

MAY

Youth 85



**Building
Strong
Friendships**

**What Is Emotional
Maturity?**
By Herbert W. Armstrong

May

Youth 85

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EDITOR-IN-CHIEF: **Herbert W. Armstrong**
MANAGING EDITOR: **Dexter H. Faulkner**

ASSISTANT MANAGING EDITOR: **Mike Bennett**
GRAPHICS: **Michael Hale**
EDITORIAL AND GRAPHICS STAFF: **Matthew Faulkner, Nathan Faulkner, Robert C. Taylor, Lowell Wagner Jr., Eileen Wendling**
CONTRIBUTORS: **You the reader**

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COVER: Fishing together, talking together, doing all kinds of things together — that's what friendship is all about! Read about "How to Build Strong Friendships," starting on page 18. Photo by Nathan Faulkner.

Letters

A lot to homemaking

I read your "Homemaking — 1,001 Hats" in the January issue.

I had been thinking of not going to college and maybe even dropping out in high school, but your article opened my eyes and helped me to realize that there was a lot more to homemaking than I thought. I want my kids and family to be happy, not having to grow up having parents that didn't go to school [and who] wouldn't be able to help them with a lot of stuff.

Name Withheld
Oklahoma

Hard to say no

I just wanted to let you know how much, "I Try to Say No, But It Comes Out Yes" [January], really helped me. It was always hard for me to say no, and I couldn't understand why.

Well, reading this article helped me to understand. It helped me to see that I can say no. With God on my side I can overcome my problem. It makes me feel good when I fight back by saying no!

Vicky Quick
Springfield, Virginia

The nitty-gritty

Youth 85 is by far the best magazine in its class that I have had the pleasure of receiving. It really gets down to the nitty-gritty of what the teen scene is all about, and provides helpful, Bible-based information on how to handle life.

P.C. Raymer
Westville North, South Africa

Very disappointed

I was very disappointed reading the article, "What's It Like to Be a Teen in Temuco, Chile?" [February].

I thought the "youthful" editors would be more straightforward in reporting factually the conditions of the youth under the present government. Interviewing youthful residents from among Temuco's 75,000 population would have given the readers a much better understanding of life in Chile. Not one source has ever denied that human rights have been trampled on; that there are thousands of political prisoners.

Rueben Ackers
Los Angeles, California

The purpose of the "What's It Like to Be a Teen in . . ." articles is to allow young people from around the world to share their areas with other readers. The focus is social and cultural, not political.

What Is Emotional Maturity?

By Herbert W. Armstrong

Do you feel *deeply* about things or circumstances that are *moving* or important?

Did you ever check your emotional response to know whether you have attained emotional maturity and stability?

Most people give little or no thought to this matter of emotions. We humans start life as little babies. We have to grow up. But to fulfill life's real PURPOSE and mission, we must grow up not only physically, but mentally, spiritually and emotionally.

Did you ever stop to realize how many people think primarily only of attaining physical maturity? If it were not for compulsory public school education for children in our Western world, how many would take the initiative to develop their minds? How many, in each hundred, have done so in other countries?

But what about *spiritual* development? The average person, the world around, automatically accepts the established religion of his parents and his country. Why do most people of India follow the Hindu religion? Why do most of the Japanese embrace Shintoism or Buddhism?

Why do most Arab peoples follow the Islamic religion; most Jews follow Judaism; most Ital-

ians, Spaniards and Frenchmen — as well as South Americans — embrace Roman Catholicism; a majority of northern Europeans, Britons and Americans call themselves Protestant Christians? How many give any real thought to *why* they believe the religious ideas they hold sacred?

Do these run-of-the-mill hundreds of millions of people ever give serious thought to *spiritual growth*? Yet no person attains true maturity unless he attains spiritual maturity, as well as physical growth.

But fewer still ever give so much as a passing thought to the need for *emotional* development.

Secret of happiness

Just what do we *mean* — EMOTIONAL MATURITY? Few know the meaning of the term. Do *YOU*? Yet it is one of the real secrets of human happiness.

But, if none is truly *grown up* — really mature — until he or she attains not only physical, mental and spiritual adulthood, but *emotional* maturity as well, *where* will you find it taught?

Do you know any school or college that offers a course in EMOTIONAL DEVELOPMENT? It most certainly is something we *need* to be taught. Few will ever teach it to themselves.

No one is born with it. It must be learned — developed. We need, continually, to realize that

we are born as helpless little babes, knowing NOTHING at birth. We do not come equipped with instinct, like the dumb animals.

Ever see a little calf born? The mother cow doesn't go to a hospital to have her young delivered by an obstetrical physician, attended by white-capped and gowned nurses. She has no delivery table. No one helps her. The little calf comes into the world by an instinctive, natural process.

Almost immediately it struggles to its feet. It finds its legs a little wobbly — but in a few minutes it stands on all four. No one teaches it to walk — and it doesn't have to wait a year to learn. It starts walking at once.

No one teaches it where to go — it knows! It has *instinct* built automatically into its brain. It goes after its dinner. No one tells it or teaches it *where* the dinner is located. The mother cow simply stands stupidly by, waiting for the calf to find its dinner.

No newborn human knows that much. Yet the human infant has something the dumb animals do not possess — human MIND. Humans, however, have to GROW UP. They have to LEARN — to be TAUGHT.

And one of the basic things every human *needs*, so vitally, to learn, is the right use of the human emotions. So you see, the human

MIND has something vital to do with human emotions. Yet most people never give thought to *controlling* emotions with the mind!

But our emotions need to be *understood*, taught, trained and controlled by *the mind*!

OUR MINDS WERE GIVEN US FOR A PURPOSE!

Where is the logical and proper place to begin such training? It ought to be taught to 1-, 3- and 6-year-olds, and in the early primary grades in school. That means this teaching ought first to be taught by PARENTS in the home. But how can parents teach children when they themselves are still emotionally immature? How can elementary school teachers disseminate what they have never learned, themselves?

Just *WHAT IS* emotional maturity? One author defines it this way: development from a state of *taking* to a state of *giving and sharing*. There's also a spiritual principle involved — development from natural impulses and responses of human nature to the principle of loving one's neighbor as himself or herself. Few realize it's a recipe for happiness. It is

From childhood we must grow up, not only physically, but mentally, spiritually and emotionally as well.



Photo by G.A. Belluche Jr.

something that must be learned — by the MIND — and developed by self-discipline. As I said, it's something you were not born with. Human nature is totally contrary to it.

GOD'S LAW is based on the

GIVING principle. Its basis is LOVE. Love is outgoing concern. Human nature is a magnet — a PULL, in the direction of *self*. But the way of GOD'S LAW, which is the way to peace, happiness and everything good — ah, that is a way humans must be *taught*. Giving, sharing, serving, helping have to be *learned*.

What about emotions?

But humans *are* equipped with EMOTIONS. And, from babyhood, all humans are actuated more or less by their emotions. Emotions are *feelings* — disturbances — departures from a calm state of rational right thinking and acting. Emotion is an *impulse* toward action or expression of feeling, unapproved — unless taught and controlled otherwise — by the mind. Among the emotions are such feelings or expressions as fear, anger, resentment, jealousy, hatred, grief, sorrow, surprise, desire, elation, joy.

Emotions have a first cousin — our moods. The emotionally immature usually are moody, and have not learned to control their moods.

More and more I am impressed with a most important TRUTH we humans are prone to overlook. While animals are guided by instinct into the course intended for them by the Creator, man is given powers and potentialities infinitely higher. The spirit in man imparts to the brain the powers of the human MIND — an intellectual and even spiritual quality.

Dumb brutes cannot appreciate a Gainsborough, a Rembrandt or a Goya painting; a Beethoven sonata or a Schumann concerto; or the literature of great authors. They cannot acquire scientific knowledge, weigh facts, make decisions, render judgments, exercise self-discipline, develop character.

They cannot attain access to and union with Almighty God, become begotten of Him as His very child, enjoy actual communion with the eternal Creator,

have their minds opened and enlightened by His Spirit, come to comprehend spiritual truths and, finally, become BORN as a son of God in His very divine Family!

Man was put on earth to develop and attain to something infinitely higher than animal destiny. Man was intended to develop spiritual CHARACTER — to become like the supreme GOD. This all comes through the marvelous human MIND. One comes to knowledge of God through the mind. One realizes sin and repents of it *in the mind*! God's Spirit entering is the Spirit of a *sound mind*!

Not only spiritual development, but also emotional maturity is developed through the MIND. It comes by right knowledge, creative thinking, right decisions, the use of will, self-discipline. To rightly direct his actions is man's purpose in life.

Yet most people seem to assume humans to be merely the highest of the dumb brutes! They fail utterly to comprehend the magnitude of human potentiality! They allow themselves to act thoughtlessly, on impulse, with feelings, moods, emotions being swayed and buffeted into troubles, tragedies and sufferings, through irrational actions.

A tragic case

I once knew a tragic example. It was a man highly educated, a teacher, who readily assumed the responsibility of teaching youths when he, himself, had never learned this central truth of life.

His mind was stored with knowledge about *things* — geology, astronomy, mathematics, literature — but he had acquired little knowledge about himself: his moods, feelings, drives, impulses, desires. As a child he had been pampered, petted and spoiled, permitted to have his own way. He had not been taught self-restraint, self-control or how intelligently to divert his moods and desires, and guide them according to wisdom.

He was married to a beautiful and intelligent wife, had a fine
(Continued on page 26)



Photos by Nathan Faulkner

Shortcut to Disaster!

By Michael Morrison

I found out the hard way — things aren't always what they appear to be!

Map in hand, I began my hike. It was a bright spring day and the blue of the Indiana sky was reflected in the lake. The sounds of birds filled the air.

This was new territory for me, so I decided to explore all the way around this lake. Much of the area along the 10-mile (16-kilometer) shoreline was marshy, so raised trails had been built.

My map showed the trails I needed to follow, but they didn't always provide the shortest

distance between two points. After many miles of following trails that took me out of my way, I was tired of it. Perhaps I could take a shortcut through an open field. It was shorter and easier. At least, it appeared to be.

My shortcut would save me a lot of time, and I didn't really need that map — I was smart enough to find my own way.

But, as I got near the center of the field, I saw a stream running between me and my destination. It was only a small stream. At least, it

My shortcut wasn't on the map, but it would be faster and easier. Or so I thought!

appeared to be. I didn't want to admit that the map had been right, so I was determined to cross this stream.

I looked for a narrow point where I could jump across. I had crossed perhaps a hundred streams this way, and this would be easy. At least, it seemed it would be.

I jumped. Faster than I knew what had happened, I was waist deep in the blackest, smelliest mud I had ever seen or smelled.

What had appeared to be a small stream wasn't. It was a drainage ditch filled with organic mud, softer than quicksand. If it had been a little deeper, I wouldn't be here to tell about it.

Making my own trail

Several years later, I was hiking in a desert wilderness area of California, and I wanted to see a formation that was marked on the map. The map didn't show any trails going there, but I thought I could make my own. Only 2 miles (3.2 kilometers). Easy. At least, it appeared to be.

But I soon found my path was littered with obstacles. Sheer cliffs, steep slopes, loose rocks and thick thorny brush blocked my way. With all the detours and dead ends I was running into, I was chalking up mile after mile.

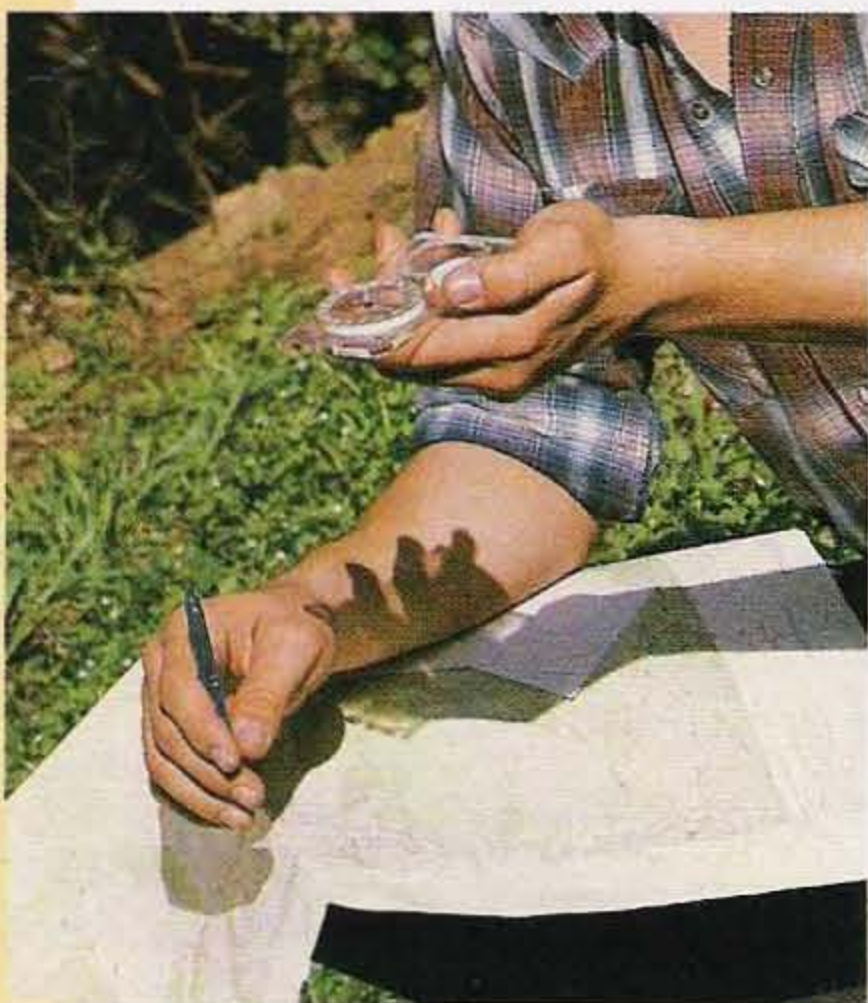
After six hours of strenuous exercise in the hot

desert sun, I grew faint with heat exhaustion. I finally admitted my own stupidity. I learned why no trails had been built — they would have been too difficult. I was no longer looking for the formation I had set out to see, I was now desperately searching for water to remain alive!

I finally found water, and after uncountable more scratches, I made it back to my car. I should have known bet-

ter, but again I had thought I knew more than the map.

I am a lot more careful now when I cross a stream. I'm a lot more careful now when in a wilderness area. I'm a lot more careful on many things I do — because things aren't always the way they appear to be.



If I had only followed my map, I wouldn't have gotten into those messes. What I thought would be easier wasn't. I hadn't believed what the map told me. How many things in life are like those two experiences?

In life, God tells me how I ought to live, and what I should and shouldn't do. That is my map. Sometimes another way may appear to be easier or better. But after a while, I always find out that it isn't.

Many times I wish I had listened to my parents. They were telling me that what God said was for my own good, but I didn't believe them. I went my own way, to what was easier. At least, it appeared to be.

So I jumped in, and the next thing I knew I was in trouble. How much easier it would have been to believe my parents! Instead, I learned by painful experience that they were right.

In Indiana, I was lucky. If that mud had been deeper, I would have jumped in over my head — and never gotten out. All because I thought I had found an easier way.

Many have jumped, and haven't come back. Their bodies have been found in quicksand, in bogs, at the bottom of cliffs and waterfalls. They didn't live to tell the mistakes they made. They aren't around to warn us to take the map seriously.

Don't ignore the map

In life's journey, many have ignored their map and jumped in over their heads. Some guys wanted to look tough by drinking and driving. Some got away with it, but others were found in twisted wreckage.

Some went along with the crowd and took drugs. They thought the penalties wouldn't happen to them.

