

OCT.-NOV.

Youth 85

Surviving Term Papers

**IF YOU WERE GOD,
How Would This
World Look?**

By Herbert W. Armstrong

October-November

Youth 85

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Contents:

If You Were God, How Would You Look at This World Today?	1
They Told Him Not to Do It!	3
Victory at All Costs?	5
News That Affects You	7
Be a Super Sitter!	10
Smokin' and Chewin': Not Everyone's Doing It by a Long Shot	11
Wet Pets	13
What's It Like to Be a Teen in Montreal?	14
You Don't Have to Stay Up All Night!	16
Ideas Plus	18
Teen Bible Study: Happiness — a Choice You Can Make!	21
Dear Youth 85	23
Reader By-Line: The Wailing Train	26
Youth on Camera	27
By the Way . . . Get the Jump on Habits	28

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COVER: When the dreaded term paper (or essay or book report) strikes, often panic and frustration follow. But it doesn't have to be that way. Read "You Don't Have to Stay Up All Night!" starting on page 16. Photo by G.A. Belluche Jr.

Letters

The right choice

I'm a 15-year-old girl and I work in my town's library. I noticed your magazine on our magazine rack and decided to take it home to read, because I'd never seen or read it before.

I loved your magazine! I think the idea to create this was a magnificent one. Also, I think it's wonderful that through your magazine, you're trying to guide teens to make the right choice — to choose God.

Kathy Cooper
Waldorf, Maryland

A hard life

Ever since [quitting church] my life has taken a total turn around. I started skipping school, getting wasted and staying out all night. I was living the life most teens crave. It's not all it's made out to be. I lived anywhere I could — stayed with my boyfriend who beat me up a lot and I stayed with friends. I finally moved back home.

I caused so much trouble for my family. I put them through everything. I would come home all wasted. I was into everything: pot, alcohol, cocaine, uppers and downers, anything I could get my hands on. I overdosed and got put in the hospital where I stayed for 4½ months.

It's a hard life, let me tell you. I wanted to write in so maybe I could forewarn anyone before getting where I am.

Name Withheld

"Ideas Plus"

I always look forward to receiving my next issue. All of the articles help me in different ways. I really love "Ideas Plus." I really enjoy the stories and the illustrations are always funny.

I just wanted to write this to you to encourage you in your writings, illustrations and publishing of *Youth 85*, and you should never get discouraged for I know there are a lot of preteens, teens and grown-ups who, like me, honestly love *Youth 85*!

Jenny Snipes
Linville, North Carolina

"Dear Youth 85"

My name is Mandy Sue. I am 8½. I think "Dear *Youth 85*" is great! In the June-July issue on that page, the third question about the boy's parents who could care less what he did is terrible. Your response was great.

Amanda Girdler
Oakley, Illinois

If You Were God, How Would You Look at This World Today?

By Herbert W. Armstrong

Of course, I know many do not even believe God exists. But just suppose — and suppose that *you*, yourself, were God the Creator.

You had created a perfect and beautiful earth. You put mankind upon it. You gave the earth rich soil to raise food and beautiful trees, plants and flowers. In the earth you had stored other wealth — gold, silver, iron, the other metals, coal, oil.

You gave it rivers and lakes with fresh, clear, sparkling water. You gave it fresh, clean, pure air for mankind, animals and plant life to breathe. You gave it adequate forests, both for lumber and to cause abundant necessary rainfall. You gave the mankind you put here everything **GOOD**, for his health, his needs, prosperity if he would properly use all you had put at his disposal, for his pleasure.

You gave him a miracle-working **MIND** with superior intel-



ligence. You made him so that his efficient **MIND** would direct his every move and act — a mind that would improve with proper use.

You made him so that it was necessary that he learn or be taught **EVERYTHING** — even how to walk, run or sit. And you started from the instant of his creation to reveal to him needed basic knowledge for his guidance, his welfare, his protection, his happiness and complete well-being. You intended for him to

use this wonderful earth you gave him — to preserve it, improve it and work it for his good and needs.

Being God, you not only are creator. You also are ruler over your creation, and it is your policy to preserve what you create by your **GOVERNMENT**.

You also are educator and revealer of necessary **BASIC KNOWLEDGE** that man can never discover or produce of himself. So you start from the instant of his existence to teach the first man and woman that basic necessary knowledge.

And you give this first man the opportunity to be the **KING** of the earth, over those who shall populate this beautiful, wonderful earth by the reproductive process.

Of course you have put within these humans your own very image and likeness, powers of thought, reasoning and the making of decisions — else they could have no individuality, personality or character.

But, alas! You find that these two humans don't believe what

Photo by Warren Watson

you say, as you begin revealing to them necessary basic knowledge — knowledge of WHAT they are, WHY they are, WHERE they are going — their incredible awesome human POTENTIAL. They decide to take to themselves the KNOWLEDGE of what is good and what is evil. They flatly disobeyed you and refused to obey the laws of YOUR GOVERNMENT, let alone accept the rulership of administering that world government.

So you adopt a “hands-off” policy for 6,000 years. You leave them to the production of their own knowledge. You turn them over to working out their own form of government, making their own laws to regulate their own man-made society. You allow a self-centered nature to enter their minds — a nature of vanity, lust and greed, of jealousy, envy and hatred of others, of competition and strife. And now, the 6,000 years are about up.

You look down from your throne of the universe in heaven to see what the members of the human race have done with their minds, their powers of thought and especially this wonderful earth that you gave them.

WHAT DO YOU SEE?

You know, *Youth 85* readers, as I now spend much of my time traveling over this earth — over North and South America, over all of Europe and Asia, over Africa, Australia and New Zealand, flying through the air at hundreds of miles an hour, looking down on this earth and its teeming millions of humans, I WONDER — I wonder how God the Creator looks at it. I wonder how it looks, as seen through His eyes?

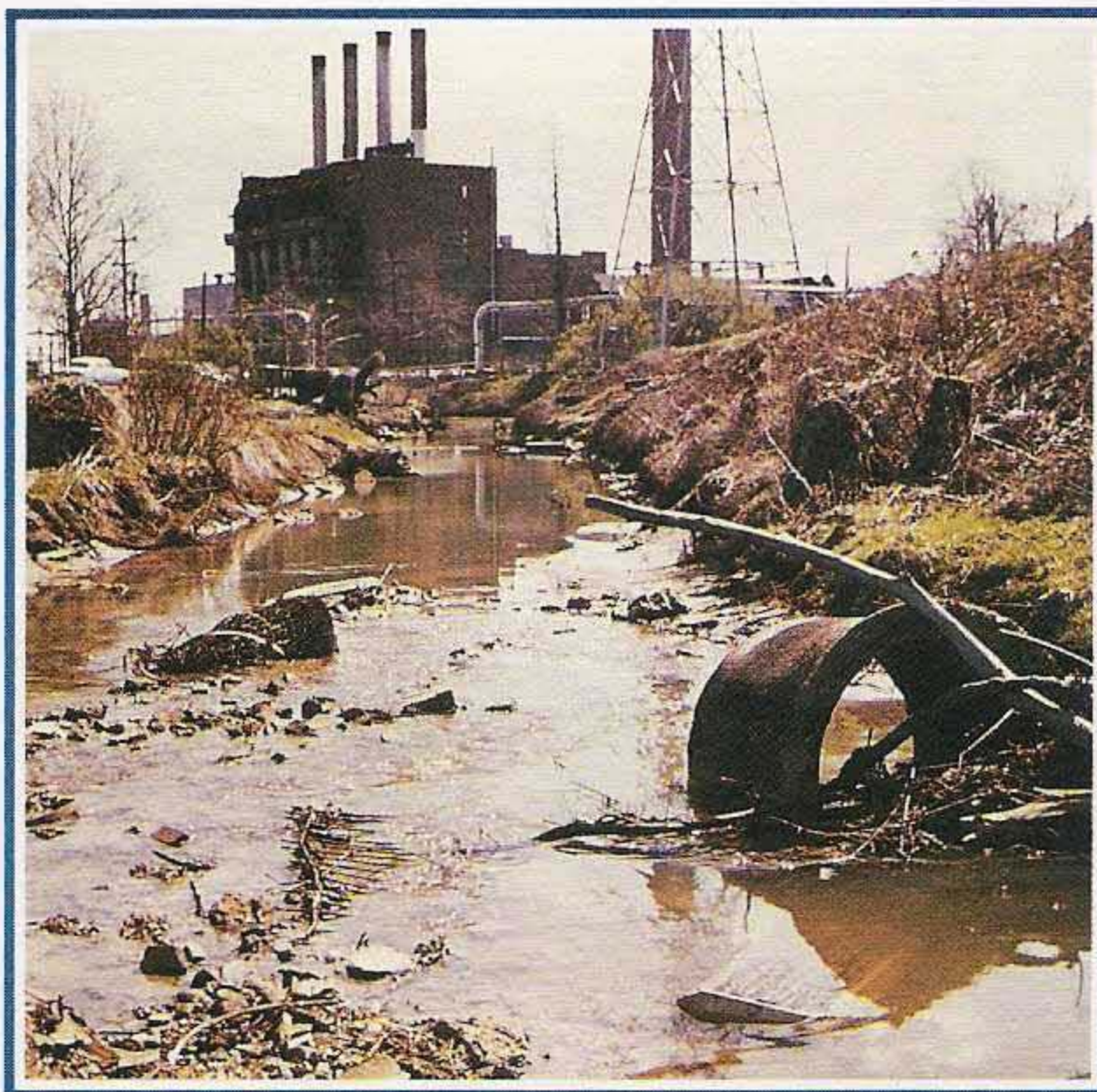
Let me tell you some of the things that have indelibly impressed themselves on my mind.

For thousands of years this was a multidivided world. It had come to be inhabited by many races from many mixtures of intermarrying from three original

races. But here were hundreds and hundreds of different peoples, speaking their hundreds of different languages, each with its own country or area and language-dialect.

For thousands of years humanity drifted along on virtually an even keel. There was little or no communication between individual areas because of the language barrier and lack of rapid transportation or instant communication.

I think if I were
God, I would thunder out:
“What have you done to my
beautiful earth?”



There was little diffusion of knowledge until the printing press was invented. Transportation and travel were on foot, by camel, elephant, horse or mule, rowboat or sailboat.

But suddenly, in the 19th and 20th centuries all that changed! The steamboat appeared. Combustion engines put wheels to work developing faster travel by land. The automobile appeared. Roads were built. Railroads developed greater speed. Then came the motion picture.

People from all parts of the world began to see what people in other parts looked like. Styles

originating in Paris, New York or Hollywood were seen and copied all over the earth. Then came radio, and then television. When I was 11 years old the first airplane flight was made. The wars developed the airplane as a weapon of war. Then came the jet, the telephone and now miraculous, almost instant telephone connections to any part of the world by means of satellite.

I am writing this from Nairobi, Kenya, in central east Africa. Nairobi is a modern city replete with hundreds of modern buildings and skyscrapers. I'm on the 16th floor of a hotel, which counts floor one after the elevators pass the ground floor, another floor, then a restaurant floor and a floor designated as “pool.” And also it numbers floor 13, so I'm actually on floor 20, counting the ground floor.

Whether I am here, in Djakarta on the island of Java on the equator, in Melbourne, Hong Kong, Bangkok, Tokyo, London, New York, Paris, Buenos Aires, Rio or any part of the globe, I am in a modern city on the same general pattern. Suddenly, it has become ONE WORLD. There is not much difference today in all parts of the world.

So if I were to “play God,” I *do*, as it were, look down from heaven and see what has happened to this earth.

And what do I see? I see a sickening sight. I see a “progress” in reverse — a “progress” that has polluted the air, the water, the soil — yes, and as former Prime Minister Eisaku Sato of Japan said to me, *polluted human minds!* I see a civilization that has reduced rainfall by robbing the forests without adequate reforestation, robbed the earth of its raw materials, robbed the soil of its life cycles — a civilization that is sickly and diseased, governments, businesses and industries that are corrupt, a

(Continued on page 24)



They Told Him Not to Do It!

By Bernard W. Schnippert

Are you planning to get married someday? You need to know this!

On the hill overlooking the lights of the city, Tim told Susan how much he loved her. That night they decided they should get married right away.

It came as a shock to Tim next morning that his parents were not as thrilled.

His mom was dead set against it. Dad said he wasn't going to come watch Tim destroy his life if he decided to marry Susan.

They don't understand Susan,

Tim thought. They never gave her a fair chance.

But when his friends started hinting that they didn't think it was such a great idea, Tim got a little upset. What do they know — they must just be jealous, Tim thought.

When the minister said he couldn't in good conscience perform their wedding, that was about as much as Tim could take. Should he call the whole thing off or should they just forget about all these hypocritical people?

What would you do if you were

Tim or Susan? What would the results be if they get married anyway, in spite of everybody's advice?

What happens too often

Tim and Susan aren't real, but their circumstances are real enough. And the end results are often too painfully real.

In cases like this, the newly married people feel cut off by family and friends — not a very stable foundation to build a marriage on. Often they discover that they don't really know each

Your counselors may have something you, if you're in love, can't have — an objective, unemotional point of view . . .

other. The compatibility they thought they had vanishes in the harsh reality of bills, bad habits and unfulfilled expectations.

