C.E. and just over ten miles (16 km) long, ran almost entirely underground. Still preserved in part is the Agua Claudia, which was some 43 miles (69 km) long with about 6 miles (10 km) of arches, a number of which stood 90 feet (27 m) high!

How much water did the city's aqueducts carry? A lot! The Aqua Marcia, mentioned earlier, daily channeled about 6.7 million cubic feet (190,000 cu m) of water into Rome. Once the water reached urban areas—gravity being the driving force-it flowed into distribution tanks and then into branches, which channeled the water to other distribution tanks or to locations for water use. Some estimate that Rome's water distribution system grew to the point that it could have daily supplied more than 265 gallons (1,000 L) of water for each inhabitant.

As the Roman Empire grew, "the aqueducts went wherever Rome went," says the book Roman Aqueducts & Water Supply. Travelers in Asia Minor, France, Spain, and North Africa can still gaze in awe at these ancient marvels of engineering.



When Your Child Lies



THE CHALLENGE

Your five-year-old son is playing in the next room.* Suddenly, you hear a crash. You run to your son, and you find him standing next to a shattered porcelain vase. The guilty look on his face tells you everything.

"Did you break that vase?" you ask your son sternly.

"No, Mommy, I didn't!" he quickly replies.

This is not the first time you have caught your five-year-old in an obvious lie. Should you be worried?

WHAT YOU SHOULD KNOW

All lying is bad. The Bible says that Jehovah God disapproves of "a lying tongue." (Proverbs 6:16, 17) The Law given to Israel imposed strict sanctions on anyone who deceived another person.—Leviticus 19:11, 12.

But not all lying is equal. Some lies are malicious; they are told to harm another person. Other lies are uttered under the pressure of the moment, perhaps to avoid embarrassment or punishment. (Genesis 18:12-15) While all lying is wrong, some lies are more serious than others. If your child told a lie, consider his age and his reason for hiding the truth.

You should address the problem while your child is still young. "Telling the truth, especially when it's hard, is an important lesson for children," writes Dr. David Walsh. "Relationships are based on trust, and lying will break that trust."*

Do not panic, however. The fact that your child has lied does not mean that he is on a fast track to moral corruption. Remember, the Bible says: "Foolishness is bound up in the heart of a child." (Proverbs 22:15; footnote) Some children manifest such foolishness by lying, perhaps thinking that it is an easy way to avoid punishment. How you respond, then, is important.

^{*} For simplicity, we refer to the child in this article as a boy. However, the principles discussed apply to both genders.

^{*} From the book No: Why Kids—of All Ages—Need to Hear It and Ways Parents Can Say It.

WHAT YOU CAN DO

Try to discern why your child is lying. Does he fear punishment? Does he not want to disappoint you? If your child spins stories to impress his friends, is it because he is not old enough to understand the difference between reality and fantasy? If you know why your child is lying, you will be better able to correct him.—Bible principle: 1 Corinthians 13:11.

At times, use statements instead of questions. In the scenario described at the outset, the mother, who already knew the facts, sternly asked her son: "Did you break that vase?" The child lied, perhaps fearing Mom's wrath. But instead of asking an accusatory question, suppose that the mother had simply stated: "Oh, no, you broke the vase!" By using a statement rather than a question, she does not tempt the child to lie—and she helps him build a pattern of honesty.—Bible principle: Colossians 3:9.

Praise honesty. Children naturally desire to please their parents, so use that inclination to your advantage. Let your child know that honesty is an important family value and that you therefore expect him to be truthful.—Bible principle: Hebrews 13:18.

Make clear to your child that lying destroys trust and that it can take a long time to rebuild trust once it is broken. Reinforce good behavior by praising him when he tells the truth. For example, you could say, "It makes me happy that you are honest."

Set the example. Obviously, you cannot expect your child to be truthful if he hears you say such things as "Tell him I'm not home" when you do not want to speak to someone on the phone or "I'm staying home sick today" when you really just want to relax.—Bible principle: James 3:17.

Use the Bible. Its principles and true-life accounts promote honesty. The book Learn From the Great Teacher, published by Jehovah's Witnesses, can help you to instill Bible principles in your child. Chapter 22 is entitled "Why We Should Not Lie." (See an excerpt from it in the box "A Book to Help Your Child.") Learn From the Great Teacher is available at www.jw.org.

KEY SCRIPTURES

- "When I was a child, I used to . . . reason as a child."-1 Corinthians 13:11.
- "Do not lie to one another." -Colossians 3:9.
- "We wish to conduct ourselves honestly in all things."—Hebrews 13:18.
- "The wisdom from above is . . . not hypocritical."—James 3:17.

