Awake!

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Nyob Zoo のGED Dobar dan Ühoro!

Halo dulur Och **BREAKING THE** LANGUAGE BARRIER

Awake!®



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- 4 Breaking the Language Barrier
 —A Look Behind the Scenes

Did you know that Jehovah's Witnesses publish literature that is translated into over 750 languages?

Why do we do that? So that the Bible's message can reach "every nation and tribe and language and people."—Revelation 14:6, footnote.

This issue of "Awake!" provides a behind-the-scenes look at our translation work.

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VIDEOS



'Good News to Every Nation, Tribe, and Tongue'

Watch this video to see how Jehovah's Witnesses share practical wisdom from the Bible in hundreds of languages all over the world.

(Look under PUBLICATIONS > VIDEOS)

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THE diversity and vast number of the world's languages—some 7,000 at present—can complicate travel, trade, education, and government. This has been so since ancient times. Some 2,500 years ago, for example, under the rule of King Ahasuerus (likely Xerxes I), the Persians transmitted official decrees across the realm, "from India to Ethiopia, 127 provinces, to each province in its own script and to each people in its own lanquage."*

Today, most organizations—even governments—would not attempt such a difficult feat. There is one organization, however, that has proved equal to the task. Jehovah's Witnesses publish magazines, audio and video productions, and many books—including the Bible—in a combined total of more than 750 languages. This includes some 80 sign languages. The Witnesses also publish various versions of Braille for the blind.

What is more. Jehovah's Witnesses do not profit financially from their efforts. In fact, their translators and other staff are all volunteer workers. Why do they go to such lengths to translate into so many languages, and how do they do it?

^{*} See Esther 8:9 in the Bible.

Breaking the Language Barrier

A Look Behind the Scenes

"It is sometimes said that there is no task more complex than translation."
—"The Cambridge Encyclopedia of Language."

BEFORE translation can begin, publications of Jehovah's Witnesses are carefully planned, researched, and written. During this process, the Writing Department at their world headquarters in New York thoroughly checks all text for factual accuracy and correct, up-to-date language usage.*

The Writing Department then sends the text to hundreds of translation teams worldwide

—most of whom live and work where the language into which they translate material is spoken. The majority of them translate into their mother tongue. They must thoroughly comprehend the original material as well as the target language.

How do translators typically carry out their work?

Geraint, a translator based in Britain, explains: "I work with a team of translators, so

good cooperation is the key. Together we explore solutions to tough translation problems. As we do, we consider not just words but groups of words. We weigh their real meaning and intent, constantly reminding ourselves of the target audience for each article."

What is your goal as a translator?

"Our goal is for the reader to feel as if the material were



"I have health problems. In addition to my doctor's care,
I benefited from information in Awake! in my own language,
Malagasy. Awake! helped me to learn to control my temper.
It also commented on healthful eating and exercise.* I applied what I read, and my health continues to improve."

—Ranaivoarisoa, Madagascar.

"My doctor, an endocrinologist, uses Awake! articles in Gujarati to teach others about health. A few weeks after she spoke on drug and alcohol abuse at a school, students said that the information in Awake! had moved their fathers to spend less money on alcohol and more on their children."

-Janet, India.

* Awake! does not endorse any particular diet or health approach. Each individual should carefully evaluate his or her options before making a personal decision about diet and exercise.

^{*} The original text is prepared in English.

Awake! received the following report from a mother in Angola: "My eight-year-old son lost his pencils, so he took some from his classmates. After watching the video Stealing Is Bad in Portuguese on jw.org, he courageously confessed. He asked me to go to school with him as he apologized to his classmates and told them why he was returning their pencils. His teacher allowed us to show the video to his entire class. After seeing it, several pupils said they would never steal again."



originally written in his mother tongue. It should not read as a translation. To that end, we try to use language that is natural. In that way, we will hold the reader's attention, and he will keep on reading as if he were eating delicious food that is easy on the palate."

What advantages are there in living where the language is spoken?

"Mingling with the local people is a rich resource. We hear the language spoken every day. Plus, we can field-test terms and expressions to find out if they are natural, understandable, and appealing. This helps us to convey the real meaning of the original text."

How is your work organized?