The love they seemed to share quickly disappears as fight follows fight. Soon the tension at home gets so bad that the couple can't stand the stress. Too often the marriage ends in disaster.

Now don't get me wrong. I do not believe for a moment that you are doomed to die an early death even if you do marry the wrong person. But frankly, finding out after the ceremony that you married the wrong person can be a type of death itself. It can drain the zest and pleasure out of life.

It's not that I believe every single time two people are advised not to marry, their marriage ends in total calamity. I don't think that. But I do think that far too

Therefore I have come to call advice against marrying someone "the advice nobody ever takes."

Would you? Would you listen to the advice of parents, family, friends and counselors (such as ministers) who told you that it would be a mistake to marry someone?

Further, should you take such advice? If so, when and whose advice?

Why don't people take it?

Why don't people take the advice of others about whether or not they should marry a certain person?

The answers vary. Probably some soon-to-be-marrieds just think they know the other person — and themselves — better than those who are doing the advising. Others don't think it is anybody's business but their own.

Others feel that, since they love the other person, they simply must marry him or her and nothing can go wrong.

Others probably have still other reasons. But one thing applies in all cases. If a person is marrying the other person at least believing he or she is in love, then his or her mind cannot help but be clouded by the

exciting emotions of love. These emotions blind us to the facts and can make us ignore good advice about the relationship. That is why the advice goes unheeded.

But one thing's for sure. Anytime you must make a huge decision, such as whether to marry or not, you should get some advice from those who count and should know. The Bible itself states, "Where there

is no counsel, the people fall; but in the multitude of counselors there is safety" (Proverbs 11:14).

Many business executives get advice before they make decisions far less important than whether they should marry someone. They realize that many decisions simply require the input of others before they can be made. They understand, in principle at least, the proverb that says, "Without counsel, plans go awry, but in the multitude of counselors they are established" (Proverbs 15:22).

Why, therefore, should we not get some good advice before we marry?

And to get good advice we need to go to people who are able to give it. The parents on both sides are a good source here, for they know their children better than anybody, even better than the two people themselves in a lot of cases. Or what about going to a friend whom you know knows you (and your prospective mate) very well, and who has a good marriage? Others, such as your pastor or a stable and wise close friend, also come to mind.

The responsibility is yours

Of course, we're not suggesting that you take a vote about your intended mate or that you let a few minor, negative comments jolt you from marrying someone who is truly compatible with you. And the final decision and responsibility for your choice is yours, for better or worse. We're not suggesting that someone else should make that decision for you.

But if, time after time, trusted person after trusted person tries to talk you out of it, you had better give it serious thought and prayer before you make a mistake that can scar you for life!

True, maybe you do know your loved one and yourself better than they do. And true, maybe it's your decision and your business. And, maybe you do love the person for real (although nothing says that you must marry the wrong person just because you

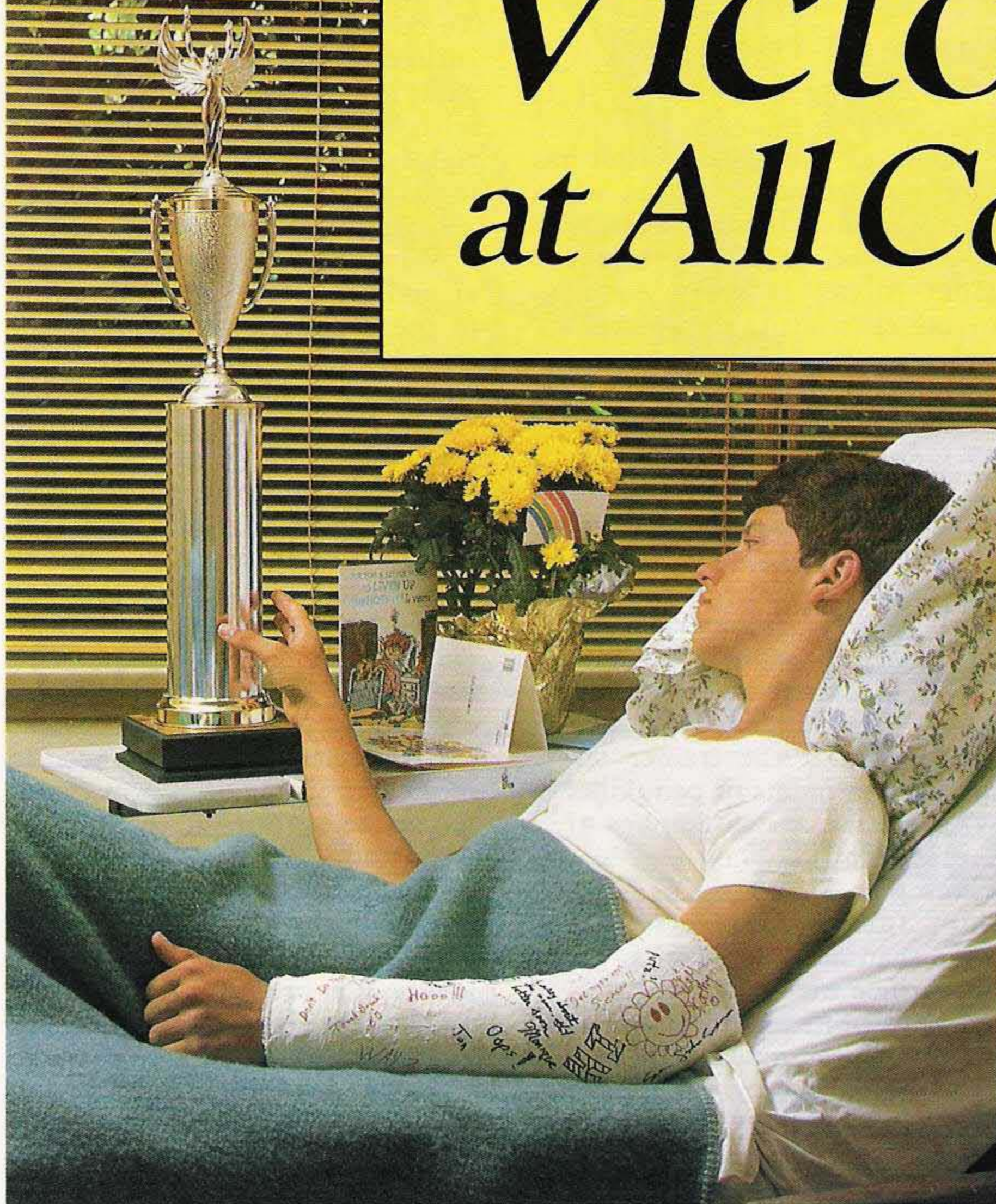
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few people seek good advice about when and whom they should marry. And when they do get good advice, they seldom, if ever, take it.

I hope this will not happen to you. But I've noticed people rarely can be talked out of marrying someone they love or think they love even when it is obvious to everyone else that the two are not at all compatible.

Victory at All Costs?



By Graemme J. Marshall

What could be more important than winning?

Two American football players sprang high off the ground trying to catch the ball in midair.

The teenagers collided and fell to the ground in a tumble of arms and legs. Before one could get up, he felt punches and his opponent trying to knee him in the groin.

As the attacker jumped up to continue the game, the victim slowly got to his feet, uninjured, but perplexed. Why was he punching me? he thought. For the first time in his sporting career he was learning that there are widely different attitudes in playing sports.

It was the football tryout for a state team. The attacking teen was determined to make that

team by any method. He had been schooled in how to intimidate his opponent, and the tactics worked. His opponent was put off by the illegal play and kept his distance, rather than risk more punches. This gave the other player the edge.

The aggressive, no-holds-barred teen went on to become a state player. The other wondered whether playing sports was worth being someone's punching bag.

The old clichés about sports somehow seem out-of-date today. Like, "Sports build character." Older people say this a lot — especially coaches. But what the modern generation knows is that coaches who lose a lot, get fired.

What about the saying, "It's not whether you win or lose, but how you play the game"? Try telling that to professional athletes. The world knows everyone loves a winner and no one has time for the loser.

The lesson from most modern sports is that rotten attitudes, greed and a nasty determination to win at any cost have become necessary. Youngsters raised on modern sports heroes soon learn that team sports are played by cracking heads and by using your hockey stick or baseball bat as a weapon.

Is winning everything, if to do so you cheat?

Players get away with cheating all the time. Watch any professional football game. Notice that

the average player will try to steal a few extra inches by nosing the ball beyond where it stopped. In basketball there are the well-chosen, "accidental" bumps and "stray" elbows all delivered with a look of innocence.

Many play the rules according to how much they can get away with, rather than with integrity. A baseball outfielder catching the ball close to the ground is rarely going to openly admit that it hit the ground first if he can get away with it.

In squash or racquet ball, a double bounce can be conveniently ignored unless the opponent complains. A "let" call where the opponent is blocking your return shot can be quite useful, particularly when the shot was impossible to return anyway or you were too far out of position or too exhausted to make an attempt.

Temper on the court

Is winning everything, if to do so you can't control your temper?

Temper tantrums on the tennis court teach a worldwide television audience that as long as you are good enough, the rules don't apply to you. You can ignore decent human behavior, violate the rights of umpires, fans and players, hold up play, shout profanity and argue your rights and get away with it. That is, apart from some insignificant fine.

And that isn't right. There really is no good excuse for disrespect and irresponsibility in sports. Sure there is stress — sure mistakes are made. But controlling your temper, accepting unfavorable

Is winning everything if you must sacrifice your body — continuing to play even when injured? (Photo by Hal Finch)



decisions and learning to work within a rules structure is all part of growing up. Sportsmen and women should not be exempt from growing up just because they make more money than most of us.

Playing with injuries

Is winning everything, if it aggravates an injury?

It makes you wonder what has happened to human values when you see an injured player prepared to be sent back into the game. Money in sports corrupts an athlete's attitude toward his body.

In a recreational game, an amateur player might be tempted to ignore an injury during a game. But if it really begins to hurt, he or she will usually be wise and stop to sit it out. The rewards of healing the injury are more important than the short-term glory of winning a game.

But, introduce modern temptations. What if a salary is on the line? What if the trainer offers special treatments or pain killers? What if the coach implies that continuing to play can mean winning the game, the championship, future contracts? More often than not the player is going to sacrifice his or her body.

Many professional sports promoters will admit that their goal is to make money. To do that, they must win. And the way to win is by whatever means necessary — even if it is harmful or degrading to the players.

What is a right goal for winning?

Many have only one concept: "Winning isn't everything — it's the only thing." Others reply that sports should be just for fun, not to win. Yet between these two extremes surely there is a balance.

An emphasis on winning is

helpful — to a degree. Winning is fun, and being challenged by skilled players brings out our best. Then winning is an accomplishment. But how important is it to play just to win? Enough to try to slaughter a weaker team? To be happy when opponents are injured and taken from the game? This isn't exactly winning with honor. So how can we rightly use the concept of wanting to win without losing integrity and good sportsmanship?

Winning is a motivation to gain an end. That end varies according to the athlete, team or sport. It includes such things as adequate challenge, enjoyment, teamwork, confidence and increased physical fitness.

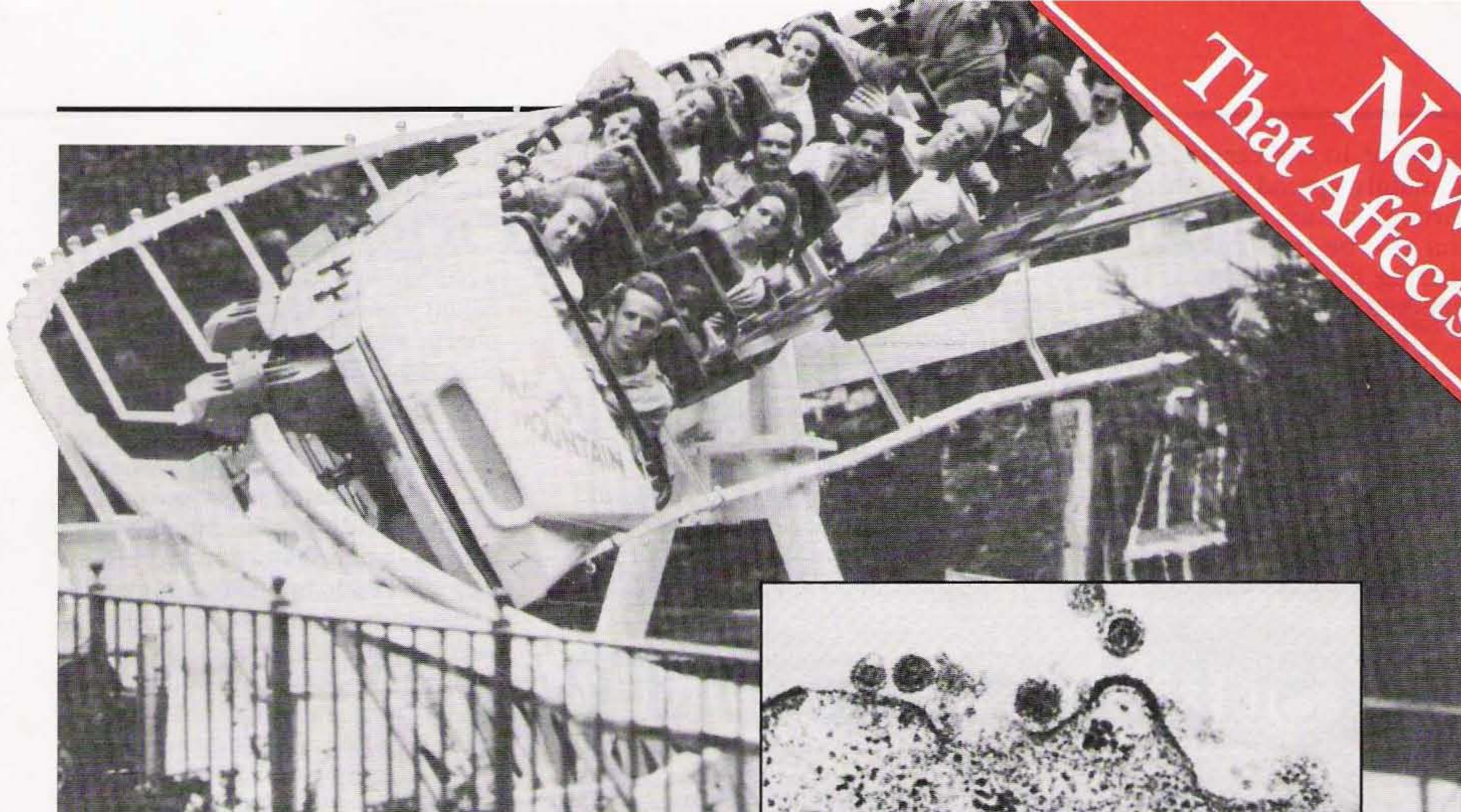
The desire to win can be a means to motivate us to work harder, run faster, row, bike or swim faster and longer than we would be inspired to do just on our own. It can help us achieve our goal of bettering ourselves — of achieving our personal best.