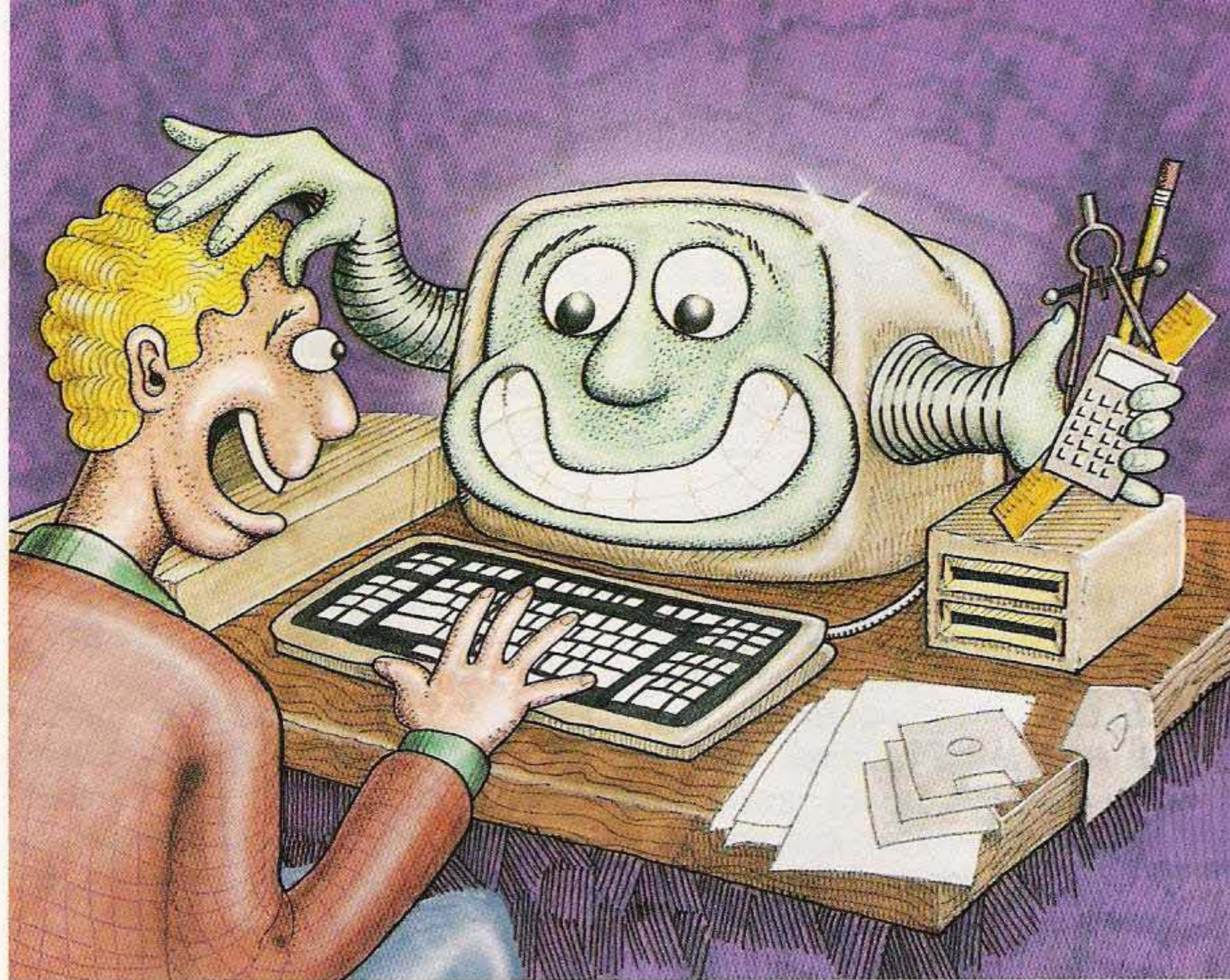
If we go the wrong way, the result may not be immediate, and we may get away with it for a while. But the result will eventually catch up to us — even if we think we are smarter than the rules. My grandfather smoked, and he didn't die immediately. The penalty — emphysema — came 40 years later.

God doesn't make picky little rules just to see if we will obey. His rules are not picky, and they are not little. They are for a purpose: He knows we need a map. Those rules are to help us to be happy.

Will we believe the map we've been given? God has given us a guaranteed guide to a productive, satisfying, happy and successful life. He tells us what is safe, and what is not.

Does another way appear to be easier? Does it appear to be more fun? Remember: Things are not always what they appear to be.

God's way, on the other hand, is guaranteed. If you follow God's map, you can't fail. His way — the way to every good thing you could ever want — really works! □



There Is a Computer in Your Future

By Victor Kubik

Someday soon you will need to be friends with computers, so maybe now would be a good time to get acquainted!

They're showing up everywhere.

First it was the research institutions and the large corporations. Then they began taking over business offices of all kinds.

Now, ready or not, they're entering schools and homes.

What are these "televisions with keyboards" that are popping up all over? Can they really be friendly, as their promoters claim?

And how will you be affected by this computer invasion?

What they're really like

Computers aren't really all that

hard to get to know. And you will probably find, as many others have, that to know them is to like them. So let's get acquainted by looking at some of the things computers are good at doing.

A computer is a tool that's both a powerful calculator and a system for storing, updating and using information. It communicates in numbers, words and pictures (called graphics).

Computers are particularly good at tasks that require extensive handling of information, like sorting data, controlling inventory and accounting. They can also help project costs, send electronic messages to other computers, tap into vast information services

over telephone lines and, of course, play games.

Computers help farmers decide what and how much of a certain crop to plant, aid policemen in catching thieves and help composers write music. These are but a few of the increasing uses of computers.

As computers increase in memory and speed, only man's imagination will limit what they will be used for.

Did you realize that just by reading this magazine you are being affected by computers? The printed words you are reading were typeset with a computer. Your address label was generated by computer.

This article is even being written using a computer as a word processor. An electronic dictionary program will check for misspelled words, and then another program will check for common grammatical errors. Typing an entire page over and over to correct errors can now be a thing of the past.

It would take three trillion* clerical workers to manually do what all the world's computers do now!

Prices still falling

Why has the computer become so widespread? Partly because of the drastic reduction in price. You can now buy one for less than \$50. One popular home model that cost nearly \$600 two years ago now sells for less than \$150. A practical home system, including printer, can be set up for less than \$1,000, and prices are still falling.

Here's what's happened in the world of computers since World War II.

The first modern computer, called the ENIAC, was built in 1946 and was used for the 1950 U.S. census. It contained 18,000 vacuum tubes (one malfunctioned on the average of every seven minutes), weighed 30 tons and used 130,000 watts of power.

Only a few scientists knew how to run ENIAC. The U.S. government and some businesses were

*Billion, British usage.

Increasingly computers have become user-friendly, which means using them has become simpler.

the only users. Experts then felt that 100 such machines would take care of the computer needs of the United States.

How things have changed! Today's personal computer has more than five times the computation power of the ENIAC, may weigh less than 30 pounds (14 kilograms), sits on top of a desk and uses only 50 watts of power. Everyone in the family can use it, not just scientists.

Breakthroughs in the development of the silicon chip in the late 1960s have shrunk the computer's size and price.

A chip the size of your fingernail does the work of thousands of transistors, which themselves were miracle replacements for the vacuum tube. When the chips were mass produced, prices fell within reach

er was a complicated machine that most people couldn't use. But, increasingly computers have become user-friendly, which means that their operation has become greatly simplified.

Just like you don't need to understand how your car engine runs to drive a car, you don't need to understand the inner workings of your computer to use it.

Simpler programs (instructions that tell the computer what to do when the proper keys are punched) have removed much of the mystery of computer use. Many programs are self-teaching. Loading and running them, in many instances, is no more difficult than putting a record on a phonograph.

Those who quickly learn how to use a computer on their jobs will be more productive and will advance more quickly.

Young lead the way

Many schools, recognizing the importance of this development, now teach courses in computer literacy and use computers as part of their general instruction.

In the St. Paul, Minnesota, public schools, for example, plans are for every classroom to have a computer and every school a computer lab over the next three years.

In one elementary school, students are learning to write English compositions using a computer. First graders are becoming familiar with the keyboard and can execute basic computer commands.

In my son's third grade arithmetic book, problems are expressed not only in traditional

notation, but in BASIC, the most common language for small computers.

Terms like *floppy disk*, *memory*, *program* and *monitor* are becoming standard classroom vocabulary.

Starting in the fall of 1983 Drexel University in Philadelphia, Pennsylvania, made news when it required all incoming freshmen to own and operate a personal computer.

That included *all* freshmen, whether they majored in fashion design, journalism, the humanities or the technical fields. The faculty felt it was important for everyone's complete education to know how to use a computer, because everyone will encounter one sometime.

Your future job

Anyone who wants a white-collar job in the future will have to be computer literate. Check the job listing in your newspaper and you will see one job after another begging for someone with computer experience. Not only for data processors and programmers, but for secretaries, estimators and insurance people with computer skills.

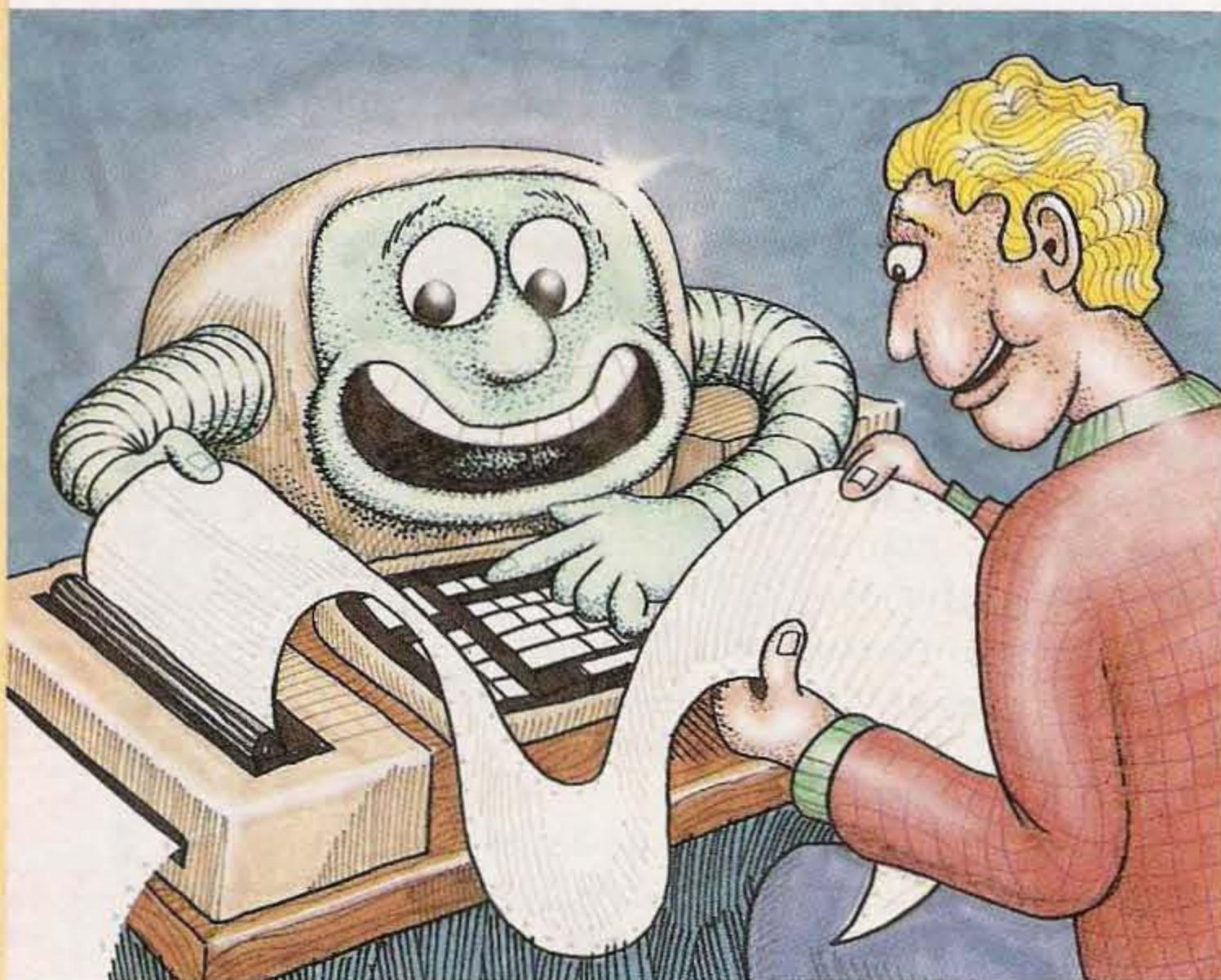
If you say, "I'm not interested," "I don't have use for one" or "I can get by without one," future employers may also get by without you.

Word processors are rapidly replacing typewriters as the mainstay of today's modern office. Experienced operators now earn 50 to 100 percent more than a traditional secretary or clerk-typist.

If you are thinking about working in an office, or plan to do any work with a typewriter, don't let any chance to learn word processing get by you.

Does your school offer computer classes? (The first step, of course, is a typing class.) If so, take advantage of them. Don't pass up chances to learn now — it may be more expensive and more difficult to get this vital education later.

The computer age has arrived. Are you prepared for it? □



of more and more people.

Every \$100 spent on computers today buys the power that more than \$1,000,000 bought 30 years ago.

Simpler and friendlier

Just a few years ago a comput-

A Different Kind of STAR SEARCH

By Kenneth C. Herrmann

As the sun drops below the horizon and twilight begins, one by one the stars begin to sparkle in the sky.

Within hours after sunset, the few have become hundreds and the hundreds are soon overwhelmed by thousands more.

But why do they first appear one by one? Let's learn more about the stars.

Originally, all stars able to be seen by the unaided eye were put into six categories of brightness.

The 21 brightest stars were all called *first-magnitude* stars. These are the first to come out in the evening sky and are the last to

disappear as morning approaches.

The next 50 were called second-magnitude stars. One of these, the North Star (Polaris), is familiar to those of us living in the Northern Hemisphere. When we sight Polaris, we know that north is the point on the horizon just below it.

One way to think of the difference in brightness among stars is to imagine Polaris as a

40-watt light bulb placed on a distant hilltop. A 100-watt bulb placed beside it would compare to a typical first-magnitude star.

The faint sixth-magnitude stars would be but one watt each. The fifth-magnitude stars would be 2½ watts; fourth magnitude, six watts; and third-magnitude stars, 16 watts.

The 21 brightest stars are not equally bright. This helps explain why the stars come out one by one.

The brightest of all is Sirius, the Dog Star. It almost jumps out to meet us during the winter (summer in the Southern Hemisphere) months shortly after sundown. Sirius would be like a 920-watt electric torch blazing brightly beside those 100-watt and one-watt bulbs. This is why it is No. 1 among the stars.

Canopus, the second brightest, is familiar to people in the Southern Hemisphere. Call it 480 watts.

Another star, still farther south, that you might know of is Rigel Kent (Alpha Centauri). You can think of Rigel Kent as a 320-watt bulb.

Only one star can be seen in broad daylight — our sun! It would burn with a blinding 12 million million watts on that distant hilltop.

A star's apparent brightness depends not only on the star's size and power, but also its distance from earth. The closer the star, the brighter it will appear.

The brighter a star is, the sooner it can compete with the fading light of our sun at the end of a day.

This is why certain stars are always the first to appear and the last to fade.