"A team is assigned to each project. First, each member of the team reads the original to get the feel of the material and to discern its basic structure and the target audience. We ask ourselves: 'Where is the article headed? What is its theme and purpose? What do I expect to learn from it?' This step gets our imagination going.

"Next, the team members share their thoughts, learning from one another. Are we sure we understand the material? How can we convey the same style as the original? Our aim is to elicit the same reaction in readers of the translation as the original writer intended for his audience to experience."

How do team members collaborate?

"Our aim is for readers to understand the text the very first time they read it. To that end, we read each translated paragraph aloud several times.

"The translator types a paragraph in the target language, which we can see on our computer screens. We check that no ideas have been omitted or added. We also look for naturalness. proper spelling, and correct grammar. Then someone reads that paragraph out loud. If he or she stumbles when reading, we ask why. Once the whole article has been translated, one team member reads it aloud while the others make notes, highlighting

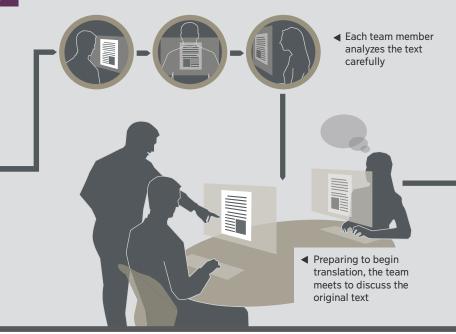
TRANSLATION

PROCESS

In this infographic, we follow the process of translating *Awake!* into Spanish



A team of translators in Spain receives the original text in English from the headquarters of Jehovah's Witnesses in the United States



problems that might need to be fixed."

That sounds like intense work!

"It is! And by the end of the day, we are tired. So we look at the material again in the morning when we're fresh. Some weeks later, the Writing Department sends us final adjustments to the original text. Then we reread our work with fresh eyes and ears and refine it."

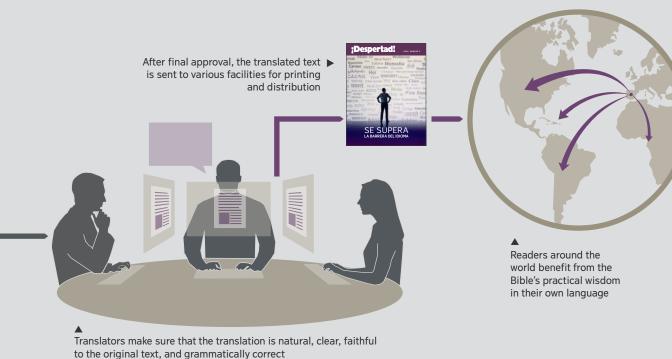
What computer tools do you use?

"Computers still cannot replace human translators. But Jehovah's Witnesses have developed translation tools that help to streamline our work. One tool is a type of dictionary in which we accumulate commonly used terms and phrases. Another tool enables us to research everything that has already been translated by our team and see previous creative solutions to our translation challenges."

How do you feel about your work?

"We view our work as a gift to the public. And we want to package that gift nicely. We are thrilled by the possibility of a magazine article or a webpage item touching the heart of a reader and affecting his life for the better."

JW.ORG	Official website of Jehovah's Witnesses	Over 700 languages
Listen to God and Live Forever	Brochure published by Jehovah's Witnesses	Over 640 languages
The Watchtower	Magazine published by Jehovah's Witnesses	Over 250 languages
Awake!	Magazine published by Jehovah's Witnesses	Over 100 languages



Benefits That Last a Lifetime

Around the earth, hundreds of millions benefit from reading publications of Jehovah's Witnesses in their own language. The practical wisdom found in their literature and videos, as well as on their website, jw.org, is based on the Bible. After all, in that sacred book, God, whose name is Jehovah, tells us that he wants his message to be shared with people of "every nation and tribe and tongue."—Revelation 14:6.*

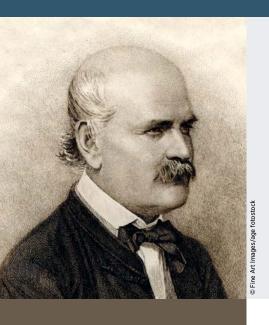


A Language-Learning Tool!