Striving to win doesn't need to mean hatred between opponents. It can be a form of cooperation where both players or teams use the game for mutual benefit. No one really wants opponents so unskilled that there is no challenge. We prefer agile, talented opponents who stretch us to our limits.

Is winning everything? Not if we cheat, lose our temper, aggravate an injury or are offensive to other players or the officials. But winning is an exciting challenge if we play by the rules and allow others to have an equal chance to win, if they can.

Winning is good if we are in control of our emotions both in victory and in defeat, if we can readily congratulate the good plays of our opponents and if we can always respect the authority of the officials.

But winning is only a part of sports and of the greater game of life. If we don't forget having fun, improving our skills, making friends and doing our best, winning will mean so much more. □



New Sex Disease Explosion

One in five of these U.S. high school students, at present rates, will contract some type of sexually transmissible disease before they graduate. Inset, a microscopic view of the AIDS virus.

- Sexually transmissible diseases (STDs) have exploded in recent years with a near-epidemic fierceness.

It is estimated that up to 20 percent of American teens will be infected by an STD before they graduate from high school. Up to half of all reported STDs are among people under 25 years old.

Among diseases that can be spread from person to person, only colds and the flu hit more people each year than STDs. It used to be called "the silent epidemic." But there's nothing quiet anymore about this explosion of STDs that has hit nearly every country in the world.

Health experts no longer refer to these diseases as venereal diseases (VD) since they now realize that there are many more diseases that can be spread

sexually than just those called venereal diseases.

There are more than 20 different STDs afflicting millions of people around the world.

What has health experts especially worried is the number of STDs that were unrecognized or rare a few years ago that are now rampaging out of control.

One such disease was, until recently, treated as a relatively harmless infection and lumped in with other, unnamed genital infections. It now has a name, chlamydia, and is recognized as a serious, difficult-to-cure disease infecting an estimated three to four million Americans each year. By comparison, gonorrhea is much more widely known, but affects less people, around two million a year.

But that doesn't mean health

officials are no longer worrying about gonorrhea. This STD may soon erupt with renewed epidemic fierceness as it develops new strains resistant to all but the most powerful drugs.

AIDS (Acquired Immune Deficiency Syndrome) is a deadly, relatively recently discovered STD. Homosexual and bisexual males are still the main group hit by AIDS, but the disease is now being spread to nonhomosexuals. In some areas, as many as 30 percent of new AIDS cases are among nonhomosexuals.

AIDS has struck nearly 12,000 victims worldwide. So far, no one has ever recovered from AIDS. It is assumed to be fatal in all cases.

Between 500,000 and a million people may be carrying the AIDS virus. This virus, which may lie

dormant in the carrier for years, is mainly spread to others through sexual contact. The virus can also be transmitted through sharing drug needles or through infected blood transfusions.

Contrary to a widespread myth, not all STDs are curable by medical science. Herpes, estimated to affect between 5 and 20 million people in the United States alone, has proven incurable to all treatment, though symptoms may be relieved. The herpes virus retreats deep within

tissues until it flares up in painful sores. The flare-ups occur without warning throughout the victim's lifetime, usually because of some bodily stress.

As one health official said, "Genital herpes is the disease that keeps many venereal disease specialists monogamous [having sex with only their husband or wife]."

The rapid spread of new and old STDs is caused by the high levels of sexual activity with several different partners. The

more sexual partners a person has, the greater the risks of him or her getting an STD.

To learn more about STDs, write for our free reprint, "The Silent Epidemic." It contains charts and information on more than 20 STDs. And be sure to see the November-December issue of *Youth 85's* sister magazine, *The Plain Truth*, for an in-depth look at the subject. To order either, see our addresses on the inside front cover. — *By Lowell Wagner Jr.* □

'It's Still the Same Old Weed'

- An increasing number of young people are biting off more than they can chew — apparently without concern for health risks.

With the popularity of smoking decreasing because of its links with heart disease and cancer, smokeless-tobacco products — chewing tobacco and snuff — are gaining in popularity, especially among teens and young adults.

Smokeless tobacco is widely assumed to be a safe alternative to smoking among its users. "It can't hurt you athletically like cigarettes can," said one young user. "Baseball players use it all the time," said another. (Ironically, new evidence suggests smokeless tobacco can actually

Photo by G.A. Belluche Jr.

slow down reaction time.)

In the United States, smokeless tobacco is the only segment of the tobacco industry that is growing, and experts claim this growth is because of increased use of smokeless tobacco by young people. In the last decade, the percentage of U.S. smokeless tobacco users increased from 3 percent to 10 percent, about 22 million people.

But those people are using smokeless tobacco at their own risk. Experts say users of smokeless-tobacco become addicted to nicotine much more quickly than smokers do. In one study, users couldn't even quit for half a day because they were so

addicted to nicotine.

Doctors point to studies that link smokeless tobacco to gum disease and tooth loss. The World Health Organization feels that smokeless tobacco causes oral cancer.

The state of Massachusetts now requires makers of smokeless tobacco to put this label on their products: "Warning: Use of snuff can be addictive and can cause mouth cancer and other mouth disorders."

Those who oppose smokeless-tobacco products claim the tobacco industry is aiming its massive advertising campaigns at students. These ads, opponents feel, imply that smokeless tobacco is safe to use — or, at least, safer than cigarettes.

But, as one doctor put it, "There is no such thing as safe tobacco." And an editorial in the *New York Times* offered this opinion: "Kids, at whom most of the smokeless tobacco advertising is aimed, need to know that no matter what shape it takes, it's still the same old weed." — *By Tom Delamater* □



How to Spend a Trillion Dollars

• All around this planet of ours, nations are making and buying weapons of war at an enormous cost.

Today, there are about 28 million military personnel in uniform around the globe — roughly equal to the populations of Belgium, Ireland, Luxembourg and the Netherlands combined.

It is estimated that all nations together spent between \$800 and \$970 billion* on arms in 1984. (All figures in U.S. dollars.) That is roughly twice the gross national products (the combined value of all goods and services produced) of all the countries of South America. This year, worldwide arms expenditures are expected to top the \$1 trillion** mark for the first time.

The United States and the Soviet Union were the leading arms merchants for 1984. Together, the two superpowers accounted for 62 percent of the world's exported arms sales. But their share of the world market has fallen sharply since 1980 when they controlled 80 percent of the market.

As the level of sophistication of weapons rises, so does the cost. For example, for the price of one American XM-1 tank, you could purchase 280 \$10,000 automobiles. Or, you could purchase more than 2,000 \$75,000 homes — an entire town — for the cost of one British Type 22 frigate.

The chart above shows the costs of some of today's most advanced weapons. (Note: Accurate prices for Soviet-made military equipment are unavailable, so no Soviet equipment is included in the chart.) — *By Dan C. Taylor* □

ITEM	COST (U.S. DOLLARS)	MANUFACTURED IN
XM-1 tank	2.8 million	United States
Leopard II tank	2.2 million	West Germany
Merkava tank	1.6 million	Israel
F-15 Eagle fighter	27.7 million	United States
F14A Tomcat fighter	43 million	United States
Super Entendard Fighter	9.1 million	France
Tornado F.2 fighter	23.8 million	Britain, Italy and West Germany
Super Harrier Jumpjet	28 million	Britain, U.S.
Type 22 frigate	156 million	Britain
Trident submarine	2 billion*	United States



Illustration by Monte Wolverton

Is It Live - Or Is It Plasma?

• If you owned a race car that could travel 200 miles an hour (320 kilometers an hour), but all the racetracks were full of holes, you would probably feel your high-powered engine was wasted as you crept along.

This is the way many stereo system owners have felt. While most sound-system components have attained incredible clarity, loudspeakers lagged far behind. But now that's changing.

Speakers, usually made from stiff paper cones, sometimes produce unwanted vibrations. The sound becomes distorted.

But manufacturers are now looking to new technologies to improve sound quality.

Ribbon speakers use a strip of pleated, ultrathin aluminum foil. An electric current causes the foil to vibrate and create sound.

A single ribbon speaker can

handle five octaves — half of the range of notes the human ear can hear. There are few unwanted vibrations.

Plasma drivers give even better results. This speaker produces a small, heated, electrically charged cloud of air, known as plasma. The audio signal makes the plasma expand and contract, which in turn creates sound waves. Some experimental versions of the plasma driver come close to perfect fidelity.

There are still a few problems. Ribbon speakers can overheat and deform the foil. Some plasma drivers produce deadly ozone.

The main drawback, however, is their expense, up to \$5,000.

Manufacturers soon expect consumer interest to rise high enough that the new loudspeakers can be mass-produced at a lower cost. — *By Robert C. Taylor* □

*Thousand million, British usage.
**Billion, British usage.

Be a Super Sitter!

By Z. Harlean Botha

Here's how you can impress the kids (and their parents) when you baby-sit.

Baby-sitting is a good way to earn money for those who enjoy caring for children. If you are a good sitter, your services will be in constant demand.

discuss how you are getting home or the bill. If your rates change after a certain time of the night, make sure your customers understand exactly what you will charge them.

- Find out exactly what extra duties, if any, are expected of you.

Are you supposed to feed the children a meal? Are you supposed to make sure they do their homework? What television programs are they allowed to watch? When is bedtime?

- Have the parents show you where the items you will be needing (such as pajamas, toys) are in the house. Then you can respect their privacy by not searching for things in all their closets and drawers.

Get the following telephone numbers

from the parents: where they will be, a backup (friend, relative, neighbor) person you can call in case you cannot contact them if needed, their doctor, the Fire Department, Police Department and the Poison Control Center. (The last three you should probably already know.)

- Bring a "super-sitter box" with you. It can be made from a shoe box or an overnight case,

and can contain toys, books, playing cards, small dolls, coloring books, puzzles or similar amusements you have made or bought in advance. (Consider it a business expense, but with some creativity you won't have to spend a lot.)

Because the children will not have seen it before, their investigation of your box will ease those moments right after the parents leave. (Make sure they know you'll be taking the items with you when you leave.) If you start the evening off playing together, you'll be off to a good start.

- Go to the library and find some games and songs you can use if the children complain of boredom or seem to want to get into mischief for lack of anything constructive to do.

Children love to be entertained and participate in fun activities. But remember that they have fairly short attention spans, so have a lot of different things to amuse them.

- Keep a watchful eye on the children. Kids can disappear, seemingly from under your eyes. Preschool-age children are active and curious and do not have a good idea of risks involved with what they are doing. Anything from an electrical outlet to an unlocked medicine cabinet can pose a hazard if you are not constantly alert. Be especially careful of babies in walkers and in high chairs.

- Alertness is doubly important when the children are playing outdoors. Kids think it's "more fun" to stand on swings, jump off seesaws, climb up the slide and overload a piece of equipment. But it's also dangerous. Safe play can still be fun play!

- Gather all the children into the same room if you have to answer the phone, prepare something to eat or change the baby. That way, you know where everyone is.