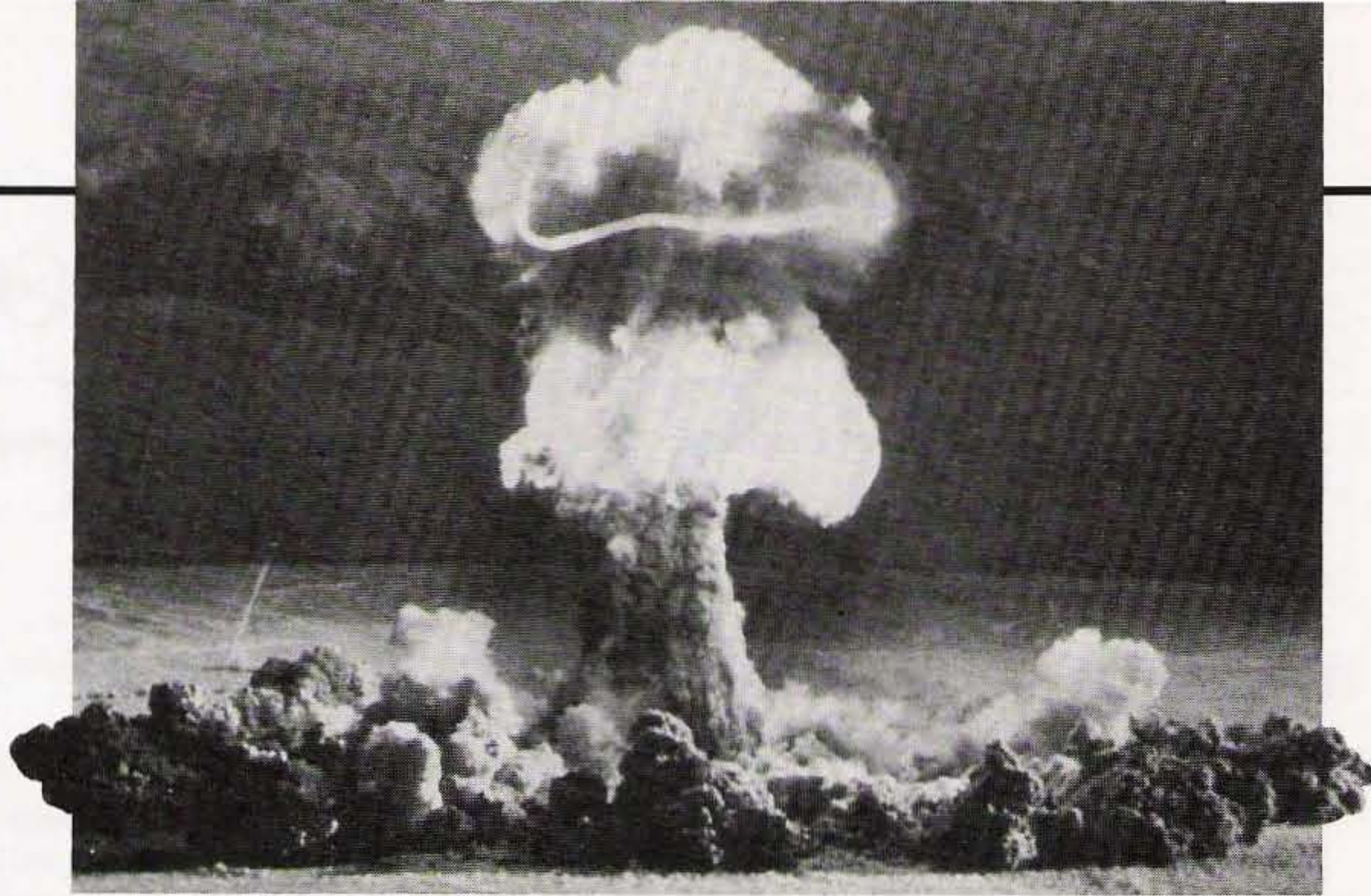
The next time you watch the stars come out, perhaps this will help you more greatly appreciate the power and magnitude of the heavenly "tent" God created for us to dwell under (Isaiah 40:22). □



Clockwise from left: The Pleiades star cluster; close-up of planet Jupiter, which with the unaided eye looks like a bright star; a timed exposure shows stars as streaks because of earth's turning.

Photos: center, Youth 85; others, Finley Holiday Film Corp.

World War II The War That Changed the World



• To most young people, World War II is only something grandparents talk about or a chapter to read in a history book. But the world we live in today is the product of what happened in this, the largest of mankind's wars.

In this special edition of "News That Affects You," we take a close-up look at this war. This year is the 40th anniversary of the end of the war. And, surprising as it may seem, after 40 years World War II continues to shape your world and your life. □

Growing Up in World War II

• The year was 1942 — the middle of World War II. If you had been a teenager then, how would the war have affected you? To get some ideas, *Youth 85* talked to several people who were teenagers during the war.

"It was a very patriotic time," recalled Shirley Rhoades (second from left in the photo) who was in high school in the United States. "We were encouraged to write to the fellows in the service, even guys we didn't know, for their morale. My friends and I went to the movies every week, and the movies were often about the war or spies. We found them inspiring. We didn't think of them as propaganda at the time."

Top photo, Wide World; bottom photo courtesy Shirley Rhoades

Most countries issued rationing coupons for gasoline and many foods during the war. No one could legally buy more than his or her share. Mrs. Rhoades said: "The minute the news came that the war had ended, rationing ended. We immediately drove downtown and filled the tank with gas. Now we could go anywhere, again."

Werner Jebens spent his teens on the other side of the war — in Germany. "We didn't want air raids, but they were welcome in one way — a night raid meant school was canceled the next day. My friend and I would go outside to watch the air raids. For us they caused more curiosity than fear.

"For the people who were closer, though, there was stark fear. Many of the cities had tarred streets, and with the napalm bombs, the streets caught on fire, the houses burning too.

Then they would drop air mines, which would explode in the air and just flatten the buildings on top of the fires, so the people were trapped in their shelters. And if they did manage to get out, they encountered flaming buildings and streets."

Eugenio Api was a young boy in a Philippine village when the Japanese invaded. As the Americans began to push the Japanese out, "We heard that the Japanese would behead all the Filipinos in each village before leaving.

"So, overnight, our whole village went into hiding. Our family dug a hole in a riverbank

Nuclear weapons (above) ended the war and opened a new era. The war affected teens in Michigan and Germany (below and right) quite differently.



under a bamboo root and stayed there in the water during the day, like an alligator. At night we could go out and gather food and see what was going on." The family hid four months, until the Japanese had gone.

Dibar Apartian, who spent the war in Switzerland listening to bombers fly overhead night after night, said: "I think living through the war as a young person matured me. It makes you ask yourself, 'What is life all about?' You learn what it means to not be able to go out, not have enough to eat, to lose everything you have." — *By Colleen Dixon* □

'What Was It Like Before the War?'

• Let's take a trip back to the years just before World War II. Imagine growing up in that much different world . . .

Your family is probably large compared to 1985 standards. More of you will live in a small town or in the country, where your parents have room for four, five or even 12 children.



Since television is still only a dream, you listen to radio shows in the evening. Mostly the news will be about Europe.

On a Saturday night, you might decide to go into town to see the latest Hollywood blockbuster, *Gone With the Wind* — and guess what! It's one of those new color movies!

Rock and roll hasn't been invented yet, so if you want to listen to the latest sounds, you probably turn to one of the hot new big bands.

You might be surprised when you get your first part-time job. You only make 25 cents an hour!

Your mother probably doesn't work outside the home. Women are still a tiny part of the work force. During the war, large numbers of women had to take full-time jobs. Today, in 1985, more women than ever are pursuing careers.

Science made many discoveries because of the war. Rockets and nuclear power, for example, came about as part of wartime research.

Can They Be Friends?

• Can you imagine the United States and Soviet Union being friends? Pretty difficult to do?

Believe it or not, just 40 years ago they were allies. Probably just as strange is that the nations the United States and the Soviet Union fought against are now their allies. Confusing, isn't it! How did this all happen?

For centuries, Europe had been the center of world power. But World War II shattered Europe's power. From the war's ashes two great powers arose: the Soviet Union and the United States.

The leaders of the victorious



The world has gotten much smaller since the war because of instant communications and high-speed travel.

That's a lot of changes in 40 years. But there are even bigger changes ahead. For a fascinating look at mankind's next few years, write for the free book, *The Wonderful World Tomorrow — What it Will Be Like*. — *By Sandi Borax* □



An American and a Soviet soldier celebrate the end of the war.

allies were determined that such a thing as World War II should not happen again. But no sooner had the war ended than the former allies began to disagree.

The United States and Britain felt that nations freed from enemy control should be allowed to regain the freedom they had before the war. The Soviets, who

(Continued on page 10)

Map by Ron Grove



In one of history's most amazing events, Europe's giant world empires virtually vanished overnight. World War II spread the dream of independence in many of the colonies. After the war, the dream became reality as one

nation after another gained independence. The orange areas on the map show nations that became independent since the war. The red areas show the remaining dependent countries.

(Continued from page 9) had suffered terribly in the war, wanted a protective layer of countries around them.

These two positions were at odds with each other. Eventually two rival alliances were formed — the North Atlantic Treaty Organization (NATO), composed of the United States, Canada and many Western European nations; and the Warsaw Pact, composed of the Soviet Union and many Eastern European nations.

Today, though, both alliances are experiencing difficulties. Europe has regained much of its strength and is beginning to express its differences with its two superpower partners.

Europe has also taken steps toward combining into a great superpower itself. See the next article for the fascinating story.

— By Dan C. Taylor □

Launching a United Europe

• It is the spring of 1945. The fighting in Europe is over. The Continent slowly picks up the pieces. The suffering and destruction prompt many to ask how war might be avoided in the future.

In an important speech in September, 1946, former British Prime Minister Winston Churchill suggests a solution: "We must build a kind of United States of Europe."

Individually, the nations of Europe have lost their influence in world affairs. United, many realize, they could recover their lost influence.

Since then, progress toward

unification has been slow. But there is a growing interest.

One of the strongest backers of European unity is Pope John Paul II. He has declared: "Europe, despite its present and long-lasting division . . . cannot cease to seek its fundamental unity . . ."

The pope has been backed by influential politicians.

Otto von Habsburg is a member of the European Parliament and a key backer of European unification. He believes it may be the key to European survival.

Many Europeans believe the remaining years of this century will bring about a united

Europe. And they are right.

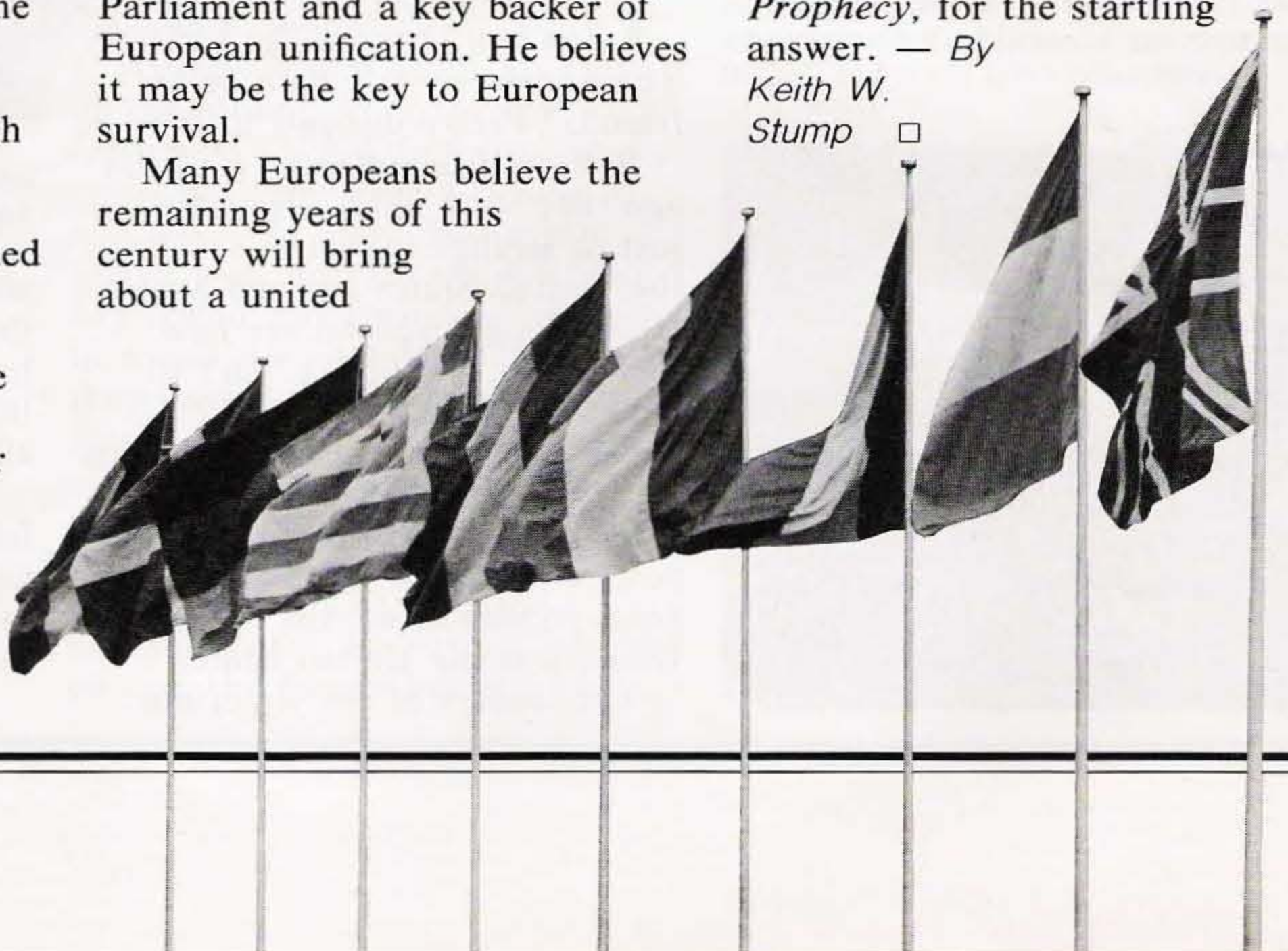
Bible prophecy reveals that a powerful new Europe is on the horizon. The years just ahead will provide specific events that will trigger the final, sudden, desperate union of Europe.

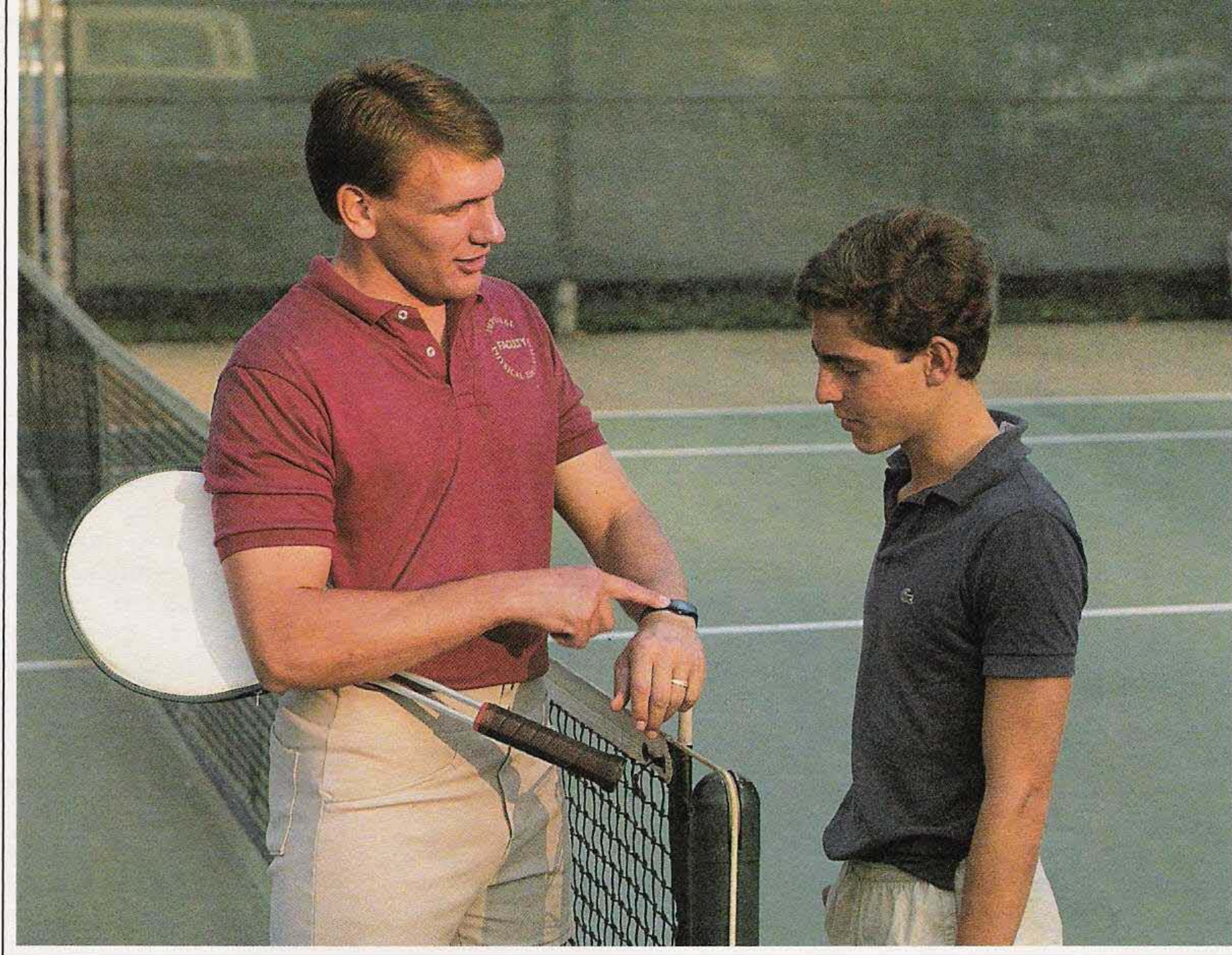
But will this new power be able to avoid conflict with today's superpowers as she herself rises to superpower status? Write for the revealing free book, *The United States and Britain in Prophecy*, for the startling answer. — By

Keith W. Stump □

Photo courtesy J.L. Debaize

European flags blow side by side. Can these countries put aside their differences to form a united Europe?