In 2014, Jehovah's Witnesses released JW Language, a free electronic app to help when teaching the Bible in foreign languages, such as Bengali, Chinese, English, French, German, Hindi, Indonesian, Italian, Japanese, Korean, Myanmar, Portuguese, Russian, Spanish, Swahili, Tagalog, Thai, and Turkish. To learn more, visit jw.org and search for JW Language.



^{*} Visit www.jw.org to sample written, audio, and video publications in your own language and in hundreds of other languages.



IGNAZ SEMMELWEIS

IGNAZ SEMMELWEIS may not be a household name, yet his work has benefited most modern families. Born in Buda (now Budapest), Hungary, he received his medical degree at the University of Vienna in 1844. On taking up his post as assistant to a professor at the First Maternity Clinic of Vienna's General Hospital in 1846, Semmelweis faced an appalling reality—more than 13 percent of the women giving birth there died from a disease called childbed fever.

QUICK FACTS

- ▶ In 19th-century Europe, many women died of childbed fever, a scourge with mortality rates of up to 30 percent.
- ▶ Microbes had been observed under a microscope as early as 1674, but their dangers had not been fully understood. It was common practice for doctors to deliver babies right after performing autopsies, without first sterilizing their hands.
- ➤ Semmelweis introduced handwashing into medical practice, thus saving countless lives.

Various theories as to the cause of this disease had been proposed, yet no one had solved the mystery. All attempts to reduce the mortality rate proved futile. Troubled by the spectacle of numerous mothers suffering a slow, agonizing death, Semmelweis determined to find the cause of the disease and prevent it.

The hospital in which Semmelweis worked had two separate maternity clinics, and curiously, the maternal death rate was much higher in the first clinic than it was in the second. The only difference between the two clinics was that medical students were taught in the first and midwives in the second. Why, then, such a difference in death rates? Probing that question, Semmelweis systematically eliminated possible causes of the disease, but the culprit remained elusive.

In early 1847, Semmelweis was presented with a crucial clue. His colleague and friend Jakob Kolletschka had died from blood poisoning after sustaining a wound while performing a postmortem examination. As he read the report of the autopsy performed on Kolletschka, Semmelweis realized that in some aspects, the findings were identical to those of the victims of childbed fever. Hence, Semmelweis thought that perhaps what he termed "poi-

"My doctrines exist to rid maternity hospitals of their horror, to preserve the wife for her husband and the mother for her child."—Ignaz Semmelweis

sons" from cadavers were infecting pregnant patients, thus causing childbed fever. Doctors and medical students, who frequently did autopsies before going to the maternity ward, had unwittingly been transmitting the disease to expectant mothers during obstetric examinations or childbirth! Mortality in the second ward was lower because students of midwifery did not perform autopsies.

Semmelweis immediately introduced a strict policy of handwashing, which included sterilizing the hands in a solution of chlorinated lime before initiating examinations of pregnant women. The results were dramatic: mortality rates plummeted from 18.27 percent in April to 0.19 percent by the end of the year.

Not all welcomed Semmelweis' success. The results he obtained challenged the theories concerning childbed fever held by his superior, who also found Semmelweis' insistent manner irritating. Semmelweis eventually lost his post in Vienna and returned to Hungary. There he took charge of the obstetrics department at the St. Rochus Hospital in Pest, where his methods brought down the mortality rate for childbed fever to under 1 percent.

In 1861, Semmelweis published his life's work, The Cause, Concept, and Prophylaxis of Childbed Fever. Unfortunately, the importance of his findings was not recognized until some years later. In the meantime, countless lives that could have been saved were tragically lost.

Semmelweis was eventually recognized as one of the fathers of the modern antiseptic technique. His work helped to establish that microscopic matter can cause disease. He is part of the history of the germ theory of disease, which has been called "the single most important contribution to medical science and practice." Interestingly, over 3,000 years earlier, the Mosaic Law, which was later included in the Bible, had already provided sound guidance on the proper handling of corpses.



Semmelweis enforced hygienic measures at medical facilities under his supervision.—Painting by Robert Thom

What the Bible Said

According to the Mosaic Law, which dates to the 16th century B.C.E., anyone touching a corpse became unclean for seven days and had to undergo a cleansing procedure that included bathing and washing his garments. During this time, the person was to avoid physical contact with others. -Numbers 19:11-22.