- Don't try to handle an illness or accident (unless it's a minor cut or bruise) yourself. Call the parents and find out what they

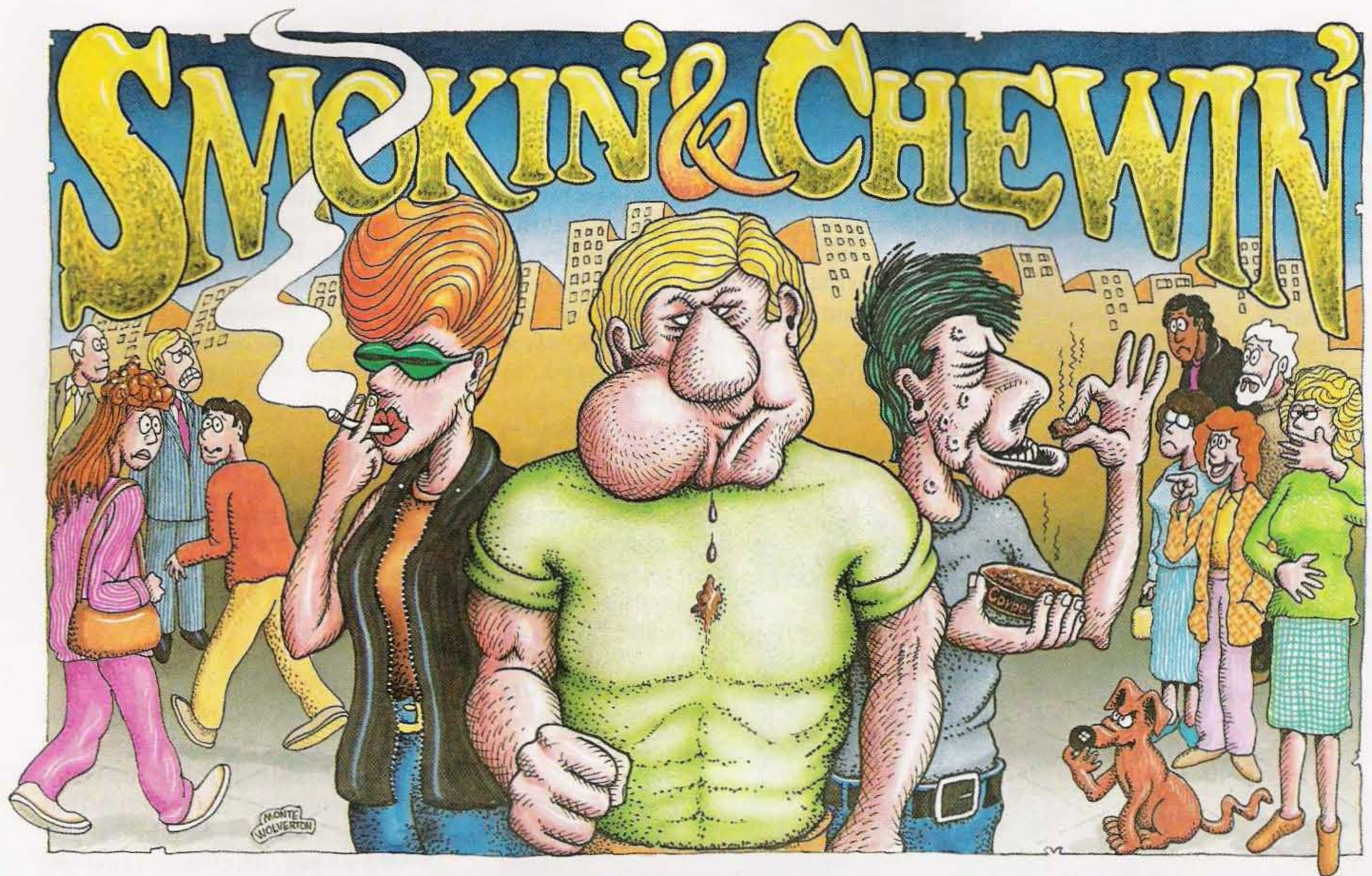
(Continued on page 29)



Babysitting can be a lot of fun — but only if you like children and follow the tips explained in this article. (Photo by Kevin Blackburn)

Here are some pointers on being a *super sitter!*

- Agree beforehand with the parents on the times of your arrival and departure, method of transportation and hourly rate. Midnight is not the time to



Not Everyone's Doing It By a Long Shot

By Donald D. Schroeder

A look at what teens and scientists are saying about the tobacco habit.

The good news is, you don't have to tell most young people about the awful consequences of the tobacco habit.

Teens already know the terrible health risks of smoking cigarettes (see box, next page). In our age of mass communications it's hard not to have been exposed to at least one of the more than 20,000 scientific studies that have demonstrated the dangers.

The good news is that, while a

great many teenagers have sampled cigarettes at some time, most have had the open-mindedness and savvy to realize that smoking is one of the worst hijackers of health known to medical science.

Lots of young people with an eye out for their future don't smoke because they don't want to get hooked by a nasty habit. They don't want the unhealthy and unattractive things they see in many adults and teens who smoke.

The good news is that because of media coverage of the overwhelming evidence of smoking's ill effects, the habit has dropped

from around 30 percent of 17- and 18-year-old males in the United States to around 20 percent today. Fewer 15- and 16-year-old males are smoking and the percentage of adult males who smoke has dropped too.

The bad news, however, is that smoking among girls in all teen age groups has increased. And so has the lung-cancer rate in females in general. Women started smoking later in our century than males, but now they're rapidly catching up with all the associated diseases.

If you've been able to resist developing the smoking habit,

Illustrations by Monte Wolverton

that's good. Studies indicate 75 percent of those who smoke take it up before they are 21 — about 45 percent before age 18. The tobacco companies haven't forgotten this in developing their advertising, even though in many nations they are not legally allowed to make a direct pitch to teenagers.

None of today's millions of smokers started out wanting to be slaves of a dirty, offensive and dangerous addiction. But physically and emotionally addicted (in varying degrees) is what the vast army of regular smokers are.

Until recently, nicotine addiction was only strongly



“out” among the majority of American teenagers. A few years ago a nationwide survey of 18,000 high school seniors (mostly 17 and 18 year olds) conducted by the University of Michigan found many young people aren't buying the tobacco industry's two main advertising pitches — the rugged he-man image aimed at males and the liberated image aimed at females.

In this study, only around 6 percent of seniors agreed that smoking makes someone in their group look cool, calm and in control. Only 11 percent thought smoking makes a boy look rugged, tough and independent. But 24 percent said it

she “is trying to appear mature or sophisticated.”

And what about the “you've come a long way, baby” theme for women? Only one in seven seniors thinks smoking makes a girl look independent and liberated. Said Dr. Lloyd Johnston, who directed the study with two associates: “Young people do not think that harmful effects of cigarette smoking have been exaggerated... Nearly 60 percent flat out think that becoming a smoker reflects poor judgment.”

Probably the clincher, said Dr. Johnston, is that two thirds of the seniors in the study said they would prefer to date people who didn't smoke.

Snuff — is it safe?

In recent years tobacco advertising started selling the idea that snuff (smokeless tobacco) isn't bad for you, that it's macho, that at least it's safer than smoking.

“You get the message on commercials,” said a 16 year old at a high school. Why does he dip snuff? Well, he's a pitcher on his school's baseball team and he sees many big league players on television use it.

So the tobacco companies and their highly paid advertising agencies are smart enough to use a cast of sports celebrities and other masculine-looking guys to

(Continued on page 25)

Two thirds of the seniors in the study said they would prefer to date people who didn't smoke.

suspected by many health officials. Now medical research has pretty much nailed it down as fact. Nicotine and possibly other chemicals inhaled from tobacco smoke affect the brain and nervous system, creating dependence and compulsive use like other addictive drugs, said a U.S. government publication. It concluded cigarette smoking is “the most widespread example of drug dependence in the United States.”

Get that! Millions of tobacco smokers are *addicted* to nicotine like heroin addicts are addicted to heroin. That's one reason so many smokers get nervous, irritated or sweaty if they haven't had a smoke for a while. They need a fix.

What teens say

Some young people may be surprised to know that smoking is

makes him appear the opposite — “conforming.” Nearly two thirds of the 18,000 seniors questioned believed cigarette smoking makes a person their age look like he or

Health Hazards

Here are some of the diseases that are linked to cigarette smoking.

Cancer: bladder, esophagus, larynx, mouth, pancreas.

Lung diseases: emphysema, chronic bronchitis.

Heart disease: cardiomyopathy (heart muscle grows progressively weaker), increased risk of heart attack.

Ulcers: frequently return, healing delayed.

Hazards for women in par-

ticular: cancer of the cervix, sleep difficulties, blood clots more common.

Complications in pregnancy: miscarriages, birth defects, premature births, low birth weight. Retardation and death of newborn more likely than for nonsmokers.

Children of smokers: increased susceptibility to pneumonia, early menopause and decreased fertility in daughters.

Wet Pets

By Robert C. Taylor

There's something fishy about this hobby!

Imagine a fish that's transparent, one that has no eyes and another that has four, a pink fish that likes to kiss and a catfish that prefers to swim upside down!

Sound strange? These curious creatures, and others just as odd, really do exist. The exciting part is that you can keep and display them in your own home.

Keeping tropical fish is a fascinating hobby practiced by millions of people around the world — and for good reason. Tropical fish take little space, eat little food, rarely make noise, are usually inexpensive and create a decorative conversation piece for any room.

Getting started

Setting up an aquarium can be challenging and fun, and it doesn't have to be too expensive. A 10-gallon (38-liter) aquarium with a reflector hood and lamp costs about \$20.

A heater and thermometer are necessary to maintain the proper temperature. The water is kept clean and fresh with an air pump and filtering unit. These can be purchased in pet shops or tropical fish stores and some department stores. A basic 10-gallon setup, not including fish, usually costs less than \$45. Larger setups will, of course, cost more.

Often you can buy used items at yard sales and swap meets for much less money. But make sure everything is in good condition. An aquarium that leaks is not much fun.

The next step is to decorate your aquarium. Here's where real imagination comes in. You can,

for example, crinkle and paint aluminum foil for a colorful or realistic background. Just tape it to the back of the tank.

An inch (2.5 centimeters) of clean, polished gravel, a rock grotto (cave) and a few water plants can turn your aquarium into an underwater garden.

Your personality will show through in the way you design the aquarium landscape. The possibilities are limitless. What about a moon setting? Tape an outer space picture on the back of the

the filter and heater are allowed to run for a couple of days, it's time to add the fish. The hard part is trying to decide which ones.

Here again, your personality will guide your choices. Do you like bright, colorful fish such as swordtails, paradise fish, neons and guppies?

Or are you intrigued by unusual types like whiptail catfish, black ghosts, hatchet fish and worm-jawed mormyrids? There are hundreds of fascinating species.

The two most important rules are: Choose fish that are compatible with one another (some fish such as oscars and cichlids are aggressive) and don't buy too many.

The salesperson at the pet shop can help you decide which fish and how many to buy for your



tank, use pale gravel, add a few moon rocks and there you have it!

Of course, there is nothing wrong with a natural setting. You can imitate the natural habitat of the fish you own. And you are always free to make changes.

Choosing the fish

After the aquarium is set up on a sturdy, level stand or table and

size tank. He or she can also show you the best types of fish foods. Your library has books that will give you plenty of tips on choosing and keeping tropical fish.

Consider setting up a tropical fish aquarium. It can be a lot of fun, can enhance your interior decorating skills and can open your eyes to a whole new aspect of God's creation. □

What's It Like to Be a Teen in MONTREAL?

By Michael Besonart

How would you like to live in a city that is built around a mountain?

If that's not enough, what about a city that's also on an island? Montreal, Quebec, fits this description and, as you might guess, it isn't your run-of-the-mill city. It's a city with a character and personality all its own.

Montreal was settled in 1642 and was first called Ville-Marie. By the early 1700s the name of the city was changed to Montreal after the mountain called Mont-Real (Mt. Royal).

Today, as back then, the mountain is one of the most prominent features of Montreal. This tree-covered mountain, which rises 763 feet (233 meters), is the city's largest park. It has a small man-made lake on it, called Beaver Lake, which in winter becomes a huge skating rink. Beside the lake is a chalet where people can buy refreshments and light snacks.

Farther up the mountain there's another chalet next to one of two lookout platforms that allow visitors to view much of the island, the St. Lawrence River and the surrounding area.

This wooded peak is a favorite area for jogging, skiing, picnics and just plain strolling along.

Because of its position on the St. Lawrence Seaway, Montreal is the nation's chief transportation center. It is serviced by two airports, one of which, Mirabel, is among the largest in the world.

Montreal is the headquarters for Canada's national airline, Air

Canada, and for the nation's two transcontinental railways. In addition, the Trans-Canada Highway, which stretches from coast to coast, passes through Montreal, crossing the downtown area 100 feet (30 meters) underground!

Speaking of underground, Montreal's subway, the Metro, is probably the world's most interesting. Montrealers are proud of their Metro and generally keep it free of graffiti.

The stations, some of the loveliest in the world, are decorated with brightly colored mosaics and colored glass. Because of these decorations, the Metro has been called the largest underground art gallery in the world.

The subway was the first in the Western Hemisphere to employ rubber tires and is today one of the quietest. Not only that, but the Metro actually passes under the St. Lawrence River to reach the south shore of the mainland.

An underground city

Perhaps the most interesting fact about our Metro is that it connects the world's largest network of underground stores, restaurants and theaters! This area, called the underground city, is directly under the downtown area. It is one of the liveliest parts of town, especially in the winters when 5 to 10 feet (1.5 to 3 meters) of snow fall on the city above.

Another of the interesting parts of town is the historic waterfront area called Old Montreal. Charming restaurants, historic houses and small retail stores line the narrow cobblestone

streets. Old Montreal can be toured and its historic atmosphere relived by taking a caleche (horse-drawn open carriage) ride through its picturesque routes and historically rich places.

Past meets present

The past of the city is sharply contrasted with the present at the point where Old Montreal meets downtown Montreal, and many of the old buildings stand side by side with tall, modern structures.