A BOOK TO HELP YOUR CHILD

"Even though you do not mean to, you may break something. If you're asked about it, should you say that your brother or sister did it? Or should you pretend that you don't know how it happened? . . . No matter what we may do, it will always make matters worse if we lie about it, and we shouldn't even tell only half of the truth. The Bible says: 'Speak truth.' It also says: 'Do not be lying to one another.' Jehovah always speaks the truth, and he expects us to do the same.-Ephesians 4:25; Colossians 3:9."

Excerpt from the book Learn From the Great Teacher.



I Found Hope When I Needed It Most

AS TOLD BY MIKLÓS ALEKSZA

Suddenly I found myself lying facedown in water. I tried to lift my head to breathe, but my neck muscles did not respond. Terrified, I tried to roll over, but my arms and legs refused to move. My lungs began to take in water. On that warm summer's day in 1991, my life changed completely.

I WAS born in the city of Szerencs and grew up in the village of Tiszaladány in the northeast of Hungary. In June 1991, some friends and I went to an unfamiliar spot on the Tisza River. Thinking that the water was deep, I dived in. It was a big mistake! I broke three vertebrae in my neck and damaged my spinal cord. My friend saw that I was not moving and carefully raised me and pulled me out before I drowned.

I remained conscious and knew that something was seriously wrong. Someone called the emergency services, and a helicopter arrived and carried me to a hospital, where doctors stabilized my spine. Later, I was transferred to the capital city, Budapest, for

rehabilitation. I stayed on my back for three months. Although I was able to move my head, I had no muscle control from my shoulders down. At 20 years of age, I had become completely dependent on others. I felt so discouraged that I wanted to die.

When at last I was able to go home, my parents received training so that they could care for me. But the work was hard on them physically and emotionally, and after about a year, I descended into depression. At that point, I received professional counseling, which helped me to change the way I viewed my disability.

I also started to think more deeply about life. Does it have a purpose? Why did this tragedy happen to me? I read magazines and books in a search for answers. I also tried reading the Bible, but I found it hard to understand. So it went back on the shelf. I even had a talk with a priest, but I found his comments unsatisfying.

Then, in the spring of 1994, two of Jehovah's Witnesses visited my father, and he asked them to speak to me. I listened as they described God's purpose to make the earth into a paradise and to eliminate sickness and suffering. It all sounded very good, but I was skeptical. Still, I accepted two Bible study aids. After I read the books, the Witnesses offered to study the Bible with me, and I consented. They also encouraged me to pray.

As our discussions progressed, I received answers to my many questions straight from the Bible. I also became convinced that God really does care about me. Finally, on September 13, 1997, after studying the Bible for two years, I was baptized at home in a bathtub. It was one of the happiest days of my life.

In 2007, I moved permanently to Budapest to a home for the disabled. This move has given me many opportunities to share with others the wonderful things I have learned. In good weather, I can even go outside to talk to people, thanks to a specially adapted motorized wheelchair that I steer with my chin.

With the generous financial assistance of a family in my congregation, I was also able to obtain a laptop computer that operates by tracking my head movements. This device allows me to telephone people via the Internet and write letters to householders who were away when members of my congregation called on their homes. Helping others in this way has improved my communication skills considerably and has helped me to take my mind off myself.

I am even able to attend Christian meetings. When I arrive at the Kingdom Hall, my spiritual brothers carefully carry me in my wheelchair up one floor to the meeting location.

During meetings, when the audience is invited to comment, the brother sitting next to me raises his hand for me. He then holds my Bible or study aid while I make my comment.

I am in constant pain and need others to do nearly

tual brothers and sisters. Their friendship, emotional support. and prayers in my behalf help me to maintain mental and emotional balance.

Jehovah gave me comfort just when I needed it most. He also gave me the hope of per-

I became convinced that God really does care about me

everything for me. So I still feel emotionally down at times. But I find comfort in my friendship with Jehovah God, knowing that he listens when I pour out my concerns to him. I also gain strength through daily Bible reading and from my spiri-

fect health in a new world. Hence, I yearn for the time when I can 'walk and leap and praise him' for his extraordinary love and kindness.—Acts 3:6-9. ■

Sharing the Bible's message over the Internet with the aid of a device that tracks my head movements





CLEANNESS

Does our physical hygiene matter to God?

"Let us cleanse ourselves of every defilement of flesh and spirit."

-2 Corinthians 7:1.

WHAT THE BIBLE SAYS Our Creator loves us and wants us to enjoy good health and long, productive lives. "May your heart observe my commandments," God says, "because they will add many days and years of life and peace to you." (Proverbs 3: 1, 2) God's love for humans was reflected in his commandments to Israel, which included specific directions on hygiene and sanitation. (Deuteronomy 23:12-14) When the Israelites adhered to those reasonable standards, they enjoyed improved health and protection against diseases that plagued other nations, such as Egypt, that did not have such an advanced law code.—Deuteronomy 7:12, 15.