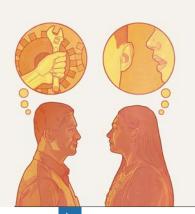
How to Discuss Problems



THE CHALLENGE

When you and your spouse discuss a problem, do you seem to end up further apart than when you started the conversation? If so, you can improve the situation. First, though, there are a few things you should know about the different communication styles of men and women.*

^{*} The characteristics we will describe may not apply to every husband and wife. Nevertheless, the principles discussed in this article can help any married person understand and communicate better with his or her spouse.



WHAT YOU SHOULD KNOW

Women usually prefer to talk out a problem before hearing a solution. In fact, sometimes talking *is* the solution.

"I feel better when I have expressed my feelings and know that my husband understands me. After I talk about it, I'm over it—usually within just minutes after the conversation."—Sirppa.*

"I can't move on if I don't have a chance to explain to my husband exactly how I feel. Talking it out is a form of closure for me."—Ae-Jin.

"It's like detective work. As I talk, I'm analyzing each step of the problem and trying to get to the root of it." —Lurdes.

Men tend to think in terms of solutions. That is understandable because fixing things makes a man feel useful. Offering solutions is his way of showing his wife that she can rely on him for help. So husbands are baffled when their solutions are not readily accepted. "I can't understand why you would talk about a problem if you didn't want a solution!" says a husband named Kirk.

But "understanding must precede advice," warns the book *The Seven Principles for Making Marriage Work*. "You have to let your partner know that you fully

^{*} Names in this article have been changed.

understand and empathize with the dilemma before you suggest a solution. Oftentimes your spouse isn't asking you to come up with a solution at all—just to be a good listener."

WHAT YOU CAN DO

For husbands: Practice empathetic listening. A husband named Tomás says: "Sometimes after listening I think to myself, 'That didn't accomplish anything.' But often that's all my wife needs—a listening ear." A husband named Stephen would agree. "I find it best to let my wife express herself without interrupting," he says. "More often than not, she finishes and tells me she feels a lot better."

Try this: The next time you discuss a problem with your wife, resist the urge to give unsolicited advice. Make eye contact, and focus on what she is saying. Nod in agreement. Repeat the gist of what she says to show that you get the point. "Sometimes my wife just needs to know that I understand her and that I'm on her side," says a husband named Charles.—Bible principle: James 1:19.

For wives: Say what you need. "We might expect our spouse to know just what we need," says a wife named Eleni, "but sometimes we do have to spell it out." A wife named Ynez suggests this approach: "I could say, 'Something is bothering me, and I would like you to hear me out. I don't need you to fix it, but I would like you to understand how I feel."

Try this: If your husband prematurely offers solutions, do not conclude that he is being insensitive. Likely he is trying to lighten your load. "Instead of getting annoyed," says a wife named Ester, "I try to realize that my husband does care and wants to listen but that he also just wants to help."—Bible principle: Romans 12:10.

For both: We tend to treat others the way we want to be treated. However, to discuss problems effectively, you need to consider how your spouse would like to be treated. (1 Corinthians 10:24) A husband named Miguel puts it this way: "If you are a husband, be willing to listen. If you are a wife, be willing to hear solutions once in a while. When you meet in the middle, both spouses benefit." —Bible principle: 1 Peter 3:8. ■

KEY SCRIPTURES

- "Be quick to listen, slow to speak." —James 1:19.
- "In showing honor to one another, take the lead."—Romans 12:10.
- "Have unity of mind, fellow feeling." _1 Peter 3:8.

THE RIGHT TIME?

The Bible says: "A word spoken at the right time—how good it is!" (Proverbs 15:23) Of course, the opposite is also true.

- "There is a direct link between bad timing and bad conversations." —Sirppa.
- "Hungry and tired are two big no-no's for serious discussions." —Julia.
- "One time I started to vent as soon as my husband came home. Then I stopped myself mid-sentence and realized how annoying and exhausting I must have been! I told my husband that I would finish after we ate dinner. He thanked me, and by the time we continued our conversation, we were both more reasonable and calm."—I urdes.

EAITH

Some people claim to be religious, but they struggle to understand the meaning of "faith." What is faith, and why is it important?