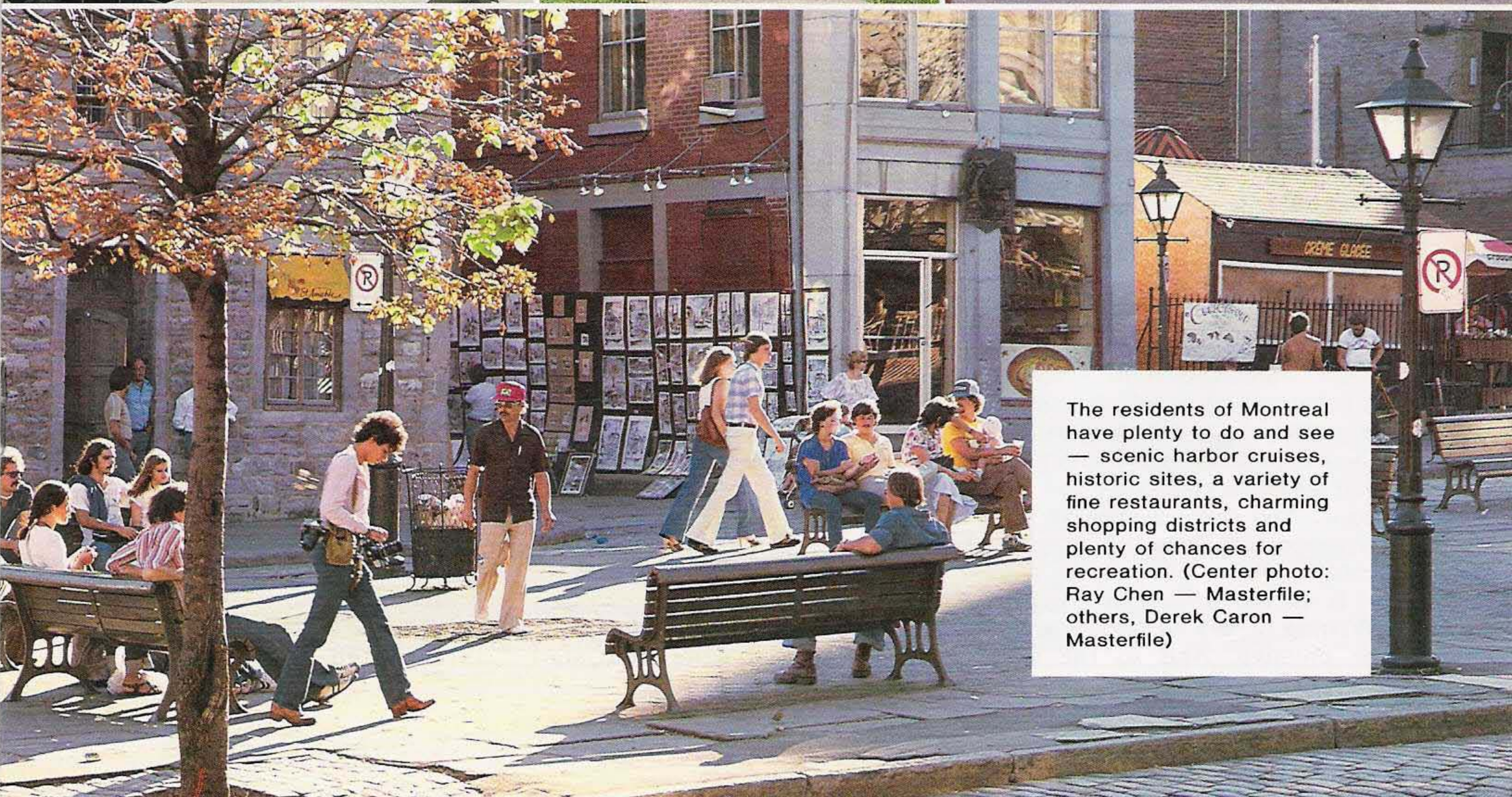
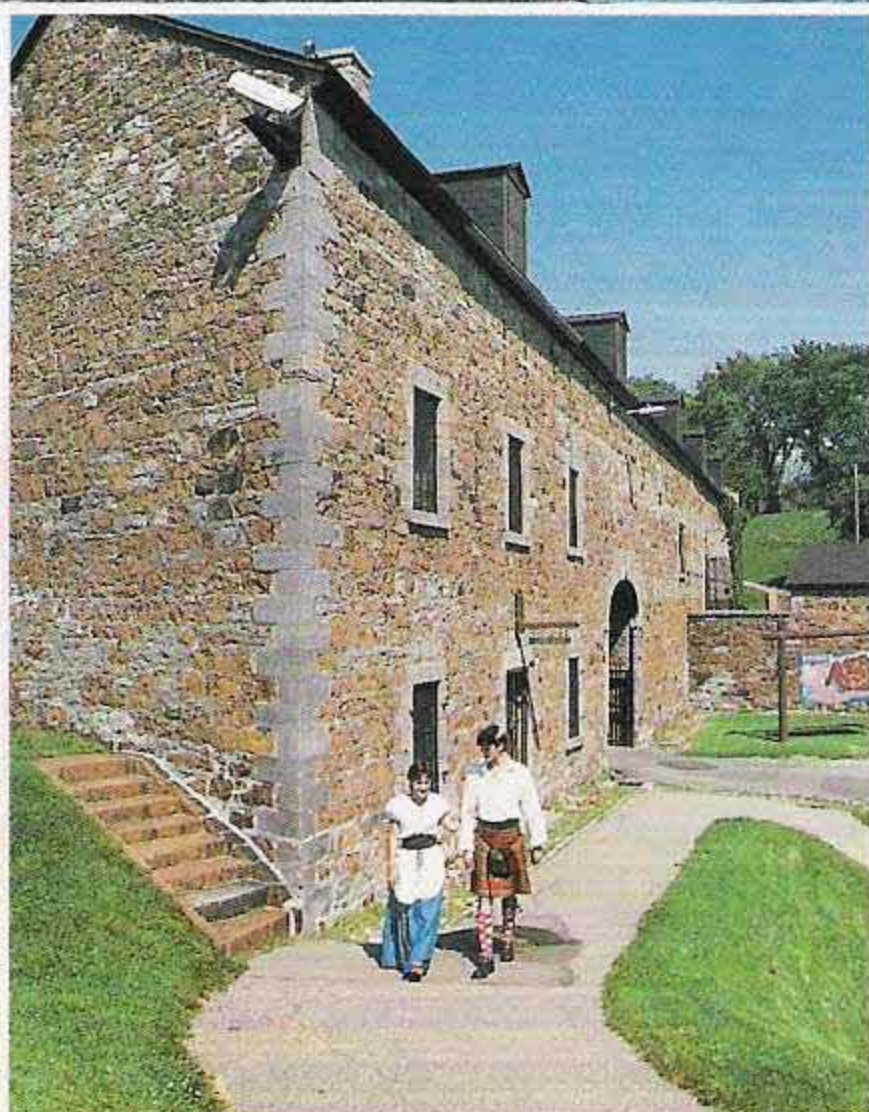
Montreal's diverse architecture attracts many filmmakers. To give you an idea of how versatile Montreal is in adapting to different settings, a show for television was once shot here that used one side of a street to represent London, and the other to represent Paris!

About two thirds of Montreal's population is of French ancestry, making Montreal the largest French-speaking city other than Paris. Montrealers speak French, English or both.

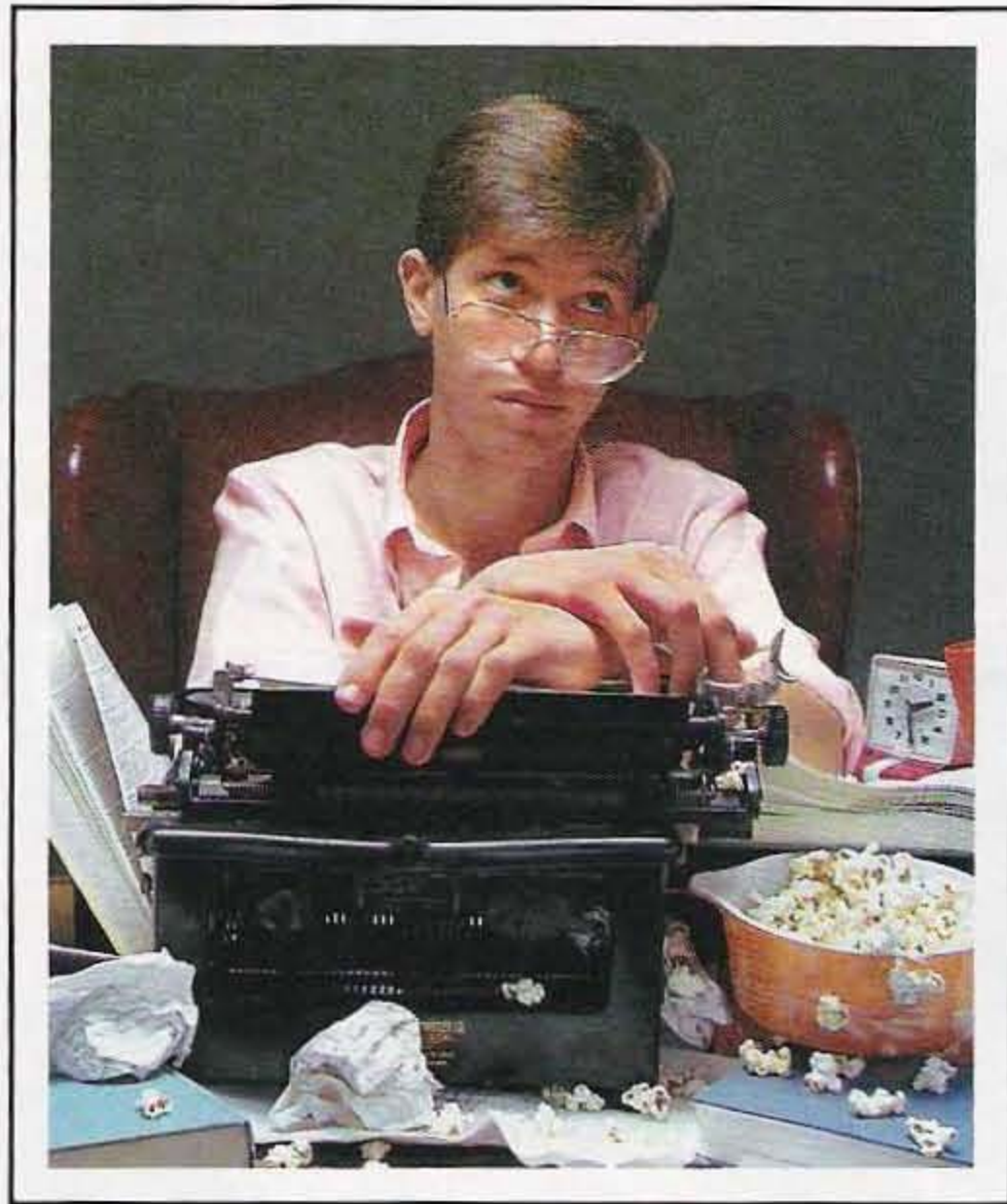
Among the most popular tourist attractions are the Olympic Stadium, site of the 1976 Olympics; Place des Arts, one of North America's finest theater centers and home of the Montreal Symphony Orchestra; La Ronde, a 135-acre (55-hectare) amusement park; and Man and His World, which was introduced as Expo '67, a world's fair with pavilions representing many countries.

St. Catherine Street is perhaps the favorite hangout for many young people in Montreal. At night this street, lined with movie theaters, glittery video arcades, restaurants, discotheques and

(Continued on page 25)



The residents of Montreal have plenty to do and see — scenic harbor cruises, historic sites, a variety of fine restaurants, charming shopping districts and plenty of chances for recreation. (Center photo: Ray Chen — Masterfile; others, Derek Caron — Masterfile)



You DON'T Have to Stay Up All Night!

By John Halford

*Creative tips on surviving term papers
and other writing assignments.*

It was late in the evening. A group of students huddled dejectedly around a library table loaded with books.

"This term paper is due tomorrow morning," moaned one. "I just can't think of what to say," groaned a second. "What am I going to do?"

Sound familiar? But it doesn't have to happen to you. There is a way of writing a term paper that takes the pressure off, gets it done on time and produces a quality result that is a pleasure to read and a joy to grade! And it all has to do with the way your brain is put together.

Did you know that research has shown that your brain has two distinct halves, each functioning slightly differently? The right side of your brain is creative, innovative and imaginative, while the left is cautious, logical and analytical.

So while the right (creative, innovative) side of you might want to paint a beautiful picture, the left (logical) part starts giving you all the reasons why you can't do it. And so your creative drive is suppressed by conflicting signals.

It is the same with writing. Writing — any writing — should be creative. And so the worst

time to do it is when logic (your left brain) tells you that there isn't time, that you are tired, that you don't know your subject — and anyway, you're no good at writing.

Those students, sitting so forlornly in the library on their late-night vigil, just could not think *right*. They were blotting out any creative effort with waves of frustration and anxiety. Nobody can do effective work under those conditions.

How should you use both sides of your brain to the best advantage in writing an essay or term paper?

Thinking right

Once you have decided what you are going to write about . . .