Likewise today, people who "cleanse [themselves] of every defilement of flesh," which includes such defiling habits as smoking, alcohol abuse, and drug abuse, reduce their risk of illness—physical and mental—as well as premature death. And because we do not usually live in isolation, our adherence to God's standards of cleanness also shows our consideration for others. —Mark 12:30, 31.

Does God care about moral and spiritual cleanness?

WHAT THE BIBLE SAYS As stated earlier, the Bible exhorts us to "cleanse ourselves of every defilement of flesh and spirit." In the time of Jesus Christ, many people, including the Jewish religious leaders, went to great lengths to be physically clean but disregarded moral and spiritual standards. (Mark 7:1-5) Putting matters in the right perspective, Jesus said: "Nothing from outside that enters into a man can defile him, since it enters . . . into his stomach, and it passes out into the sewer." He then added: "That which comes out of a man is what defiles him. For from inside, out of the heart of men, come injurious reasonings, sexual immorality, thefts, murders, acts of adultery, greed, acts of wickedness, deceit, brazen conduct, an envious eve. . . . and unreasonableness. All these wicked things . . . defile a man."—Mark 7: 18-23.

According to Jesus, people who take an extreme view of bodily hygiene while at the same time disregarding God's moral and spiritual standards are like cups that are clean outside but filthy inside.—Matthew 23:25, 26.

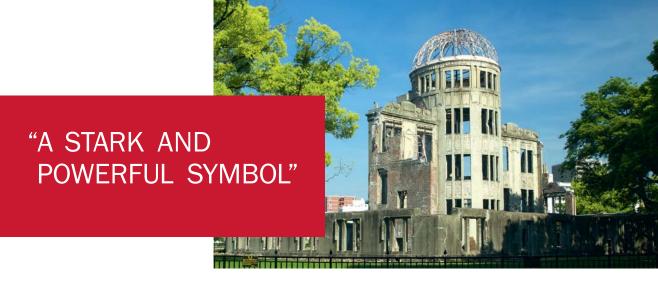
"Deaden . . . your body members... as respects sexual immorality, uncleanness, uncontrolled sexual passion, hurtful desire, and greediness, which is idolatry. On account of those things the wrath of God is coming." -Colossians 3:5. 6.

Are Bible standards reasonable?

WHAT THE BIBLE SAYS At Micah 6:8, we read: "What is Jehovah requiring of you? Only to exercise justice, to cherish loyalty, and to walk in modesty with your God!" Is that not a most reasonable request? Moreover, our Creator wants us to obey him out of love. When we do, we experience great joy. (Psalm 40:8) And when we err, we can take comfort in God's mercy. "As a father shows mercy to his sons, Jehovah has shown mercy to those who fear him. For he well knows how we are formed, remembering that we are dust," or subject to frailties and imperfection.—Psalm 103: 13, 14.

In summary, God's standards of physical, moral, and spiritual cleanness reflect his goodness and love for us. Our willing adherence to those standards shows our wisdom and our love for him.

"This is what the love of God means, that we observe his commandments: and vet his commandments are not burdensome."-1 John 5:3.



N THE east bank of the Motoyasu River in Hiroshima City, Japan, stands a building that has remained partly in ruins since 1945. Why has it not been rebuilt for nearly 70 years?

Completed in 1915, the original threestory brick-and-mortar structure served as an exhibition hall to promote industry. But that changed on August 6, 1945, at 8:15 a.m. At that moment, the first atomic bomb ever used in warfare detonated about 1,800 feet (550 m) above the city and almost directly above the exhibition hall. Everyone inside died instantly. The core structure of the building, however, remained standing.

Preserved unchanged, it is "a stark and powerful symbol of the most destructive force ever created by humankind," says a UNESCO* article. In 1996 the building was added to the UNESCO World Heritage List as the Hiroshima Peace Memorial.

* United Nations Educational, Scientific, and Cultural Organization.

Sadly, though, such poignant memorials have not stopped war, which is often caused by greed, nationalism, and racial, religious, and tribal hatred. So, will warfare always be with us?

The Bible answers no! "[God] is bringing an end to wars throughout the earth," says Psalm 46:9. "He breaks the bow and shatters the spear; he burns the military wagons with fire." At the same time, God will replace human rulership with his own world government-God's Kingdom in the hands of Jesus Christ, who is designated "King of kings."—Revelation 11:15; 19:16.

Thereafter, memorials to the folly of war will be unnecessary. "The former things"-today's distresses and heartaches-"will not be called to mind, nor will they come up into the heart," says Isaiah 65:17.