Photos by G.A. Belluche, Jr.

Are You Really Listening?

By Sharon M. Lippincott

It would be easier to listen if our minds didn't work so fast!

“Hey, Bill, how come we didn't see you at the practice yesterday? Aren't you going out for the team this year?” asked Mr. Jones, Bill's tennis coach.

“Yesterday? I didn't know we were having practice yesterday! I thought it started next week!”

“It was announced on the homeroom bulletin yesterday and the day before.”

Bill's stomach felt sort of funny as he explained that he hadn't exactly listened to the bulletin.

He did go to practice that afternoon, and then stopped by to see his friend Sally for a few minutes. While he was there, Sally's mom called up from the basement.

“Sally, I can't find the laundry soap I asked you to get at the store yesterday.”

“Oh, wow, Mom, I didn't hear you tell me that!”

“I specifically mentioned it as you were leaving, Sally.”

Sally could vaguely remember now, but she had been in a hurry and hadn't really listened. Bill took her to the store to get soap, but the delay put her mother 30

minutes behind on getting her work done.

Finally, when Bill walked into his house, he found his sister clearing off the table. “What's going on? Did you guys eat without me? It isn't supper time for another 10 minutes!”

“Bill, did you forget that I told you this morning that we would be eating early? Your father and I have choir practice tonight, and we have to be there early to set up. Your supper is in the refrigerator, but you'll have to warm it up yourself. And don't forget to clean up!”

As he sat down to eat alone,

Bill decided he would have to begin listening more carefully.

What you don't hear . . .

Bill and Sally are both examples of the sort of problems we can get in when we don't listen. This time they just missed out on things or messed up other people's plans. Fortunately, these situations could be cleared up fairly easily. Some others are more of a challenge. For example, Jane and Joe have far more serious problems stemming from poor listening habits.

Most people who know her think Jane is stuck-up, conceited and a know-it-all. She constantly interrupts everyone. And no matter what anyone else has to say, she has a story to top it.

Jane is not happy with the way things are, but she doesn't know what to do. Even if she did, it would take time to change the way people think of her.

Joe's problem could affect his whole future if he doesn't make some changes soon. He just can't seem to pay attention in class, and spends his time doodling. His grades show the results of his poor listening habits.

School seems so boring, he is thinking of dropping out, even though he still has a year to go. What Joe doesn't realize is that it won't be any easier to keep a job than to stay in school if he doesn't learn to listen.

Fortunately there are things we can do if we want to avoid some of the problems caused by bad listening. We can learn to listen better — we just have to want to learn and then constantly practice.

Thinking too fast

Let's go back to Bill and Sally. One of their problems stems from the way the human mind is created. Most people think at the rate of 400 to 500 words a minute. But the fastest people can talk is about 200 words a minute. Most people talk much slower than that.

This means there is plenty of time to think about other things while we listen to the morning

bulletin. The problem is that we get so interested in the other things, we forget to tune back in to the bulletin at the next word. Before we know it, the bulletin is over!

The remedy for this problem is concentration. Think about what's being said and repeat it to yourself. Try to think ahead and guess what might be said next. Then listen to see if you're right. If you are, you'll feel good and remember it. If you're wrong, the shock could help you to remember.

You can also increase the odds of remembering instructions and things like that by repeating them

Bill's listening problem is related to the way the human mind works: We think twice as fast as anyone can talk!

out loud to make sure you understood them.

Listening with paper and pencil and making notes helps too when you're listening to things like the morning bulletin. Top students often have a list where they write assignments, and important announcements could be written there too.

Taking notes could help Joe in his classes too. But Joe has a bigger problem. Somewhere along the line he has become convinced that everything teachers have to say is boring, and he doesn't think he'll ever learn anything worth knowing in a classroom.

Sure, some teachers are more

interesting than others. But he's not being fair to himself to tune them all out.

It isn't easy to change from a closed mind to an open one. It would help Joe to think about his subjects from a broader perspective and to try to see the other person's point of view.

For example, in history class he can think about the lives of the people in the time he is studying. How did they feel about things? For that matter, how does the teacher feel about standing in front of a class that won't listen? Maybe Joe's teacher would even improve with Joe's help as an interested listener!

Jane's problem is also related to the speed of thinking. But instead of daydreaming, she uses the time other people spend talking to think about what she is going to say next.

Jane wants so badly to be liked that she tries hard to think of things to say that will impress people.

What a boomerang! If she could only realize that the one thing that impresses people most is to be listened to, she would change her approach in a hurry!

This points to another way to listen better. Concentrate on what other people are saying, and ask questions to keep them talking. Let them be the center of attention, and they just might think you are the smartest, most wonderful person in the world!

Another important point we can use to listen better is to look at the person who is talking. Good eye contact — looking right in the other person's eyes — makes it a lot easier to listen. So can leaning forward a little and nodding to the person as you listen.

Listening pays dividends. It can pay off in more and closer friendships, a better relationship with our parents and in finding and keeping good jobs.

All this if we just learn to deal with the problem of thinking too fast! □





What's It Like to Be a Teen in BEIJING, CHINA?

By Joel Rissinger

Picture yourself in Beijing, China, next to a highway clogged, not with cars, but with bicycles, horse carts and buses.

As you make your way down the street, you're amazed at how many people are squeezing through the swirling traffic.

The scene is alive with sound. Horns, bicycle bells and the

voices of many people surround you. Little children shout and play on the corner of the boulevard. An old woman announces the price of her popsicles in a language you can't understand.

On either side of the street, small shops display their wares. The smells of fresh fish, watermelon and tomatoes fill the air.

While you're taking it all in, your mind is racing. Why, it's so much different from what I

imagined, you might be thinking.

As the capital of the People's Republic of China, Beijing (long known in the West as Peking) is the leading city for a quarter of the world's population. Let's explore this bustling and important city.

The people and the place

More than 8.5 million people live in Beijing, along with three

So much to see, so many interesting people to meet — a thousand visits wouldn't be enough!

million bicycles. The city can be quite crowded. For example, when traveling by bus, passengers often have to stand face to face. Often a group of people at a bus stop will push each other onto the bus to make sure no one is left behind.

The city is old in style, with a fascinating history. The Chinese people are proud of their past and have kept detailed records for centuries. The records show Beijing first became the seat of Chinese government 700 years ago, and that it was founded more than 2,000 years before that!

The climate of Beijing can be harsh, with cold winters and hot summers. Air conditioning is rare, so people try to find other ways to cool off during the hot summer months.

One question people often ask is, "What do the Chinese eat?" Rice is the staple food, but the people of Beijing eat many other things. Stir-fried vegetables, bean curd and fish add variety.

One famous food is Beijing (Peking) duck. Ducks are raised by the thousands within the city specifically for roast duck dinners at the Beijing duck restaurants. The ducks are force-fed a special mixture of grain and soybeans to keep their meat tender.

At the Beijing duck restaurants, visitors eat virtually all parts of the bird. The feet, stomach and even the head are served. The head is considered to be a delicacy and is given to the guest of honor at large banquets.

A student's day

Let's look at what a day might be like for Jun Li, a student in Beijing. Jun rises at 4 a.m. to do

his morning exercises. After finding an open spot, he practices the slow movements of an ancient martial art for physical fitness and control.

After some study, Jun enjoys a breakfast of rice, rolls, spiced vegetables and tea. He showers and dresses in a white shirt and dark pants. Jun's classes start at 7:30.

In the small classroom, Jun sits behind one of the long wooden tables in the front row. Jun treats his teachers with respect.

Title and position of age are important to the Chinese. Even family members are carefully addressed according to age and



position in the family. For example, there are different Chinese words for younger sister and older sister. You would not refer to your sister without stating her rank in the family by age.

During his morning classes, Jun studies Chinese characters. The Chinese language is different from English in that it has no alphabet. Different characters or symbols are used to represent words. For example, it takes a recognition of at least 3,000 of these characters to read a Chinese newspaper.

Spoken Mandarin Chinese is



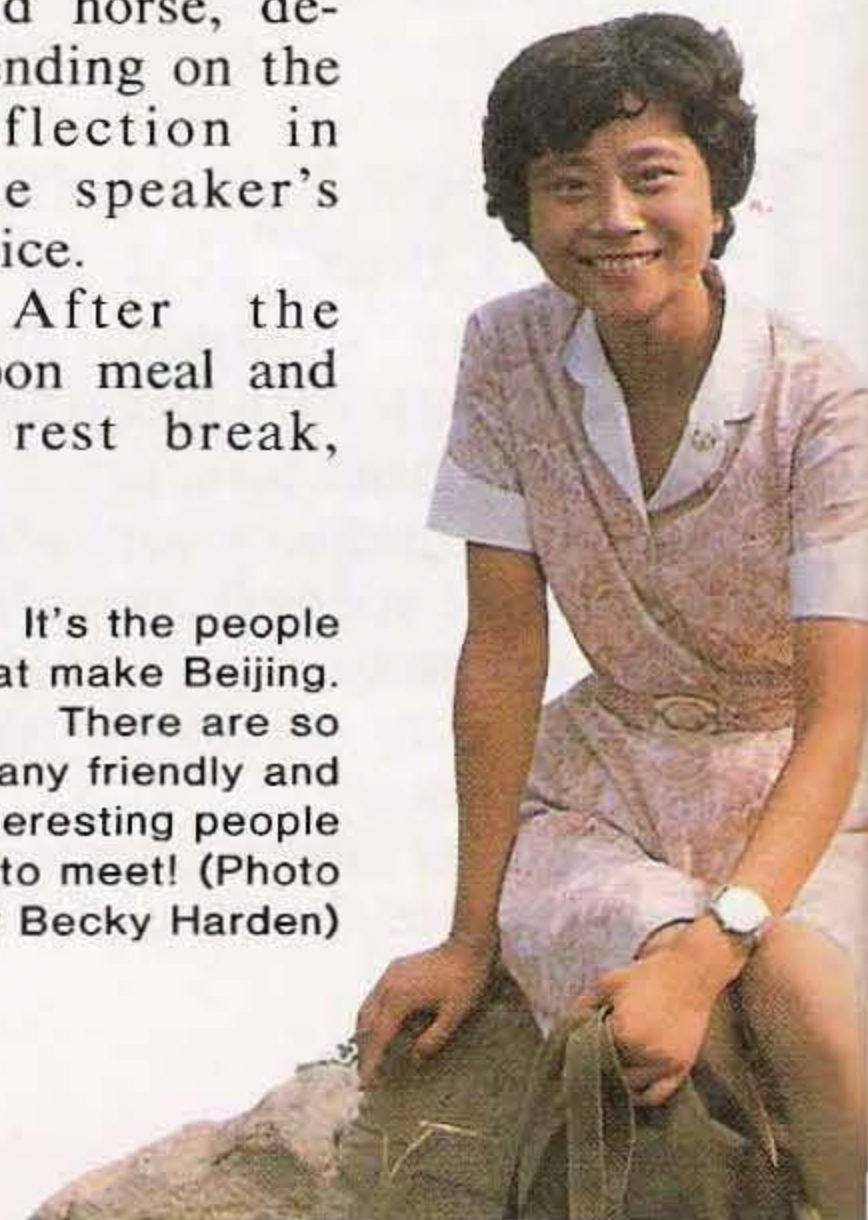
also quite unlike English. There are four tones in Chinese that can change the meaning of words if they're not pronounced correctly. For example, the

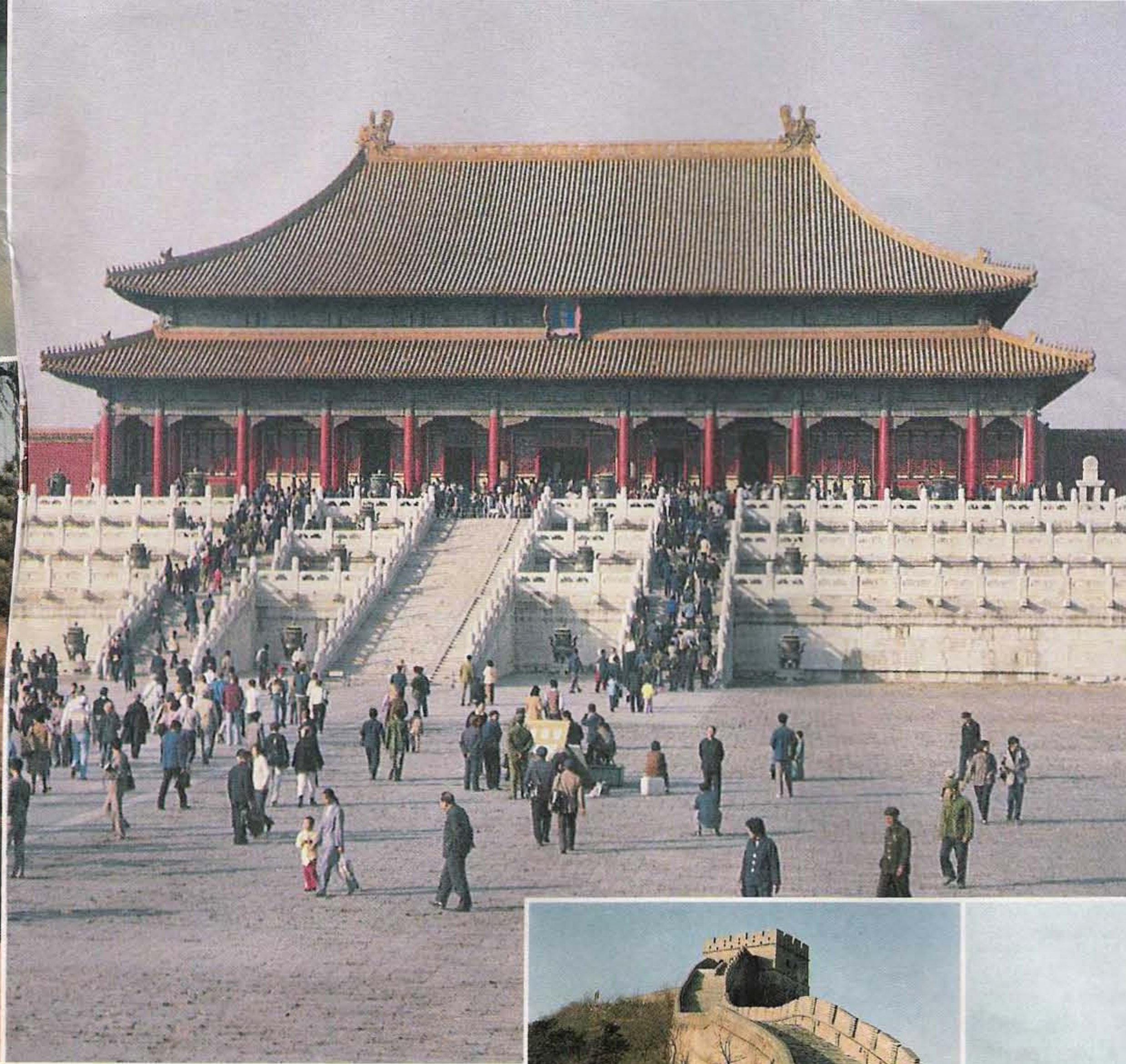
word *ma* can mean both mother and horse, depending on the inflection in the speaker's voice.