(OK, OK — hold it right there. What do you mean, "Once you've decided what you are going to write about"? That's the hardest part.)

No it isn't. Decide on something. It might not be what you finally write about — but it is a start. Sometimes a really great idea is discovered when you are looking for something else.

Christopher Columbus, you remember, found America while looking for a way to get to India! So, as I was saying . . .)

Once you have decided what you are going to write about, start

building your fund of knowledge about it. If you don't know how to research, the staff at your school or public library is there to help you with the specific skills. I'd like to give you a more basic key — get interested.

A few years ago, I had to drive from Los Angeles, California, to Denver, Colorado. My route took me through some of the most majestic scenery in the world. But I planned badly, and left myself short of time. The whole trip had to be spent on the interstate highway, with no time to enjoy it.

Research can be like that. You won't know what fascinating things you can discover, or where a detour will take you, unless you have time to explore.

When working against an impossible deadline, you will start to resent your topic, and see it as an enemy that must be overcome, rather than a challenge to be enjoyed. So — as soon as you get the assignment — choose your topic, and get going on the research. Load up your mind with information.

Now you are ready to write a first draft.

Write right

OK, so write it! Pick a time when you know you won't be interrupted, gather up your

research notes, go find a typewriter, sit down and write.

No — don't sit there looking at it. Start typing (or writing if you don't know how to type yet).

"But I don't know what to say!"

Actually, you *do* know what to say. You just don't know *how* to say it. It doesn't matter. This is only the first draft. Type anything to get started. (I once began an article with the words: "I don't know what I am going to say next, but I had better get started!" It worked — it broke the ice, and the words started to come.)

The secret of that first draft is to keep going. Don't stop to correct typing, spelling or grammar. Once you get going, that right side of the brain takes over. You will start to put ideas together. Things come to mind. The words start to fall out onto the page.

This is the thrill of creativity. You are putting together the facts that you gathered during your research. But those facts can come to life in your brain in a unique way. You have read what others had learned — this is what *you* have to say about it.

Don't worry about transcribing quotes and references perfectly at this stage. Maybe just have a

reference number that is keyed back to your research notes (your notes, of course, should be accurate).

The important thing is to do this first draft while you are not under hideous pressure from a deadline. Try to do it at a time when you can finish it in one sitting, without staying up late.

When you have finished, read your draft through. Cross out the material that should be deleted. Correct obvious mistakes, and do enough editing to make sure you can understand what you have written when you look at it again.

Then . . . relax! You're home safe. The assignment is on paper, and more important, it is in the memory bank of your brain.

Consciously and subconsciously you will start to mull it over. More ideas will come to mind. The odd five minutes browsing in the library may give you some more ideas. A brilliant new opening may occur to you in the shower. But the worst is over. Your paper is done — even though it may not look ready to hand in.

What's left?

Now, with the deadline approaching, it is time for the left part of your brain to make its

contribution. Get out that draft, and go over it — thoroughly, analytically, meticulously — correcting punctuation, grammar and spelling.

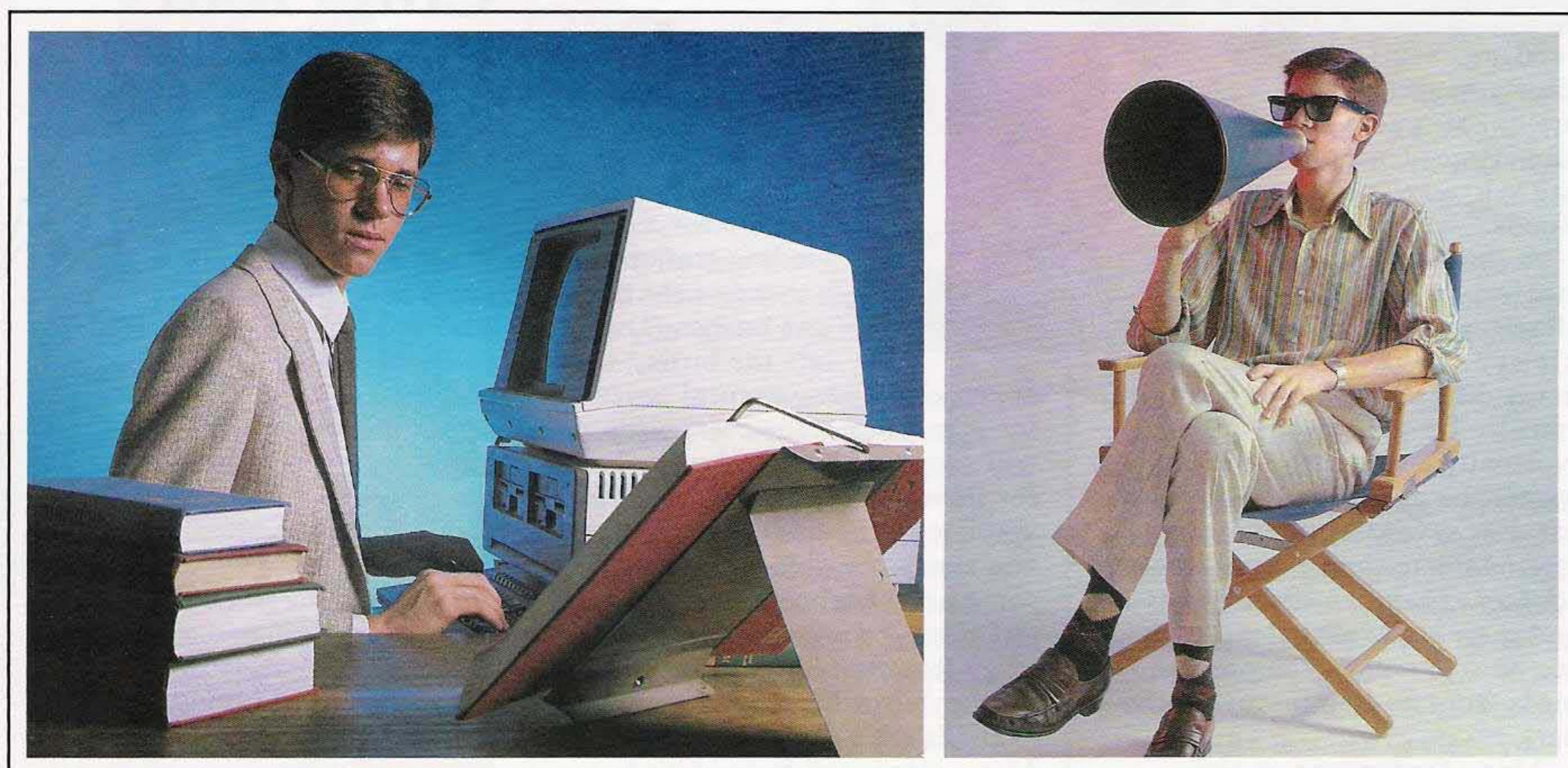
Ask yourself if the ideas flow. Is everything in the best, most logical order, or did that right side of your brain get carried away in places?

It is a good idea to read your paper aloud. Awkward wording and errors in style then become obvious. However, you will probably be surprised at just how good your first draft was.

Now is the time to type the final version, in the appropriate style, adding quotes, footnotes and bibliography.

It is madness to try to perform all the steps of writing a paper in one burst of frantic effort at the last minute. Give your imagination a chance. You will find that term papers lose their terror. You will also produce good quality, original work that is a pleasure to read — a sure way to improve your grade! □

If you follow these tips, the creative right side of your brain (symbolized below, right) won't be suppressed by hideous pressure (previous page). Below, left: The logical left side does its part.



IDEAS PLUS

Feed Your Fine Feathered Friends

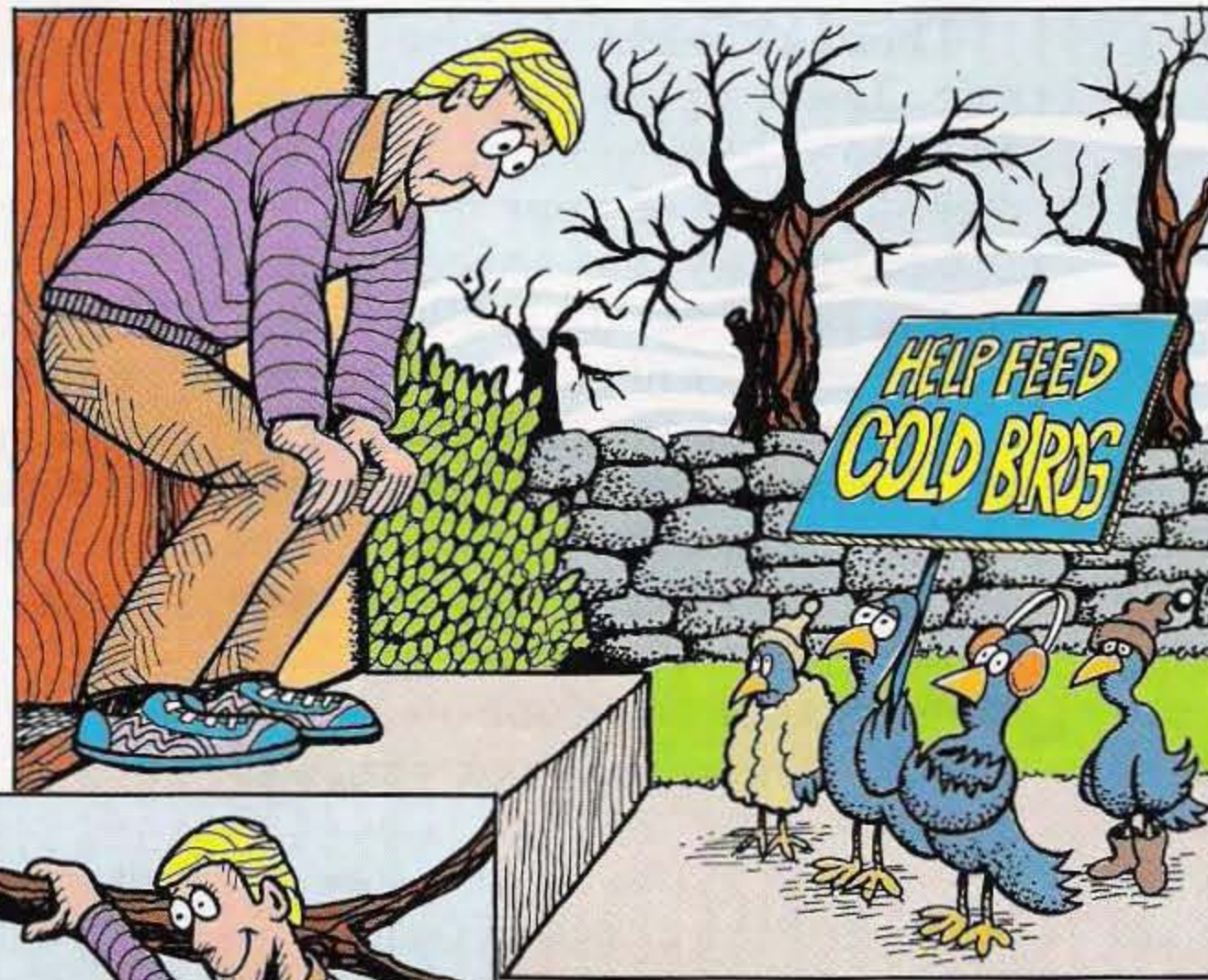
It's autumn in the northern half of the world, and the birds are flying south for the winter — right? Well, not exactly. Many birds don't migrate at all, and many that do fly south don't go all the way to the tropics. Wherever you live, you are likely to have many feathered friends spending the winter.

One of the easiest ways to see birds in winter, or any other season, is to set up a feeding station. During the colder months, you can often see more birds at a backyard feeding station than you can in miles of summer time tramping through the woods.

A bird-feeding station not only allows you convenient looks at many different types of birds, it can also be a lifesaver to them. Normally, even in the dead of winter, birds can find enough to eat. But severe winter storms often deplete their natural food sources. They can cover plants and their seeds with deep snow. Ice on tree trunks can prevent birds from finding insects in the bark.

Many feeders are on the

market — or build your own feeder if you like. You can find books on building bird feeders at your school or public library. They do not have to be elaborate or fancy in order to attract birds.



It's not just for the birds! An outdoor feeding station can be lots of fun for you and your whole family — not to mention the birds!

The best location for a feeding station is in a tree or near trees and bushes. This lets the birds

approach it using natural cover for protection. However, birds will soon find any food placed out for them, wherever it is. Even if you live in the middle of the city, you should be able to attract some neighborhood birds.

Or maybe even birds from far away that stop off on their journey elsewhere.

Birds eat a variety of foods. Many stores sell bags of bird

food. Research has shown that mixtures with sunflower seeds are preferred. Another favorite food is called suet — hard beef fat. Most butcher shops will have plenty of suet and may offer it to you free or at a low price.

Autumn is a good time to begin feeding birds. In addition to neighborhood residents, you may also attract visitors that are moving south for the winter.

Occasionally, rare birds show up and begin to regularly come for food. This can become something of a local event once the news gets out.

But even if you don't receive such exotic visitors, setting up a bird-feeding station will provide hours of enjoyment. — *By Ed Stonick* □

Cure Your Fear of Speaking

When I heard my name announced, I felt a lump rise in my throat. I swallowed hard and felt the lump settle in my stomach. Hoping my shaky legs and banging knees would hold me up, I walked slowly toward the stage.