What is faith?

WHAT SOME PEOPLE SAY Many people think that a person who has faith simply accepts a belief without having any real evidence. For example, consider a religious person who says, "I believe in God." If that person is asked, "Why do you believe?" he might reply, "That's the way I was raised" or, "That's what I've always been taught." In such cases, there might seem to be little difference between having faith and being gullible.

what the BIBLE SAYS "Faith is the assured expectation of what is hoped for, the evident demonstration of realities that are not seen." (Hebrews 11:1) For a person's

expectation to be assured, he or she needs to have sound reasons for that assurance. In fact, the original-language word for the phrase "assured expectation" means more than an inner feeling or mere wishful thinking. So faith involves conviction that is based on evidence.

"His [God's] invisible qualities are clearly seen from the world's creation onward, because they are perceived by the things made, even his eternal power and Godship."—Romans 1:20.

Why is it important to acquire faith?

WHAT THE BIBLE SAYS "Without faith it is impossible to please God well, for whoever approaches God must believe that he is and that he becomes the rewarder of those earnestly seeking him." —Hebrews 11:6.

As mentioned earlier, many people believe in God simply because they have been taught to do so. 'That's the way I was raised,' they might say. But God wants those who worship him to have genuine confidence in his existence and in his love. That is one reason why the Bible emphasizes the need to seek him earnestly, so that we can truly come to know him.

"Draw close to God, and he will draw close to you."—James 4:8.

How can you acquire faith?

WHAT THE BIBLE SAYS "Faith follows the thing heard," says the Bible. (Romans 10: 17) So the first step toward building faith in God is to 'hear' what the Bible really teaches about him. (2 Timothy 3:16) Studying the Bible will help you to find solid answers to important questions, including: Who is God? What evidence is there of his existence? Does God really care about me? What is God's purpose for the future?

Jehovah's Witnesses would be happy to help you study the Bible. As stated on our website, jw.org, "Jehovah's Witnesses love teaching people about the Bible, but we never force anyone to become a member of our religion. Rather, we respectfully present what the Bible says, recognizing that

each person has the right to choose what he or she will believe."

In the final analysis, your faith must be based on evidence that you observe as you weigh the truthfulness of what you read in the Bible. In that way, you will follow the example of first-century students who "accepted the word with the greatest eagerness of mind, carefully examining the Scriptures daily to see whether these things were so."—Acts 17:11. ■

"This means everlasting life, their coming to know you, the only true God, and the one whom you sent, Jesus Christ."—John 17:3.





Food Allergy and Food Intolerance What's the Difference?

Emily: "I put down my fork and started to feel uneasy. I had an itchy sensation in my mouth, and my tongue was swelling. I started to feel light-headed and was having trouble breathing. Hives were breaking out on my arms and neck. I tried to stifle panic but knew I had to get to a hospital—and quickly!"

FOR most people, eating is a pleasant experience. There are some, however, who are compelled to treat certain foods as "enemies." Like Emily, quoted earlier, they suffer from food allergies. Emily's severe allergic response is called anaphylaxis, a very dangerous condition. Thankfully, most food allergies are not as serious.

In recent years, there has been a rise in reported food allergies and intolerances. Some studies, however, suggest that only a small portion of those who think they have a food allergy have been definitely diagnosed.

What Is a Food Allergy?

"Food allergy has no universally accepted definition," according to a group of scientists led by Dr. Jennifer J. Schneider Chafen in their

report published in *The Journal* of the American Medical Association. However, most experts believe that allergic reactions are primarily triggered by the immune system.

An allergic reaction to a certain food is typically a response to a protein in that food. The immune system erroneously identifies that protein as harmful. When a particular protein enters the body, the immune system may create a type of antibody known as IgE to neutralize the perceived invader. When the food allergen is again ingested, the antibodies that were created earlier can trigger a release of chemicals, including histamine.

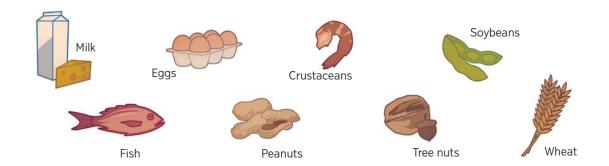
Under normal circumstances, histamine plays a beneficial role in the immune system. But for reasons not clearly understood, the presence of

IgE antibodies and the subsequent release of histamine provoke an allergic reaction in people who happen to be hypersensitive to a particular food protein.