After the noon meal and a rest break,

It's the people that make Beijing.

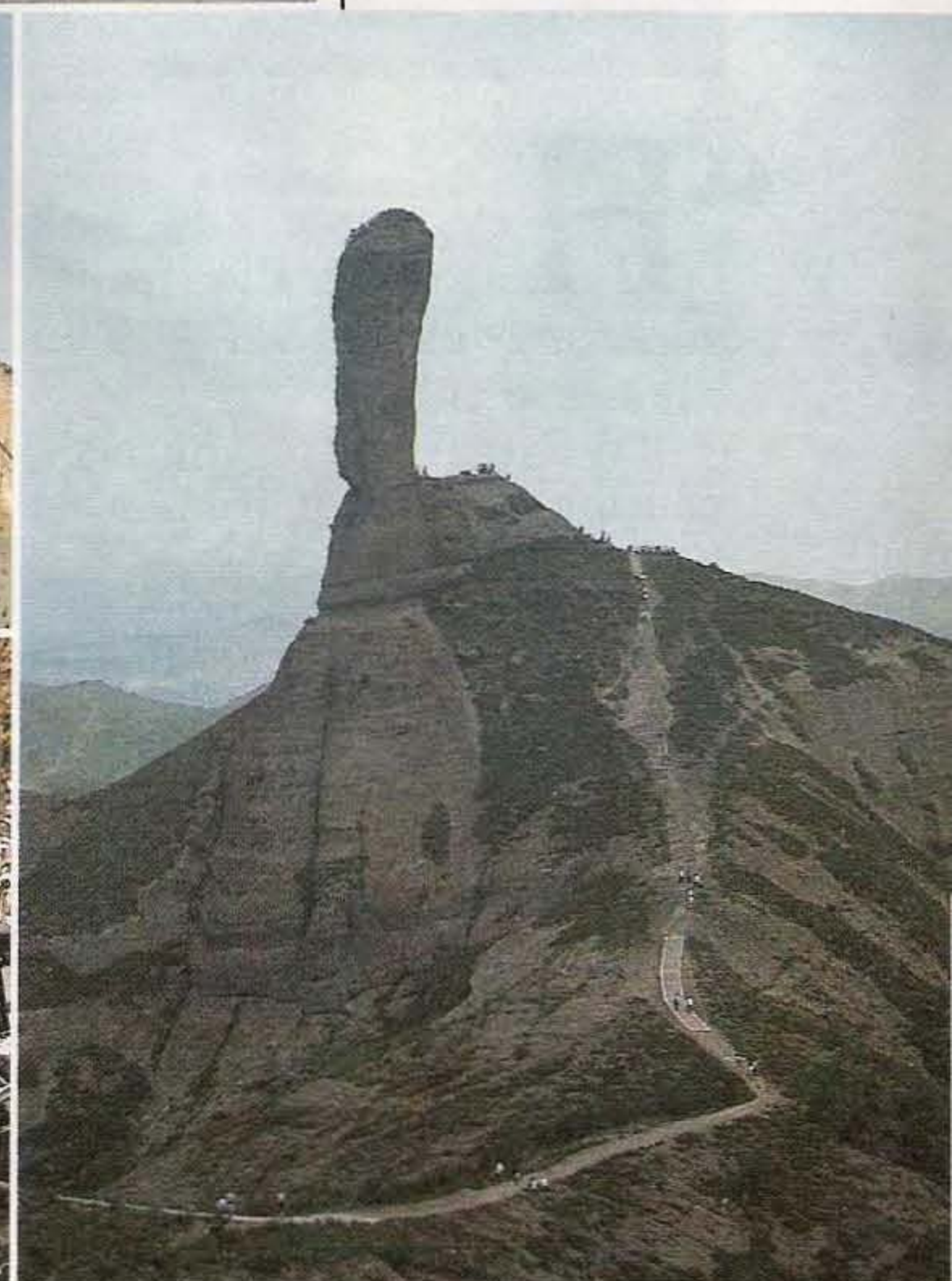
There are so many friendly and interesting people to meet! (Photo by Becky Harden)





Once the home of emperors, Beijing's Forbidden City (left) is now a popular place for Beijing residents to visit. (Photo by Jodi Thomas) Center, far left: One of the statues guarding the way to the Ming Tombs. (Photo by Warren Watson; top, far left, by Becky Harden; bottom, George Hague)

Clockwise from below: Hammer Peak, a rock formation near Chengde (Photo by Becky Harden); those ever-present bicycles; the Great Wall of China stretches for thousands of miles and can even be seen from space! (Photos by Warren Watson)



Jun is back to classes. He studies hard because only a small percentage of the students are able to go on to the university level.

Before dinner, Jun may have to purchase some items for his family at the market. Large shopping centers in Beijing are similar to those in the United States except they have a smaller variety of goods. Food, though, is sold in large open-air markets.

Entertainment

In the evening, Jun may be able to enjoy one of Beijing's fine cultural events before going to bed. Many musical or dance performances are available, but probably the most well-known is the Beijing opera.

Beijing opera performers wear bright and colorful costumes. Men and women act out roles and sing in a unique style used only in the opera. This rich art

helps preserve the culture of China in a real sense.

As the opera ends and the people of Beijing settle in for the evening, our tour must end as well. There are so many things to see and so many friendly and

interesting people to meet, a thousand visits would not be enough.

Perhaps someday you will visit this remarkable city. Until then, we'll say *zaijian* (good-bye) to Beijing! □



“Hey, come and look at what I’ve seen!” someone cries out. “You must see this!”

“What is it?” you ask, pausing a moment from what you’re doing.

“It’s a really bright rainbow!”

“Oh, but I haven’t got time to look now!”

Raindrops are falling on the windowpane near you. They patter one by one to the ground below. Despite all the things you have got to do, you make the time to step outside.

There, as the gray sky clears above, you see a particularly brilliant rainbow.

Almost in spite of yourself, you experience a sense of awe as you gaze on this colorful spectacle. Why? Because, although this arch is a common sight the world over, it is also one of nature’s most beautiful special effects.

The mystery

Since early history, the rain-

All the Colors of the Rainbow

By Penelope A. Goudie

*Rainbows — so real, yet so unreachable.
Their beauty and mystery have
awed people everywhere through the ages.*

bow has been connected with mystery as men around the world have wondered about how it forms and why it exists.

Today, the rainbow is known by many different names. To some North African tribes it’s

known as the “bride of the rain,” while to the people of Annam it’s the “little window in the sky.” In Italy this natural wonder is called the “flashing arch.”

Books have been named after the rainbow. And it is mentioned



Although the rainbow is a common sight the world over, this colorful spectacle continues to inspire awe whenever it appears. (Photos: Photo Bank, clockwise from far left, Carl Purcell, Don J. Siemens, Lee Peterson and Larry Dunmire)

bending the sunlight both as it enters and then, after reflecting off the back, leaves the raindrop. Multiply this by millions of raindrops and you have a spectacular, colorful rainbow!

How high the sun is above the horizon determines the size of the rainbow. If the sun is higher than 42 degrees above the horizon, no rainbow can be seen. If the sun is on the horizon, you will see a semicircular rainbow.

It's even possible to see rainbows in the shape of complete circles from an airplane because they are not cut off by the horizon!

Actually, the rainbow you see is not the same one someone else sees. And, every time you move, you are seeing light reflected off different raindrops and so you are seeing different rainbows.

This helps explain why you can't find the end of the rainbow — there isn't just one rainbow. You always see the rainbow that is far enough away to be reflected in your direction. If you were at the base of a rainbow, it would be reflected so that you couldn't see it!

Although it is merely an optical effect, this beautiful illusion that graces the sky after a storm still gives us a sense of wonderment. Each of us feels strangely compelled to watch each time it returns again, for a beautiful moment.

And though we can't reach the end of the rainbow, we can keep on looking upward, and admiring this symbol of mercy and hope. □

in the most important book of all — the Bible. There we find the answer to part of the mystery of the rainbow — its purpose.

As a sign of the Creator God's agreement with Noah and all humanity, the rainbow reminds us that there won't be another worldwide flood as there was in Noah's day. It is a symbol of God's mercy.

The rainbow is also mentioned in the Bible as being seen around God's throne. God likes to enjoy this colorful sight too!

There is something bright and cheerful about the rainbow's appearance that appeals to everyone. The arch of colors seems so real, yet no matter how hard you try to get near it, you just can't seem to catch it! It graces the sky awhile, then it is gone.

The end of the rainbow

"At the end of the rainbow there is a pot of gold," or so the old saying goes. And how can you say it's wrong when you haven't found the end of the rainbow — and neither has anyone else?

To understand why we can't find the end of a rainbow, let's look at how a rainbow forms.

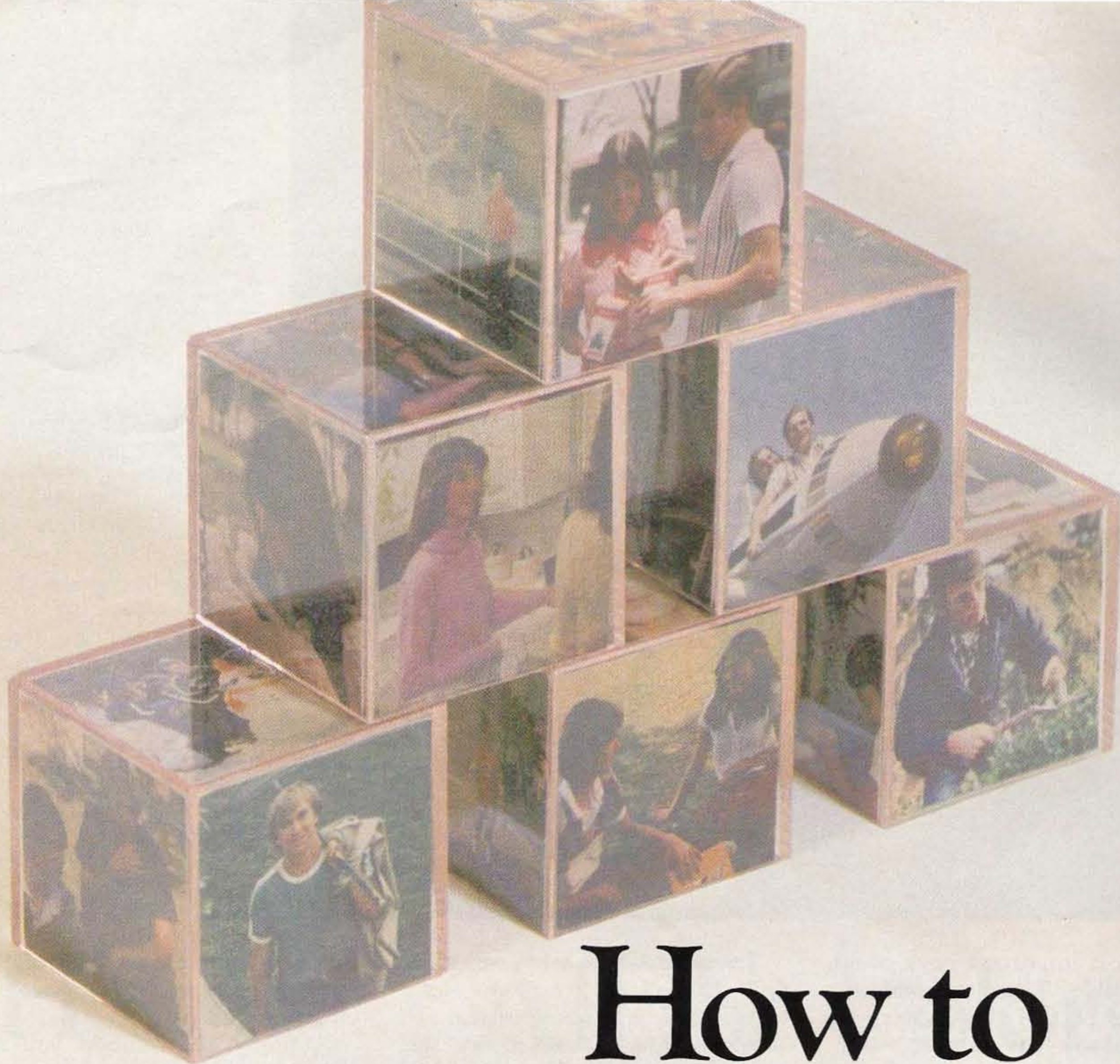
A rainbow is caused by the reflection and bending (refraction) of sunlight as it meets drops of rain just after the end of a rainstorm.

What does this mean? For one thing, it means rainbows are always seen on the opposite side of the sky from the sun. This is because the raindrops act like a mirror in reflecting the sunlight back toward the sun.

It also means that sunlight, which seems to be white, is really a lot more. It is actually a mixture of colors — all the colors of the rainbow.

Have you ever seen how a prism works? As sunlight passes through a prism, each of the colors it is made up of is bent (refracted) at a slightly different angle. So, when the light comes out of the prism, it is divided into the different colors of the spectrum: red, orange, yellow, green, blue, indigo and violet.

Raindrops act like prisms, too,



How to Build Strong Friendships

By Jeff Zhorne

“With friends like that, who needs enemies?”

How many times have you heard a phrase like that describing a relationship in which colliding egos and clashing wills are destroying a friendship?

Still people seek out relationships because God created in us a need for friends and companionship. Loneliness and isolation gnaw at those without friends.

Good friendships are integral parts of our lives. They have been called a mirror that reflects our moods and characteristics,

strengths and weaknesses. The foundation of a strong friendship is to be more concerned with others than with yourself. Outgoing concern — love — that’s what makes friends and helps you to keep them.

What hurts relationships

In order to see how to build strong friendships, let’s look at the forces that work to destroy

relationships and then examine the constructive building blocks.

First, we must be wary of jealousy. It erodes outgoing concern more than anything else. It’s suffocating to a friendship because it goes hand in hand with lust. Instead of caring and sharing, lust *gets* and *takes* advantage of others, finally killing a relationship.

Another destructive factor is

distrust. Distrust thwarts that closeness, openness and sharing so essential to friendship. Gossip and talebearing also quickly consume relationships. You've been with people who seem to constantly run others down — sometimes even those they call their friends.

It irks me to hear that someone is saying bad things about me behind my back. Yes, I know, when that happens you should ignore it. "Sticks and stones may break my bones, but words will never hurt me," goes the old saying. But it's hard to dispel what others have said about you.

The Bible says that death and life are in the power of the tongue (Proverbs 18:21). Gossip, name-calling and slander erode relationships as quickly as fire consumes wood.

Don't overdo it

Perhaps you do avoid these destructive flaws, but still have trouble making or keeping friends. It could be that you're trying too hard. If you are too accommodating (always agreeing with someone just to win his friendship), you are not being yourself, and the other person may feel you're covering up your own feelings.

True, we should take the initiative in beginning friendships. You will not make new friends by sitting around waiting for someone to coax you out of your apathy or shyness.

But it's important not to demand, grovel or pout in order to be liked. You can't rush into relationships, trying to make an impression. Avoid trying to prove yourself and impress others. You'll find maintaining a few good, solid friendships is better than trying to impress an endless string of people. Steer clear of the too-few-friends, too-many-acquaintances syndrome.