Looking out from the stage at more than 300 faces, my only thought was, What am I doing here? I finally choked out a "Good morning" to begin my speech.



What about you? Are you terrified to give speeches or oral reports? Do you dread getting up to speak in front of an audience? Do you do anything you can to get out of public speaking?

There is a way to get over the fear of public speaking. Boiled down to its simplest, there are two main points — content and preparation.

Content must be your No. 1 priority. You can talk for hours, but if you don't have something important to say, you've wasted your audience's time.

Don't just speak to fulfill an assignment, but make what you have to say interesting. Have a purpose for speaking — a point you want to get across. Educate, inspire, encourage and even entertain your audience.

Give your audience something of value — something they can take with them after you have finished speaking.

If you are giving a book report, follow the same guidelines. Tell them how the book helped you and what you gained from it. If you felt the book was of no value or benefit, tell them so. (If it was

a book your teacher assigned, try to find at least one good thing in it, though. You don't want to offend the teacher!)

So how does this help combat nervousness? Nervousness comes from worrying about yourself. When your main desire is to give something of value to your audience, you won't have your mind on yourself. At this point, you will have overcome half your nervousness.

The second half will be overcome by preparing thoroughly. This means knowing the topic completely. If you're giving a book report, know the

book cover to cover — don't try to scrape by with just reading the introduction. Develop confidence in your knowledge of the speech topic or book. Confidence will show itself in your voice and stage presence.

Don't forget that the best way to start your preparation is by asking God for help. He always comes through.

You can beat the fear of public speaking. Just make having something important to say your No. 1 priority and follow it up by preparing thoroughly. Then get up there and speak! — *By Rick L. Shallenberger* □

'It's My Teacher's Fault!'

"My teacher can't teach!"

"I can't understand him, and neither can anyone else in the class."

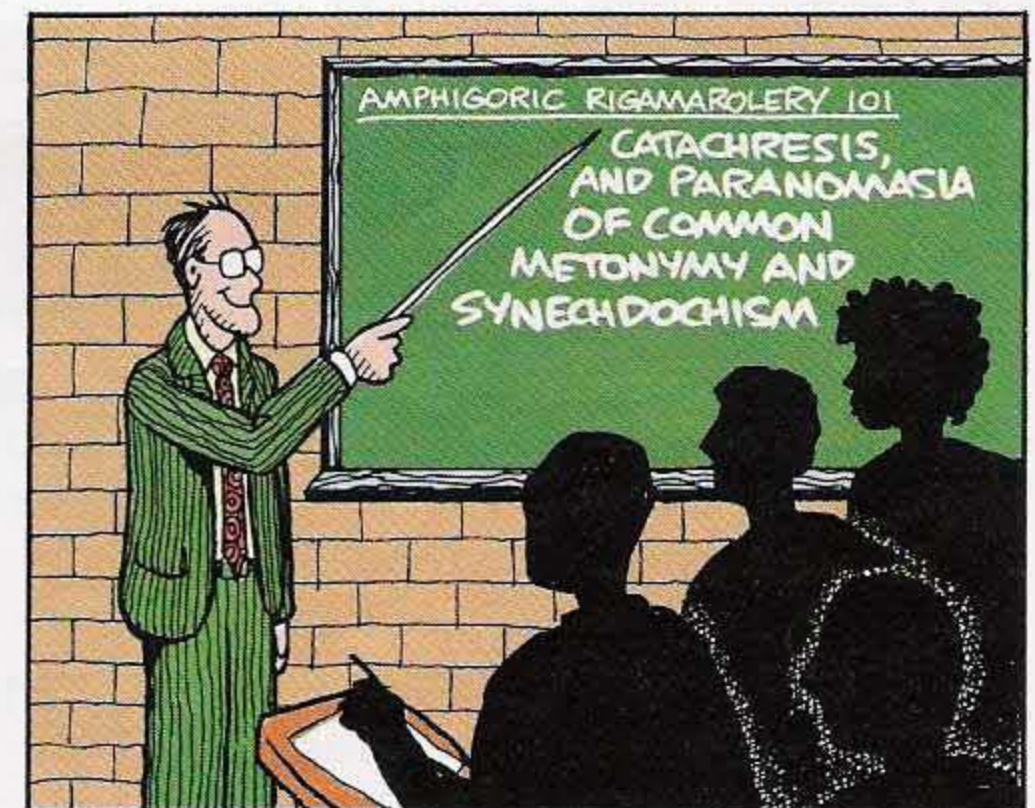
"It's not my fault I'm flunking! It's my teacher's!"

Do these sound familiar? Once in a while you may come across a teacher you don't think you'll ever be able to understand. What can you do? Just sit back and wait for a failing grade? Or are there things you can do to make sure you not only pass the class, but actually learn something?

To find the answers to these questions, we talked to a high school math teacher who gave *Youth 85* some tips — from a teacher's point of view — that can help you when you face this problem.

First, don't overlook the obvious: Pay attention in class. Don't let your neighbors distract you from listening to your teacher. It's harder to justify why you need help when the only reason you don't understand is you didn't pay attention when the teacher went over the subject in class.

Go to your teacher for help as soon as you realize you're having



difficulty understanding a concept. This way, the problem can be corrected before you begin to fall behind everyone else in the class.

When you ask for help, be specific. Go over the material so you'll know exactly where your problem is. It's harder for your teacher to help if you say something like, "I just don't understand math."

Participate in class, even if you aren't sure of the right answer. Your teacher will appreciate your participation and will also have a better idea of where you're having trouble. Don't be afraid the other students will think you're dumb if you ask the teacher to clarify a point. You can be sure there are



others who wanted to ask that same question!

If you have a part-time job, ask for time off if you must see a teacher after school. Although you have a responsibility to your employer, your first priority is school.

Or perhaps you must miss a few minutes of basketball or cheerleading practice to get academic help. Your coach knows your primary reason for going to

school is for an education, not for sports. Wouldn't it be better to miss a little practice to meet with a teacher, than to neglect getting help and possibly end up on probation from sports because of a low grade?

Finally, and most importantly, remember why you're in school — you're preparing now for your future. It's in your hands. Get the most you can out of it. — *By Cheryl Ebeling* □

time he has a fairly good day, he goes back to his cigarettes."

David's father made the choice to begin smoking at age 15, and quickly that choice hardened into a three-pack-a-day habit. Even when his habit left him with a deadly disease, he continued it.

That's the problem with making wrong choices early in life. They so easily transform themselves into habits that can become our masters because we tend to repeat our choices. It has been said that it would be easier to find a man who has never made a mistake, than to find one who hasn't made the same mistake twice.

The good news is that we can also form good habits that lead to good results. Habits come from repeated choices. It's so important to make wise choices day by day. Doing so helps create habits that will be our allies through the rest of our lives.

You probably have friends who have enslaved themselves to bad habits with drugs, alcohol or sex. Maybe you've been down one of those roads and can identify with this.

You may have seen how tough it is to escape these habits and just how terribly they can affect a life. You may also know others who have developed good habits, like study techniques and hard work. Hopefully, you have experienced the success that results from such habits.

If so, you're on the right path. Break bad habits and establish good ones now. As

Proverbs 22:3 says: "A

prudent man foresees evil and hides himself. But the simple pass

on and are punished."

Form habits now that will see you safely through all your tomorrows. (For more about developing good habits, see "By the Way . . . Get the Jump on Habits," page 28.) — *By Jim Roberts* □

Bouncing Back From Disappointment

Have you ever tried out for something — maybe cheerleading or a team — only to be told you didn't make it?

Everyone faces disappointment at some time in his or her life, usually many times. How can you deal with the anger and hurt that sometimes come with it?

First, acknowledge your feelings. You'll find you get over the hurt much sooner than if you hide your feelings. It's our first reaction to feel hurt, angry or even discouraged when things seem to be going wrong. But if you allow the hurt and anger to grow, they will only become more damaging to yourself and to others.

Next, reevaluate your goal. Not every wish is possible. As one expert put it, "It makes no sense expecting to be a translator of French novels if we're not very good at foreign languages."

If you decide that you picked an unrealistic goal, try something else. But if you still think your goal is within reach, give it another shot — this time with a little more planning and effort! It's been said that nothing cures disappointment like success.

You should also remain flexible. Maybe the coach didn't pick you for the team this year, but what about seeing if he or she

could use an assistant? You'd still be a part of the team while

learning how to play better for next year's tryouts.

When disappointment does strike, use it to your advantage. It can be a positive experience if you learn from things that don't go the way you expected.

Don't let disappointment overcome you, but overcome it by recognizing the hurt and anger and not hiding them. Pursue your goals with even greater energy than before. Use the disappointment to your advantage to grow and to learn how to help yourself and others.

Youth 85 Editor-in-Chief Herbert W. Armstrong has written a booklet that will help you, step by step, choose and set goals that will lead you to success. Write or call today for your copy of *The Seven Laws of Success*. It's free! — *By Theresa A. Wagner* □

Proverbs for Today: The Good Habit Habit

"My father isn't expected to live through the summer," David told me. "His emphysema has almost finished him."

"Does he still smoke?" I asked.

"Yes," David said. "Every

Teen Bible Study

HAPPINESS- A Choice You Can Make!

By Richard A. Sedliacik

Do you have control over whether you are happy? You can!

Your teen years are a time to enjoy yourself, and to begin to plant the seeds of happiness. These are the years when choices can be especially critical to future success or failure.

How can you avoid making decisions that lead to unhappiness, frustration and disappointment? What can you be doing today to prepare for a happy and productive life both now and in the future?

Before reading further, be sure to get your Bible, some paper and a pen or pencil. Look up and read each scripture reference given in answer to the questions. And why not write out each scripture as the kings of ancient Israel were instructed to do (Deuteronomy 17:18-20)? This will help you remember what you'll be learning.

1. How did the apostle Paul describe the time in which we are now living? II Timothy 3:1-4.

The conditions in today's dangerous, lawless and pleasure-seeking society were predicted more than 1,900 years ago. We are constantly reminded of the slums, decay, disease, sorrow, anguish and crime in the world today.

People of all ages, especially in the Western world, seek temporary, fleeting thrills that do not result in lasting happiness. Millions end up suffering from the harmful effects of tobacco, alcohol and drugs.

2. Why do some people live happy and productive lives while others suffer frustration and sorrow? Galatians 6:7-8.

There is a cause for every effect! Decisions you make today can lead to success and happiness, or to frustration and heartache in the years to come.

3. We all want to enjoy life. But is God concerned about how we do it? Ecclesiastes 11:9-10. What should a person begin doing early in life? Ecclesiastes 12:1.

Besides acknowledging that God exists, remembering Him also means being thankful to Him for your existence, for your parents and for the material things you enjoy.

4. What does God promise those who do remember Him and strive to please Him? Proverbs 3:1-6. Does God promise to bless those who desire to obey His law? Psalms 119:2, 34:7-10, 112:1-3, I John 3:22. Will He even grant the desires of our hearts if they are good for us? Psalm 37:3-4.



Happy, successful lives — that's what our Creator God wants us to choose. (Photo by Nathan Faulkner)

God wants us to live successful, happy lives — to enjoy good health, a challenging career, a beautiful marriage and happy children. He promises blessings and special protection to those who seek to do His will and keep His commandments!

5. Are various Bible examples preserved for us so that we can see the end results of both obedience and disobedience to God? I Corinthians 10:6, 11. How can we learn from these scriptures? Same verses and II Timothy 3:16.

6. What did God offer the people of ancient Israel if they would obey His

commandments? Read and summarize Leviticus 26:3-13. And what would they bring themselves for disobedience? Summarize verses 14-20. (Read verses 21-39 for additional details.)

Did God leave it to the people to choose the way of life they would pursue? Deuteronomy 11:26-28, 30:19-20.

God commanded the people of ancient Israel to choose the blessings that would come from obedience to Him. But Israel chose to disobey God.

Because of their disobedience, they suffered from terrible troubles including wars, famine and diseases. They were eventually taken captive just as God warned them. Their suffering came because they chose to follow their own ways, rather than obey God.

7. What did God warn Adam and Eve? Genesis 2:16-17. What choice did they make? Genesis 3:6. What was the result of their disobedience? Verses 16-19, 23-24.

Adam and Eve were driven out of the Garden of Eden because they chose not to obey God! They came under a curse for their disobedience to God and their lives became difficult and unhappy.

8. Why was Abraham blessed greatly by God? Genesis 22:15-18, 26:3-5.

Abraham obeyed God's laws and taught his son Isaac to obey them too (Genesis 18:19). God, therefore, prospered him and made promises of national greatness to him and his descendants.

9. Were Daniel and his three friends given positions of great responsibility because of their obedience and trust in God? Read Daniel 1, especially verses 19-20. Also notice chapter 2:48-49. Did God protect them from harm? Read and summarize Daniel 3:14-28, 6:16-23.

Sometimes it is not easy to obey God as these four men discovered. But they chose to obey God regardless of the consequences. They knew that obeying God was the most important thing in life!

10. Why did God select David to replace Saul as king of Israel? Acts 13:22. What did David do every day? Psalm 119:97. Why? Verses 98-100. Did David learn about God and begin to obey Him as a youth? Psalm 71:17.

David often thought about God's commandments and how to apply them in his daily life. His basic motivation and intent in life was to serve and obey God.