This explains why you could eat a new food without any apparent reaction but eat the same food again and experience an allergic reaction.

What Is Food Intolerance?

A food intolerance, like a food allergy, may be an adverse reaction to a food item. But unlike a food allergy (which is triggered directly by the immune system), a food intolerance is a reaction of the digestive system, and thus no antibodies are involved. Basically, a person may have trouble breaking down a food, perhaps because of enzyme deficiencies or because of



chemicals found in the food that are difficult to process. For example, a lactose intolerance occurs when the gut does not produce the needed enzymes to digest the type of sugars found in milk products.

As it is not a matter of the production of antibodies, a food intolerance can manifest itself the first time the food is ingested. Quantity may be the determining factor—a small amount of a certain food may be tolerated, but a problem may occur when larger amounts are ingested. This is different from severe food allergies in which even a tiny amount of food can cause a life-threatening reaction.

What Are the Symptoms?

If you suffer from a food allergy, you could have itching; hives; swelling of the throat, eyes, or tongue; nausea; vomiting; or diarrhea. And in a worst-case scenario, you could have a drop in blood pressure, dizziness, fainting, and even cardiac arrest. An anaphylactic reaction can progress rapidly and be fatal.

Potentially, any food could cause an allergy. However, the

most severe food allergies are commonly caused by just a few foods: namely, milk, eggs, fish, crustaceans, peanuts, soybeans, tree nuts, and wheat. A person can develop an allergy at any age. Studies show that genetics play an important role, and a child is more likely to develop an allergy if one or both of his parents have allergies. It is not uncommon for children to grow out of allergies.

Symptoms of food intolerance are generally less alarming than those of extreme allergic reactions. Food intolerance may cause stomach pain, bloating, gas, cramps, headaches, skin rash, tiredness, or a general feeling of malaise. An intolerance may be related to a variety of foods -dairy, wheat, gluten, alcohol, and yeast are among the most common.

Diagnosis and Treatment

If you think you may suffer from a food allergy or a food intolerance, you may decide to get checked by a specialized health professional. Selfdiagnosis and autonomously deciding to eliminate certain

foods can at times be harmful, as you may inadvertently deprive your body of necessary nutrients.

There is no widely accepted treatment for severe food allergies other than the total avoidance of the particular foods that trigger the allergy.* On the other hand, if you have milder food allergies or food intolerance, you may see some benefit from simply reducing how often you eat certain foods and the amount. In some cases, however, sufferers are compelled to avoid the foods in question altogether, or at least for some time, depending on the severity of the intolerance.

So if you have a food allergy or a food intolerance, you may find comfort in knowing that many sufferers have learned to manage their condition and still enjoy a wide variety of nutritious and delicious foods.

^{*} It is often recommended that sufferers of severe allergies carry a special pen containing adrenaline (epinephrine) that can be selfinjected in case of an emergency. Some health professionals suggest that children with allergies carry or wear some visible indication that can warn teachers or caregivers of their condition.



The Ant's Neck

MECHANICAL ENGINEERS marvel at the ability of a common ant to lift weights many times heavier than its own body. To understand this ability, engineers at Ohio State University, U.S.A., reverse engineered some of the ant's anatomy, physical properties, and mechanical functions by means of computer models. The models were created using X-ray cross-sectional images (micro CT scans) and simulations of the forces an ant generates when carrying loads.

A critical part of the ant's anatomy is its neck, which has to bear the full weight of loads grasped in its mouth. Soft tissues within the ant's neck bind with the stiff exoskeleton of its thorax (body) and head in a manner that mimics the interlocking of fingers in folded hands. "The design and structure of this interface is critical for the performance of the neck joint," says one of the researchers. "The unique interface between hard and soft materials likely strengthens the adhesion and may be a key structural design feature that enables the large load capacity of the neck joint." Researchers hope that a clear grasp of how the ant's neck functions will contribute to advancements in the design of man-made robotic mechanisms.

What do you think? Did the ant's neck with its complex and highly integrated mechanical systems evolve? Or was it designed? ■