Flattery won't help a relationship, either. Flattery is defined as "excessive praise given for ulterior motives." A compliment, on the other hand, is "an expression of appreciation offered with sincerity, with no thought of person-

al gain." You can make a person feel good all day by saying a fitting word of honest praise or recognition, but flattery hurts because it is empty of true meaning.

Another vital ingredient for successful relationships is appreciative listening. This isn't just polite silence. It's an effective technique called active listening, which is responding to others' comments in a way that lets them know you think their ideas, feelings and experiences are important. If you pay attention during a conversation, you will constantly be given clues about what to say.

Tact is important. So many

A budding friendship takes time and commitment if it's to become a fulfilling relationship.

times inappropriate words that you later regret slip out. It only takes a split second to revise a statement or question through your billions of brain cells.

How you say it

How can you use conversation to build a strong friendship? Good results can come from practicing the following seven steps:

1. Don't grab the conversation with "Yes, now take me, for instance . . ."

2. Don't let your gaze wander from the other person's face, except momentarily. Give undivided attention.

3. Affirm the feelings of the other with praise, encouragement, hope or just a nod.

4. Don't interrupt.

5. Don't try to top the other person's story or joke.

6. Try to feel what the other person feels by putting yourself in his place.

7. Don't argue!

I Corinthians 13 tells us to be positive about our friends by believing the best, not thinking evil and not rejoicing in iniquity (law-breaking).

Friendships need constant nurturing. Both partners must have a sense that one friend is not leaning or depending too much on the other and a sense that both are gaining from the relationship.

Disagreement is fine. If friends never have conflicting views (that doesn't mean quarreling), it could be a sign of apathy.

People with convictions will disagree. If two people share a deep bond of like-mindedness or affection, it will survive constructive argument.

By not expecting serenity every day, a friend avoids the dangers of boredom.

A budding friendship takes time and commitment from both parties if it's to become a fulfilling relationship. The hallmark of friendship is being more concerned with others than with yourself; remember, that's what makes friends.

Fame and fortune are relatively minor evidences of success. You'll be a truly successful person if you become a loving, giving individual, one who is constantly building friendships and trying to bring happiness to others. □



IDEAS PLUS

If the Shoe Fits — Buy It!

It's like a nightmare. You walk into the shoe store and see all kinds of running shoes — blue ones, green ones, ones made of leather, ones made of nylon.

How do you find the shoe that's right for you? It seems like a hopeless task. Where do you start?

One of the best places is with a shoe salesperson who has some knowledge of running shoes and of running itself.

But you can't depend entirely on other people to find the shoe that's best for you. If you do a

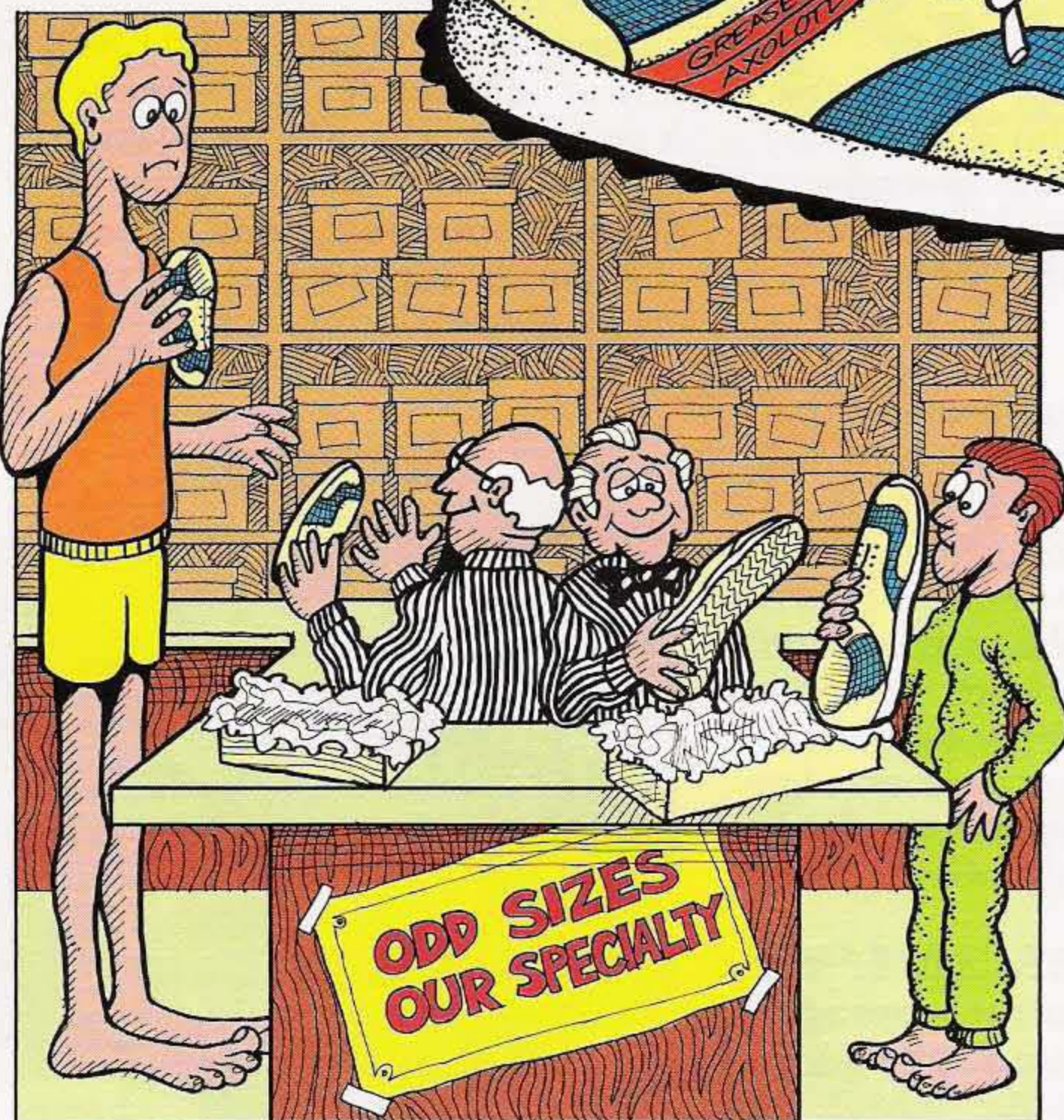
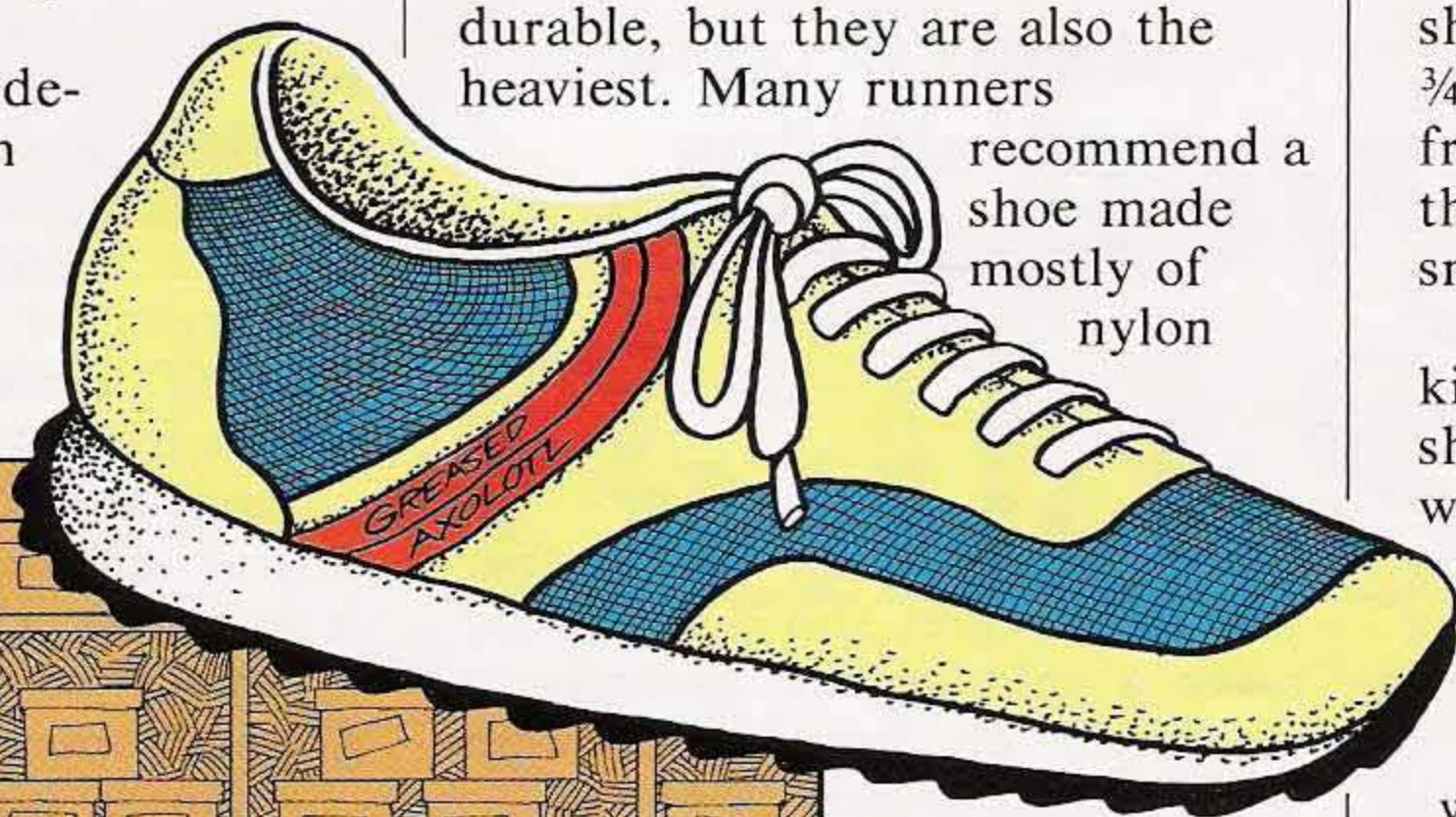
little homework before you go to the store, you'll have a better chance of getting what you want.

There are five main things to look for in buying running shoes: cost, weight, cushion, support and flexibility.

Cost. If you have to pay an arm and a leg to get them, the best shoes in the world won't do you any good. Know what you can afford to spend before you go shopping. (This has the hidden advantage of narrowing down the choices right away.)

Weight. The less weight you have to carry around with you while running, the better. Leather shoes are the most durable, but they are also the heaviest. Many runners

recommend a shoe made mostly of nylon



Each step you take while running creates a shock wave equal to about three times your body weight. A good running shoe can protect your feet from damage. But how can you tell a good shoe from a bad one?

with leather reinforcements in key areas.

Cushion. This is one of the main reasons you wear shoes when running. Most of the impact of running is received by a small area on your foot. Imagine the entire weight of your body slamming down time after time on an area the size of your palm. A good shoe keeps your feet from being damaged by this pounding.

Support. If the shoe isn't snug enough and doesn't provide proper support — especially for your heel — then you can expect sprained ankles or pulled muscles. When you go to the shoe store, wear the socks you normally run in. Your big toe should settle into the shoe about $\frac{3}{4}$ inch (2 centimeters) from the front of the shoe. The sides of the shoe should hold your foot snugly, but not too tightly.

Remember that, unlike other kinds of shoes, not all running shoes are sold in different widths. If you have a narrow or wide foot, make sure you buy from a manufacturer that makes shoes in your width.

Flexibility. Your foot bends when you run and so should your shoe. The back of the shoe should be fairly rigid. The front should be able to bend at the ball of your foot. Make sure the shoe will be able to conform to your foot's movements. — *By Jim Ramsay and Lowell Wagner Jr.* □

'Thank You!'

What a great party, Keith thinks to himself. Rebecca sure knows how to make her guests feel welcome. I'll have to do

something to let her know how much fun I had and tell her I'm glad she invited me.

Keith mulls over what to do. He doesn't want to make a big deal out of it. He just wants a special way to say thanks.



Writing a thank-you card may not seem that important at first glance. But the few minutes of your time it takes to write one can brighten up someone else's whole day!

Have you ever wanted to show your appreciation, but didn't know what to do? You wanted to do something simple, but special. Your dilemma could be solved with a thank-you card.

You don't have to write a long letter to say thanks. Besides the greeting and closing it could consist of only three lines. "Thanks for a nice time Saturday evening. The food and friendship were great. Thanks again." That's all there is to it. Brief, to the point and effective.

It can take less than five minutes, yet it can brighten someone's entire day.

Keep an eye out for people to send thank-you cards to. When you send a card to a friend

thanking him for having you over, why not send one to his parents also? What about your coaches and teachers? Think of all the time they spend helping you learn. Send them a card thanking them for their time, effort and sacrifice.

Or how about sending a card to your parents? Think of all they do for you. You might be surprised at the results of a thank-you card to them.

A thank-you card lets people know you appreciate them. So next time you want to do something special for someone, why not send a thank-you card?

— By Rick L. Shallenberger □



Proverbs for Today: Forever Friends!

"Mom, how come friendships end sometimes?" Karen asked while they worked on dinner.

"Are you talking about you and Jennifer?"

"No. Julie and Laura. They had a big fight. Now they're so mad at each other they don't ever want to be friends again."

"What happened?"

"Another girl told Julie bad things about Laura. Julie is so stupid — she actually believed

those awful things about Laura. I can't believe her!"

Karen removed a pan from the stove. "I don't ever want my friendship with Jennifer to end. But Julie and Laura used to say the same things about each other. Mom, how can Jennifer and I stay friends forever?"

"Well, it's not easy. Being a friend can be a lot of work. It means doing a lot of different things. But it's pretty plain to see what Julie and Laura did wrong."

"You're right, Mom. Julie should never have listened to those lies about Laura."

"And more than that, she should have gone to Laura — in private — and talked it over with her. It just doesn't pay to let someone else cause that kind of trouble for a friendship."

Karen and her mother are right. Gossip can tarnish friendships. Wise King Solomon wrote about this in Proverbs 16:28: "A perverse man sows strife, and a whisperer separates the best of friends."

As surely as a farmer plants his field, a gossiping person sows seeds of separation between friends. If we listen to a gossip's words, we may find ourselves doubting the sincerity of a good friend.

The motive of this kind of gossip is often to hurt or

retaliate, based on feelings of jealousy. It's best to refuse to listen. If someone does plant doubts in your mind, remember to discuss them

privately with your friend. You'll probably find that some minor thing has been blown out of proportion, and end up with an even stronger friendship.

Karen and Jennifer will always be friends if they are friendly and if they are aware of the whisperer who separates friends. They aren't likely to let a troublemaker's seeds of discord begin to sprout! — By Jim Roberts □

An Inside Look at the No. 1 Book

Parts of this book have been translated into more than 1,400 languages and dialects (how many people realize that there *are* that many languages and dialects?).

This amazing book has been more than 3,500 years in the making, and was among the first to be printed using movable type. Now it has become a worldwide best-seller.

You probably have this fascinating book — the Holy Bible — somewhere in your home. Why not get it out and take a good look at it?

Most Bibles today look basically alike. But it wasn't always that way.

Originally, the books of the Bible were separate and written on scrolls. Over a long period of time, they were collected into what we now call the Bible. (The word *bible* comes from a word that just meant "books.")

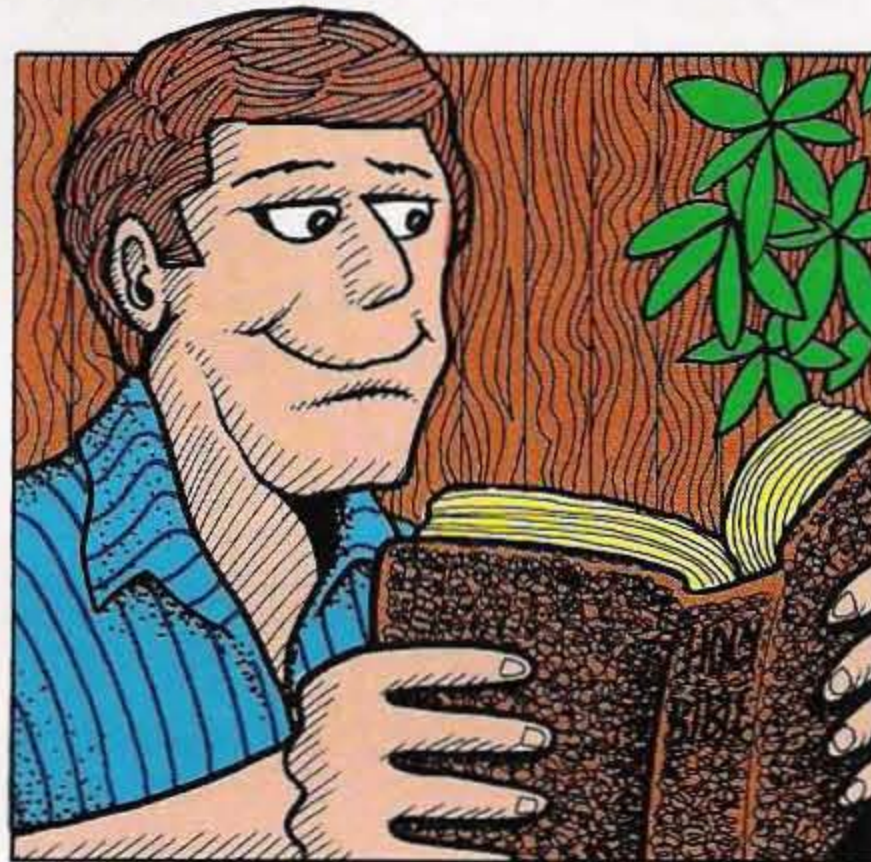
The Bible is divided into two main sections, the Old Testament and the New Testament. The books of the Old Testament were written mainly in Hebrew between about 2,500 and 3,500 years ago. The books of the New Testament, written in Greek, were complete about 1,900 years ago.

Translating the Bible is a difficult process. Words in Hebrew or Greek sometimes cannot be translated exactly into English. So translators added words where needed to try to make the meaning clear. They italicized them (*like this*) so that readers would know they were not in the originals and shouldn't be treated the same.

Other things have been added over the years to help make the Bible easier to use. In the year

1250, the Bible was divided into chapters. In 1557, verses were added. Subject headings, chapter outlines and marginal notes have been added over the years.

Johann Gutenberg was the first to print the Bible using movable type. But that wasn't until 1456. Before that, Bibles were handwritten. They were



expensive and few people had their own copies. Since then, the Bible has become a worldwide best-seller.

The Bible, with its colorful history, really is like no other book. — *By Kerri Miles* □

Stop Smoking: Here's How!

Let's face it — evidence keeps piling up on the dangers of smoking.* Health officials worldwide have learned that even light smokers become addicted to nicotine. The habit then becomes extremely difficult to break.

But what if you're already a smoker? Maybe you've tried to quit many times — and failed just as many. You aren't doomed to a life of smoking. There is a way to end this habit once and for all. It won't be easy, but it will be worth it. Here's how.

Clearly define and write down

*If you would like to learn more about the proven dangers of smoking, write for the free reprint article "Smoking: It's More Than Just a Habit."

your reasons for not smoking. List health, family, financial, spiritual and other reasons. Keep your eyes on your goal. Try to look beyond the initial difficult days to the time you will be happily unshackled from nicotine addiction.

Stop smoking now. Tapering off the amount you smoke doesn't work for most people. It's not easy to quit cold turkey, but it's the most successful way.

Find someone to help you and support you. Make a firm commitment — destroy all smoking-related items you own.

Avoid compromising situations. Don't let friends, relatives or stressful situations cause you to give in. Experience has shown that many former smokers quickly relapse to their former habits after "just one little puff." Avoid situations where you would previously light up.

Don't be discouraged by failure. If you happen to slip, don't give up. The actual unpleasantness of nicotine withdrawal usually ends within 72 hours after your last cigarette, but the psychological temptations remain much longer. You may initially experience constipation, restlessness and other withdrawal symptoms, which will soon end.

Seek additional information and suggestions from health agencies or clinics. Detailed plans to help you stop smoking are available, many of them free.

Utilize the power available to you from God! God's Word — the Bible — reveals powerful spiritual weapons that you can use to overcome nicotine addiction and other wrong habits. God promises to help those who humble themselves and seek Him in prayer. (See Deuteronomy 31:6 and II Samuel 22:33.)

If you're having trouble sticking to your commitment to quit smoking, write today for *The Seven Laws of Success*. This free booklet will show you seven crucial steps to accomplish any goal. — *By Michael Snyder* □

Teen Bible Study

Make the Most of Your Summer Job

By Richard H. Sedliacik

Like many other teens in the Northern Hemisphere, you may be looking for or may have already found a summer job.

In this study, we will learn vital keys from the Bible about job success. Applying these principles will help you have a fulfilling and profitable summer!

But before you begin this study, be sure to get a Bible, a pen or pencil and some paper. Look up, read and then write down the verses that answer each question. This will help you remember the important principles you'll be learning.

1. When God put Adam in the Garden of Eden, did He put him to work? Genesis 2:15. What job did God give the human race? Genesis 1:26-28.

In the first two chapters of Genesis, God reveals Himself to us as a creator — a worker. Within six days His creative work unfolded. And when He created the first human beings in His own image, He made them workers, too.

God told the parents of mankind to subdue the earth — to develop, care for and produce from their environment. He then put the man into the Garden of Eden to begin working at cultivating and beautifying it.

2. Does the commandment to rest on the Sabbath have another side to it? Exodus 20:8-9.

Rest from what? From work, of course. Though many have not realized it, the Fourth Commandment also instructs us to labor during the other days of the week.

The Sabbath commandment actually dates back to creation week. It was given to keep man in a close spiritual relationship with his Creator, who is a worker — who created and now sustains His creation. And God intends for us to become like Him!

3. Was Jesus Christ sent to earth to work? John 9:4. Did He reveal that the Father is still busily at work? John 5:17.

4. Does God intend for us to enjoy and profit from the work we do? Ecclesiastes

2:24, 3:22. How should we do all of our work? Ecclesiastes 9:10.

God works with zeal. We are to become more like God by working diligently at whatever we set our hands to do — whether we are working for an employer, our parents, ourselves or even doing schoolwork!

Philosopher and writer Elbert Hubbard realized the importance of hard work. He said: "If I worked for a man, I would work for him. I would not work for him part of the time, and against him the rest of the time. I would either work for him all the time, or I would not work for him at all."

5. Will hard work always pay off? Proverbs 10:4-5. Will the hard worker have the necessities of life? Proverbs 20:13, 28:19.

6. Are those who refuse to work always wishing for the things that the diligent possess, but always ending up empty-handed? Proverbs 13:4, 21:25.

7. Does the slothful person look for all kinds of dangers to justify himself? Proverbs 22:13, 26:13-15. Does he always have clever excuses or hard-luck stories about why he shouldn't work? Proverbs 26:16. Is his love of sleep and lack of effort the cause of his poverty? Proverbs 6:10-11.

8. Does laziness tend to become habit forming? Proverbs 19:15.

Some use the slightest excuse to flop down on the couch and watch television when they ought to be working or doing something constructive.

9. Is there profit in all labor? And nothing but poverty in a lot of talk? Proverbs 14:23.

If you want to find summer work, you can start profiting from this principle right now. How? By making a job out of finding a job. Persist and be resourceful. Seek advice on what types of employment are in demand. And ask God to help you find a job.

Then, using whatever leads you have, go out and visit prospective employers. A

positive and enthusiastic attitude will show the employer you really want to work for him. (For tips on job interviews, see last month's article, "So, Do I Get the Job?")

Once you have a job, there are other valuable principles in the Bible that will help you be successful.

10. What did the apostle Paul teach



Your summer job can be fulfilling and profitable if you use these keys. (Photo by Hal Finch)

about serving a foreman, supervisor, employer? Colossians 3:22-24, Titus 2:9-10.

Though Paul's instruction was specifically to Christians who were bond slaves at the time, the principles certainly apply today. Whatever you do, work as if your immediate boss were Jesus Christ Himself: "Do it heartily, as to the Lord and not to men." Be cooperative and zealous on the job. Be alert to please your boss by doing the job his way. Show your willingness to go beyond what is required.

11. Can someone expect to be paid a good salary if he or she is not worth it? See the principle in Mark 4:24.

The way to receive a higher wage is to be worth more! Be a valuable employee. Don't just plod along in your summer job with a ho-hum, humdrum, every-day-the-same-routine attitude. Be energetic and productive!

12. What is a lazy person — a sluggard — like to those who hire him? Proverbs 10:26.

He simply doesn't get the job done. Therefore he isn't paid much, if he can hold a job at all.

13. To whom is the sluggard instructed to go to study and learn about the work habits he lacks? Proverbs 6:6-9.

Many have not really understood the main point of these verses. Certainly it teaches the quality of hard work. But notice verse 7. The ant not only works, but does so with "no leader, no foreman or chief" (Moffatt translation).

Ants have a built-in, programmed ability to work diligently without prodding. Humans, with the God-given ability to think and reason, should be able to do far better!

An employee should think ahead to see what needs to be done, always working diligently whether or not the boss is looking.

14. What kind of employee will end up directing the rest of the workers? Proverbs 12:24. And what will happen to the slothful? Same verse.

Do your job without being told. Or do it immediately when told how. Get it right the first time. Be the kind of person who increases his or her superior's production and the production of fellow workers. When the time comes for raises and promotions, this kind of person will be remembered. Also, you can just about be guaranteed a job with the same employer next summer if you set this kind of example!

15. Will the person who is a self-starter and really applies himself or herself on the job eventually be in the company of distinguished people? Proverbs 22:29.

16. Was Joseph an industrious young man who was given greater responsibilities? Genesis 39:2-6, 22-23, 41:39-44.

Are you willing to put forth the effort to be like Joseph? He was a hard worker who served and obeyed God. And though he was severely tested for a time, he did the best he could even in limited circumstances. He obeyed God, and God blessed him greatly. He eventually became prime minister of the entire land of Egypt, and will be given a high position in the soon-coming Kingdom of God (see Hebrews 11).

If you will really believe God and set yourself to follow these principles, and strive to please God in other areas of your life, He promises to bless you!

The apostle Paul sums it up in Hebrews 11:6: "He who comes to God must believe that He is, and that He is a rewarder [both spiritually and physically] of those who diligently seek Him." □

Dear Youth 85,

Practical Bible-based answers to the problems of growing up.

Q. I just recently learned how to drive and have passed my driver's test. The problem is that my dad will not let me have the family car very often and I don't know why.

A. Your letter doesn't give enough details for us to figure out exactly why either, but there is a way you can find out. Ask your dad. This might seem too simple, but it is the best way to learn what the problem is.

Probably his answer will fall into one of a few possible areas. For example, he may be concerned about the high costs of gasoline and insurance, and may be merely trying to conserve costs. If so, you can help buy gasoline so as not to burden the budget with your new driving skills.

On the other hand, maybe he fears that, although you have passed the test, your driving skills are not well enough developed to handle the many dangerous situations that can come up. He's probably seen enough of the crazy stunts other drivers pull to not feel safe on the road himself, let alone to want his child exposed to those dangers. This type of concern is really an expression of your father's love for you.

Or, perhaps he fears that you might be tempted to use the car in an irresponsible manner, by being reckless or going places he would rather you didn't go.

In either of these cases, you must win his trust by being careful when he does allow you to use the car. Build his confidence in your driving abilities, so he will feel at ease to loosen up the reins a bit over a period of time.

Q. I am 15 years old and don't have much money, but I get a

small allowance. My problem is that lately a couple of kids (one of them my sister) have borrowed money from me and haven't paid it back. How can I make them pay it back?

A. It is sad, but true, that borrowing money between friends has broken many friendships apart. This is just as true, or even more so, for adults as it is for teens.

Now is a good time to learn a few lessons about lending money so you can avoid problems in the future.

First, don't lend money that you cannot afford to lose if it isn't returned.

Second, make sure your friend and yourself both have a clear understanding about when and how it is to be repaid. It is amazing how much people's memories can differ about the same transaction!

Of course, since it is your money, you can choose to forget an unpaid debt if you wish. Perhaps you might do this to save the friendship (although if the friend has the money and will not pay out of stubbornness, then it is doubtful he or she is really your friend anyway).

If you want the money back, the only thing you can do is to ask for it, and then try to work out some settlement be-

tween the two of you if full repayment is impossible now. This approach will work with huge debts or just small pocket change.

Some people avoid all these problems by merely adopting the policy of not lending money. If you take this approach, of course, you should not expect to borrow any either (which also may not be a bad idea).

However, each of us should always be ready to help someone who is poor or needy if we are able to help. But this is really a different topic than loaning money between friends.

Q. I'm just into my 20s and I'd have to answer yes! to the old question, "If I had to do it all over again, would I do things differently?"

I tried to grow up too quickly and didn't make the most of my teen years and I really miss them now.

I just want to say to your readers: Make the most of your teen years. Treat them like gold because once they're gone, you can never have them back, and when you really want them, it's already too late.

A. Thank you for your concern and desire to help others. □

We welcome your questions and will excerpt as many as possible. Sorry we can't answer them all. Answers are prepared by Bernard W. Schnippert, a minister of the Worldwide Church of God. Address your questions to "Dear Youth 85," 300 W. Green Street, Pasadena, California, 91129.



Maturity?

(Continued from page 2)

family, an honored position. But, allowing feelings, impulses, moods, to lead his actions instead of sound judgment and wisdom of mind, his home was broken by divorce; and in the grip of his moods and tendency to run from his problems, instead of facing and solving them, he fled in blind fear from his high position and brilliant future. He wrecked not only his own happiness, but his marriage and his home, and he forced great sorrow, suffering and

unhappiness on many others.

He had allowed his emotions and moods, instead of his mind, to lead his actions. He had come to see circumstances through the eyes of his feelings, and his understanding had become warped and distorted. He had grown up physically. He had developed mentally. But emotionally he was still a very young child — and, as a sad accompaniment, his spiritual age was no older.

One is not really mature until emotionally and spiritually grown up, as well as physically and mentally. Parents should realize it is their responsibility to STUDY

their own children — teach them right direction and control over tempers, impulses, feelings, angers, moods. Teach restraint of selfishness and vanity. Teach love and outgoing concern for others. Teach *giving*, instead of *taking*.

Not emotionless maturity

But emotional maturity does *not* mean emotionless maturity. The truly emotionally mature *control* the emotions. THEY DO *not* ANESTHETIZE THEM! They *do* express, at the right time, and in proper degree, enthusiasm, happiness, joy. They *do* feel deep gratitude for blessings, and also

READER BY-LINE

Sportsmanship- More Than a Handshake

By Martie Barrett

At the end of a tennis tournament, a young fellow walks up to his opponent, the winner, and shakes his hand.

The people watching this young man probably think he is

while shaking the winner's hand, was cussing his opponent under his breath? No matter how big his smile or how hearty his handshake, he would not have good sportsmanship.

Good sportsmanship is not just how well a person acts after losing a game. The attitude of a player is far more important than the outward conduct. If a player has a good attitude, his conduct won't be a problem.

The right kind of sportsmanship is not only to be shown after the game. It should be present from the first greeting until the last good-bye.

The players should approach

the game with the goal of playing their best, and hoping the best for their opponents. Wishing the worst on the opponents and trying to tear them down is not what you would call good sportsmanship!

Real sportsmanship is not only to be shown by the loser. The winner should not make it hard for his opponents. He should encourage his opponents to go on and do their best.

With good sportsmanship, both winner and loser should be able to walk away from the game with a feeling of satisfaction, having done their best.

Having good sportsmanship is better than being the best athlete in the world, but having a bad attitude. The best athlete achieves a hard-earned title and temporary fame. But having the right kind of sportsmanship, you can achieve much more.

With good sportsmanship, you can achieve happiness, satisfaction, friends and character that will last longer than any medal. □

Editor's note: Miss Barrett, now 19, is from Eldorado, Ohio. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 85, 300 W. Green Street, Pasadena, California, 91129.



a good sportsman. He may be, but good sportsmanship is more than meets the eye.

What if the losing player,

they deeply *feel* reverence, adoration, in the worship of God. They sincerely feel compassion toward others — a feeling of true outgoing concern. They express sympathy and have mercy.

Emotional maturity does not crucify emotions — it controls and guides them with right knowledge and true wisdom. Emotional maturity develops hand in hand with physical, mental and spiritual growth — the four blending, finally, into the perfect spiritual destiny and the very purpose of life. It can bring very great and rewarding and lasting happiness.

Now, finally, let me describe the three categories into which people generally, and thoughtlessly, fall. And then let us see a few examples of the *correct* use of the emotions.

First, many, especially those of lesser education, let themselves go to an emotional extreme. They are mere babes, emotionally. It never occurs to them to put any check or control on their emotions. They become highly emotional over inconsequential things, like a little child. If these people drove their automobiles as they guide — or fail to guide — their emotions, their cars would run wild and create disaster.

Their *feelings* are worn on their shirt cuffs. They are upset over trifles. Their tempers fly, uncontrolled. They flatter, they gush, they exaggerate their compliments and their praise of others. They gossip, they slander, they speak evil of others behind their backs. They continually *feel* jealousy, resentment or excessive jubilation.

Some religious sects attract deliberately the overly emotional. In religious meetings their preachers work on the emotions of their congregations, encouraging uncontrolled outbursts of emotional response. They work it up — they generate increasingly energetic and noisy displays of out-of-control emotion. But Jesus Christ set no such example. Nor did any of Christ's own original apostles.

Then there are those who go to

the opposite extreme. Often these are the intellectuals and the highly educated — though usually *miseducated*. They have controlled emotions with their minds to the extent that their emotions have been stifled and put to death. They no longer feel deeply about anything. They are utterly devoid of real sincerity, any depth of gratitude, any feeling of compassion or real sympathy. Their emotions never grew up to maturity — their emotions *DIED* in infancy.

Then there is the middle ground, equally unprofitable and tragic. These are those who neither choke off their emotions with mental control, nor exert energy generating them. They are just listless — indifferent. They feel no purpose in life. They have no ambition. They have no spark. They do not radiate — they are like dead fish.

In an introduction to another, they extend a cold, clammy, sweaty hand with no grip whatever. They merely let *you* grip *their* hand — and it's like taking hold of a damp, dead fish. They have no personality. They are nonentities. There isn't enough life in them to generate any noticeable emotional response.

WHICH of these three are *YOU*? If you are any one of them, you are wrong.

Right examples

Now look at some *RIGHT* examples!

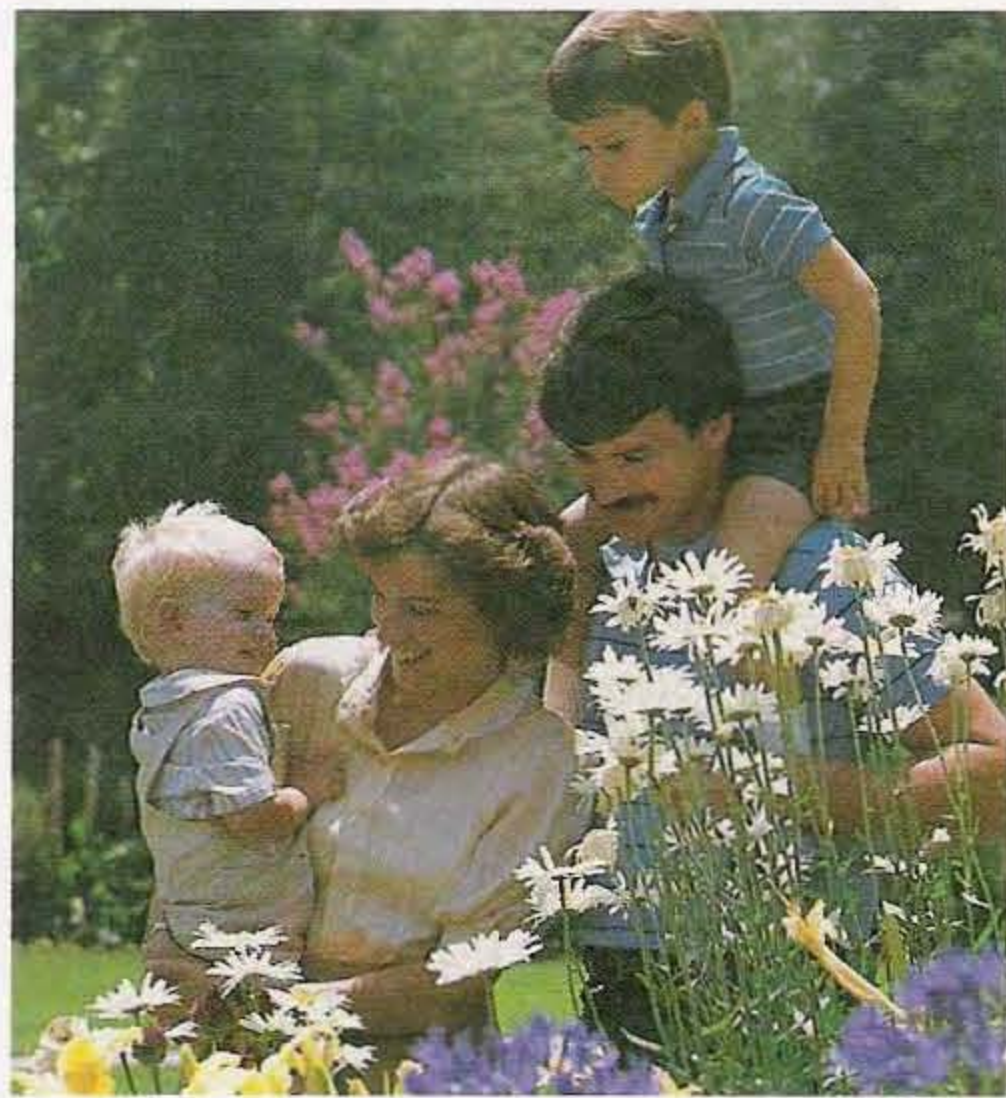
WHERE will you go to find the right teaching on emotional response? You'll find it where you find the true *WAYS OF LIFE* — in *GOD'S WORD TO MAN*!

The Bible teaches us that our relationship with God must completely dominate our lives — until it simply *IS* our life! It teaches us to feel *deeply*, though always intelligently, about it.

God has graciously granted, by astonishing miracles, many answers to my prayers. But never have I received an answer from God except when I prayed earnestly, from the heart. I have never known of a real answer coming from God of a casual,

routine prayer. Yet do not most people pray casually, perhaps as a matter of duty, and without feeling or emotion? Perhaps this makes plain the reason most people have never received an answer to their prayers.

Jesus gave us an example of two men praying. The one a respected Pharisee, the other a hated tax collector. The Pharisee stood and prayed, without emotion or feeling, in his own self-esteem and vanity: "God, I thank You that I am not like other men — extortioners, unjust, adulterers, or even as this tax collector. I fast twice a week; I give tithes of all that I possess."



Animals have instinct, but humans must be taught everything. One thing we vitally need to learn is the right use of emotions.

The other, pounding his breast in his earnest, heartrending, deep-feeling remorse and repentance, choked with emotion, could only say, amid his tears, "God be merciful to me a sinner!" Of this latter, Jesus said, "I tell you, this man went down to his house justified rather than the other" — the self-exalting Pharisee (Luke 18:9-14).

Jesus Christ is our example. Can you comprehend what extreme deep feeling Jesus experienced when He looked out over the city of Jerusalem, whose deceived, erring, wrongdoing people He loved, and cried out:

(Continued on page 29)

Who's That Hanging on Your Wall?

By Dexter H. Faulkner

It's fun to be a fan, right? Whether it's sports or music, most of us like to have a special person we enthusiastically admire.

We like someone who is exceptionally good at what he or she does. Often we find ourselves cheering for our special person to do even better. Like cheering for an

Olympic athlete to go for the gold.

When my sons were teenagers, they thought skier Jean Claude Killy was the greatest. With you, it might be gymnast Mary Lou Retton or '84 decathlon champion Daley Thompson or even Mr. T.

Adults do the same. I know many who become enthusiastic about well-known political leaders, accomplished singers or outstanding athletes.

Personally, I've found a few great writers I really appreciate. Men like Jack London, Ernest Hemingway and Editor-in-Chief of *Youth 85* Herbert W. Armstrong. Men and women who with words can form and change and expand minds.

Generally speaking, these heroes, stars or leaders are good for us. They inspire us, they allow us to appreciate someone who does things well and they may even bring out new or untapped talents in us. Many times we are spurred on to do better because of the example of someone we hold in high regard.

The real harm seems to come when we put too much blind faith in people. People are fragile at best and sometimes morally corrupt.

The first thing we need to learn is that we can give someone our esteem, but we should not sacrifice our morals. Second, we can give someone

our admiration, but blind allegiance can be dangerous. Third, we can give them our attention, but not a monopoly of our lives.

People are exciting, fascinating and stimulating, but if they become an obsession, they can hurt us. When our heroes begin to change our minds and our morals from God's ways, or when we begin to surrender our judgment to theirs, they become more than heroes, they become idols.

Idols in that sense are always wrong — they're against God's way. God commands: "You shall have no other gods before Me." We need to ask ourselves, Have we put something else in place of God? I hope not.

Posters: right or wrong?

Several *Youth 85* readers have asked: "What about posters? Are they right or wrong?"

Why do we want to put up posters anyway? Is it to inspire us? Is it to make us feel that we fit in better with our friends? Is it to cheer us up?

In this age of super sights and sounds, music posters portraying all sorts of characters show up on the walls of teenagers' rooms. Many of them seem like decent people; others look like refugees from a costume party. What do they inspire?

One of the posters I put up in my room when I was a teen was

(Continued on page 29)



The posters you choose say a lot about you. (Photo by G.A. Belluche Jr.)

Your Wall

(Continued from page 28)

of John Wayne sitting on a horse. To me, John Wayne was a great hero. By no means did I idolize him or think he was a perfect person. But for some reason, having his poster on the back of my door added a sense of stability to my life.

Another poster I put up was in my bathroom. It was a giant, smiling mouth — and in the middle of the smile was the word *CHEESE*. This poster's message was a constant and daily reminder to brush my teeth and start the day off with a smile.

I've seen a lot of funny posters, some that remind you not to be lazy and some that remind you to do your homework or clean up your room. I especially like sports, so a poster of a skier, roller skater or gymnast is especially attractive to me. These types of posters are a source of inspiration and are uplifting.

Are you an animal lover? Maybe a poster of horses, monkeys, dogs or cats would be your choice.

What your walls say about you

In my opinion, using a poster or two to decorate your room in an attractive way can be fun. But remember, your room tells a lot about you and your character, so the posters you choose to surround yourself with should be chosen carefully. Take a few minutes and think about what you want your room to say about you.

Even if a poster is all right in its content, you must consider what your parents think. Look at it from their point of view. They provide you your room. They may have painted the walls or at least provided the paint. Also, maybe they don't really want holes in the walls from tacks or tape causing the paint to peel off. Ask them for their reasons so that you can have a better understanding of each other's viewpoints.

If your parents don't want you

to put up posters because of damage they might do to the walls, see about putting them in frames. Poster art is popular now, and posters stay much neater when they're behind glass.

Also, you might see about getting some small (say postcard size) pictures of the things you like so you can put them on your desk or dresser.

The question about the right or wrong of posters boils down to: What does that particular poster make me feel like doing?

If you honestly answer that question, your decision about whether a poster is right or wrong is easy. If the poster makes you feel like breaking any of God's laws, it's wrong. If the poster makes you feel like living God's way, it's right.

Occasionally we must ask ourselves some serious questions. Why not stop and ask yourself these?

How does your hero, male or female, affect your life? Do you find yourself neglecting important things you need to accomplish? Like your schoolwork or chores? Are you beginning to develop habits or traits that you or your parents or friends are not proud of?

Idols can come from many aspects of life, whether physical or spiritual. If we are not careful, they can begin to block our view of God and become too powerful.

Remember, God warns us in the Ten Commandments, "You shall have no other gods before Me." Read these words in Exodus 20 for yourself. We have a free booklet on the Ten Commandments if you would like to do more study on this important subject. Just write or call and ask for it.

Are you going against God's commands? The apostle Paul gives us good advice, "Therefore, my dear friends, flee from idolatry" (I Corinthians 10:14, New International Version). Flee means to run as you would from danger. Keep everything in the right perspective. Don't let hero worship ruin your life. □

Maturity?

(Continued from page 27)

"O Jerusalem, Jerusalem, the one who kills the prophets and stones those who are sent to her! How often I wanted to gather your children together, as a hen gathers her chicks under her wings, but you were not willing!" (Matthew 23:37). Here was emotion expressed. But it was *intelligent* expression of feeling — not unthinking, unguided sensual impulse. It was filled with deep MEANING!

Of course Jesus had the divine power; He could have gathered the people of Jerusalem to Him BY FORCE! But, had He brought them to Him by FORCE, His whole purpose of character building by free choice and free moral agency would have been defeated — so He *willed* that they, themselves, should make their own decisions. And He was grieved through His whole being that they rejected TRUTH and HAPPINESS and SALVATION and ETERNAL LIFE, and chose curses and suffering and death.

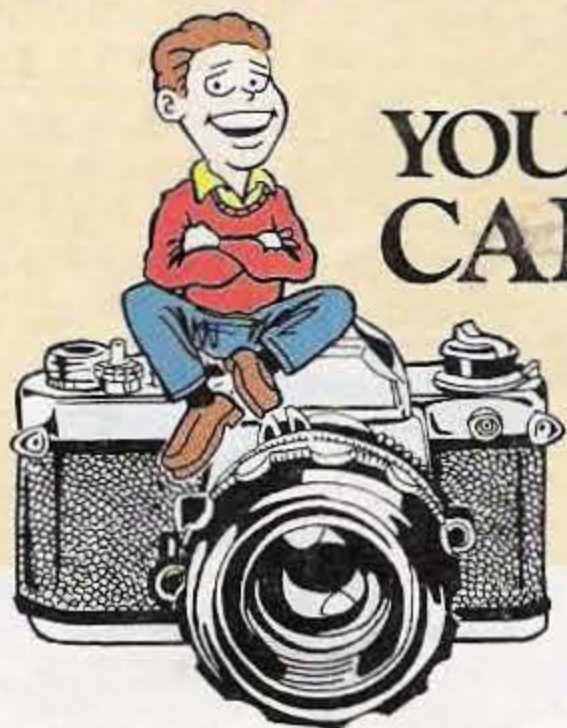
Should we ever feel deeply about things? About things that *should* be felt deeply about, we certainly should. JESUS DID! Just before the Judas-led murdering mob came to lead Him to trial and death, Jesus went apart from His disciples and prayed. "And being in agony, He prayed more earnestly. And His sweat became like great drops of blood falling down to the ground" (Luke 22:44).

If we do learn to live by "every word of God" — by GOD'S INSTRUCTION BOOK — we will learn to guide emotions intelligently — but we shall not suppress them, neither let them run rampant and uncontrolled where they ought not.

Jesus Christ, at age 33½, was the most perfectly developed man, physically, mentally, spiritually *and emotionally*, who ever lived. He was fully MATURE, these four blending harmoniously into the one PERFECT WHOLE MAN.

Let us study His life, follow His example, live as He lived. □

Photographer — Simon Baker
Sandhurst, nr. Camberley,
England



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MICHAEL ANTHONY STEPHENS
PO BOX 1039
JAMESTOWN TN 38556