11. How did David respond to and view God's law when he was older? Psalm

119:60, 101-105. Will David be king over Israel in the world tomorrow? Ezekiel 37:24-25.

12. Did King David tell his son Solomon to keep God's commandments? I Kings 2:1-3. Why? Last part of verse 3.

13. Did King Josiah — a descendant of David — and the people of Judah make a covenant to keep the commandments of God? II Kings 23:3. What reforms did his zeal for God's way lead him to accomplish when he was just 20 years of age? Read and summarize II Chronicles 34:1-7.

Josiah became king when he was only 8 years old. At age 16 he began to develop a burning desire to follow the example set by his ancestor David. He began to seek and obey God with all his might!

14. Is it God's will for us to keep His commandments today? I John 5:3. How are they described? Romans 7:12.

15. Did Jesus Christ set an example of keeping God's commandments? John 15:10. Did He clearly show that we are to keep the Ten Commandments? Matthew 19:16-19. What kind of life does Christ want us to experience? John 10:10 (second part of the verse), III John 2.

Jesus Christ came to earth about 2,000 years ago to show mankind how to live life to the full. He wants everyone to follow the way that leads to happiness, abundance and eternal life!

If people everywhere obeyed God's laws, there would be no war, no unhappy families, no divorce, crime, violence or stealing. People would be honest and concerned for one another's welfare and property.

16. What did Solomon conclude is the whole duty of man, whether young or old? Ecclesiastes 12:13-14.

We have seen that it is extremely important to remember God while we are young — to begin learning and following the ways that lead to an abundant, happy life both now and in the future.

Why not take that first step? Choose to obey God now — no matter what obstacles are in your way. It will take effort on your part, but keep trying, and God will back you all the way.

God wants you to have all the benefits that come from following His wonderful way of life. And you will have a head start over those today who don't know or don't care about God's way. You will be recapturing true values and building lasting character by living the way that will soon be the standard of society in the world tomorrow! □

Dear Youth 85,

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

Q. My problem is that I don't like the way I look. I have so many pimples on my face that I always keep my head down. I am embarrassed. I don't talk to or look at people the way I used to. Can you help me, please?

A. Most of us aren't 100 percent happy with our looks and wish we had a magic wand so we could resculpt our faces. But you don't have such a magic wand and neither do we.

Just because you can't change your face, though, doesn't mean you can't change your looks! Many, many people simply have not learned how to dress and groom themselves in a manner that highlights the good qualities they do have. We all can improve how we present ourselves if we are willing to try different things and get good advice from parents and friends. It may take effort (like losing weight or lifting weights), but it may well be worth it.

You mentioned pimples, specifically. Our article "Clearing Up the Facts About Acne" (December *Youth 84*) may be helpful.

Also, far too few people understand just how important their attitude is in determining their looks. A girl who is zesty and excited about life has an attractiveness about her that even a beauty queen would envy. Develop your personality and an outgoing attitude that will frame your looks with the exciting enthusiasm for life that we all find attractive in others.

Q. I have been reading "Dear Youth 85" ever since it started and I have noticed that a lot of kids complain about their parents. I love my parents and have no complaints. Am I weird?

A. No, you are not weird. We are happy for you and we would like to think that most kids are happy with their home life. Probably most of them are, even though most kids might wish something about their family was different. This doesn't mean that they don't love their folks or that they would trade their parents for others, though.

Of course, some people do complain, and some even blame their parents for their problems. In recent years it has become almost fashionable to do this. This may come from certain psychological counseling theories that tend to take responsibility off the person needing guidance and in turn blame the parents. This is convenient, since the parents cannot defend themselves because they are not present. And it appeals to human nature, which likes to consider itself a victim.

Although parents aren't perfect, and they do have much to do with our lives, we shouldn't make the mistake some do of blaming all our problems on others. We are each individuals with our own free will and are held responsible before God for our own good and bad deeds.

Q. Is there anything wrong in people hunting and killing animals purely for the fun of it, rather than for pest control or for food?

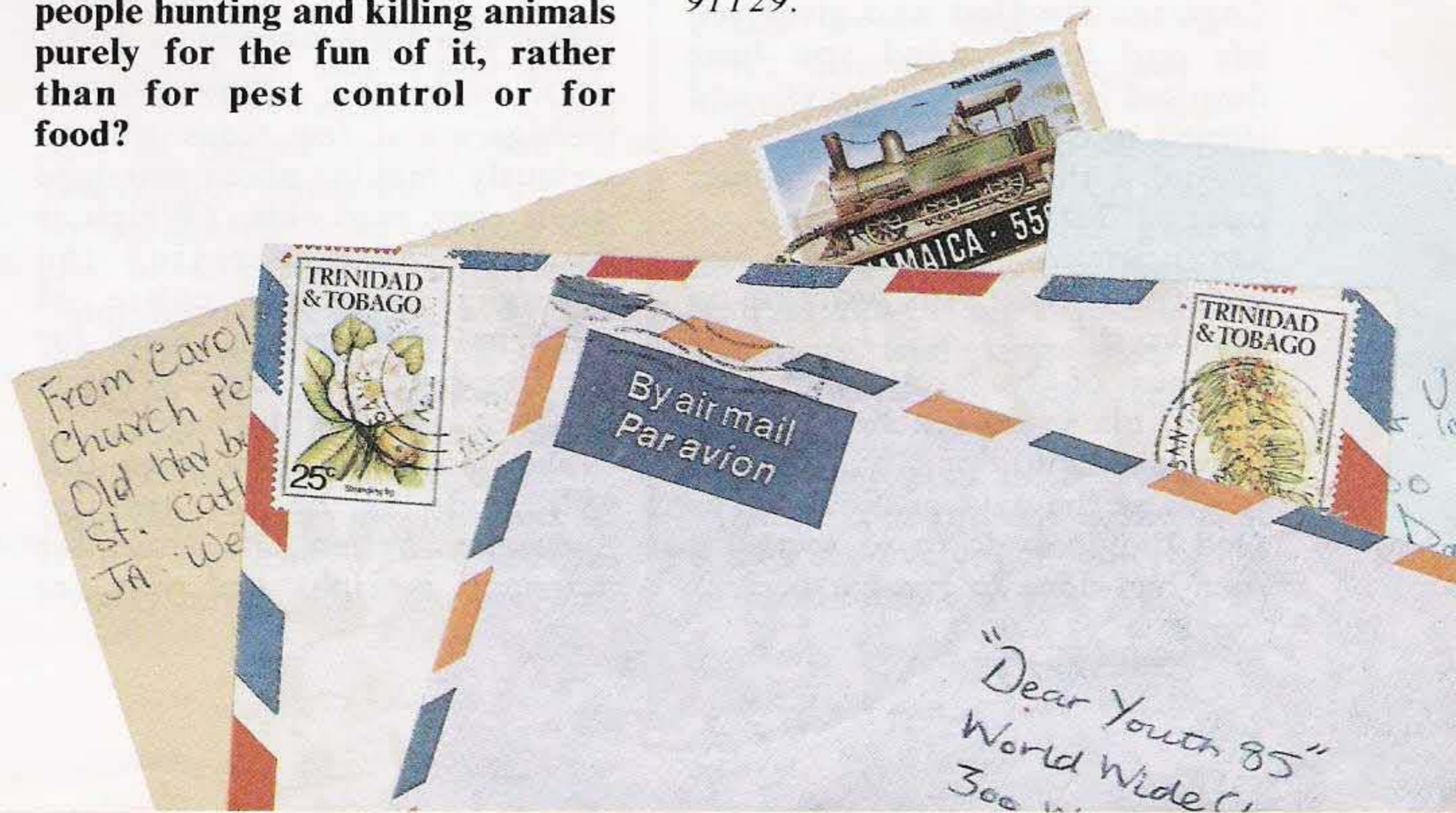
A. Your question is a good one, and touches a subject that must cause concern to many. To be fair, few if any hunters would say they kill animals merely for the fun of it. They would say that they need or at least enjoy the meat, and that they enjoy the sport of man against nature rather than that they merely want to watch something die.

Heated arguments have been mounted on both sides of the subject.

What does the Bible teach about this subject? It neither forbids killing animals nor classifies hunting as a sin. But certainly man should not wipe out a species, nor fail to conserve the beautiful creation God has given him in the form of animals, nor kill animals merely to watch them die or to hang their heads on a wall, nor break hunting rules. To do so would break the principle of love that underpins all of God's laws and would indeed be a sin.

But the motive in each hunter's heart is a matter between him and God and may be right or wrong depending on the circumstances. Within the broad guidelines mentioned above, the Bible gives us the right to make our own decisions. □

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.



If You Were God

(Continued from page 2)

crime-ridden society, governments of man's devising, nations that try to kill off one another in wars. More than half of the world's population is in dire poverty, living in filth and squalor; half or more illiterate or nearly so. The world is filled with the sick and diseased in hospitals. Its inhabitants are turning to immorality, which results in divorce and broken homes and families.

I think if I were God, I would thunder out: "Give ear, O Earth, and HEAR! WHAT HAVE YOU DONE TO MY BEAUTIFUL EARTH I TURNED OVER TO YOU? You have polluted, perverted, ruined, destroyed and injured every particle of this earth you were able to get your hands on! You have perverted the wonderful MINDS I gave you!

"Those that you have educated you have turned against me and funneled into their unsuspecting minds fables, lies, nonsense, while at the same time you call my truth fable or superstition. You have turned truth into error. You have called right wrong. You have had no place in your knowledge dissemination for me. You have turned to a WAY OF LIFE that is destroying your minds and your bodies and my earth. You have sought false values and devoted your time and energies to things that never satisfy and are worthless and destructive. You have sought pleasure and ease and spurned righteousness. You have forgotten the God who gives you life and breath, and you have despised His RIGHT WAYS, and turned to every wrong way."

And I think I would thunder out: "THE TIME FOR AN ACCOUNTING HAS COME! I am about to PUNISH THIS WORLD FOR ITS EVILS!"

Jesus of Nazareth said that when this world reached its END time, the condition would be like it was in the days of Noah. Then God did look down to see what men had done to His earth.

"And God saw that the wickedness of man was great in the earth, and that every imagination of the thoughts of his heart was only evil continually . . . The earth also was corrupt before God, and the earth was filled with violence. And God looked upon the earth, and, behold, it was corrupt; for all flesh had corrupted his way upon the earth" (Genesis 6:5, 11-12, Authorized Version throughout).

But there also is another prophecy for the future: "And I saw a new heaven and a new earth . . . and God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away" (Revelation 21:1, 4).

That will come after the Kingdom of God has come to the earth — after humanity has been disciplined by the loving Creator God. Then the government of God will rule, bringing, at last, **WORLD PEACE!** □

They Told Him

(Continued from page 4)

love him or her).

But realize this. Your counselors may have something you, if you're in love, can't have — an objective, unemotional and detached point of view that can make all the difference!

Think about it!

Some have not thought seriously about it, and have made a huge mistake that they later regret.

When the time comes . . .

Of course this magazine is for teenagers and few teens will be seriously thinking about marriage when they read this. (Which is good, because marrying too young is a major cause of problems in marriage. Send for our free reprint article, "What Is the Best Age for Marriage?")

But most teens who read this will someday be thinking of marriage. When the time for marriage is right and you are

thinking about it, will you remember this advice?

Probably when the time does come for you, most of you will find a prospective mate others think highly of. If so, when you seek wise counsel probably most whom you talk to will say it's a good match.

But for some, your parents, your minister, your friends — almost everybody — will try to talk you out of it. What will you do if that happens?

"But," you may ask, "what if I get bad advice and I take it, not knowing it is bad? Can you guarantee that won't happen?"

The answer is no. No one can guarantee that you will get perfect advice. Of course, you can go a long way toward being sure about your decision by picking wise counselors at the start — people who are balanced, who know you and have a good reputation. Some examples were given above.

Second, you should not act on any advice without seriously considering it first to see if it has merit. That is, you should deeply think about it — even pray about it — and then make the best decision you can.

And remember this: Whether you take advice or not, or whether you even should in a given case, is frankly a reflection of your own powers of discernment and judgment. If you are wise — whether that means agreement or disagreement with the advice of others — you will reap the benefit of your sound judgment. If you are not wise, you will unfortunately suffer.

Do you now see why marriage requires maturity and why it takes some careful thinking and wise decision making?

It's sad when some people get married to someone they really would be better off not marrying. It's not that they shouldn't marry anybody, just that they shouldn't marry each other. And many times tragedies like these could be avoided, because lots of wise people tell them not to do it.

But they do it anyway.

Would you? □

Not Everyone

(Continued from page 12)

plug their chewin' plugs. How many users have even considered the possible consequences of this growing practice?

Several studies link use of smokeless tobacco with cancer of the mouth, according to the American Council on Science and Health (ACSH), a New Jersey-based consumer education group. ACSH says the habit may cause a whole host of health problems besides being an objectionable and repulsive practice to many people.

"Although dipping snuff or chewing tobacco is not as deadly as smoking cigarettes," said Elizabeth M. Whelan, ACSH executive director, "it can lead to gum inflammation, erosion of the teeth, abnormal growth of cells lining the mouth and, most frightening, oral cancer."

Oral cancer has a relatively high death rate because it tends to spread quickly to other parts of the body. Unless the disease is detected early, the treatment for oral cancer is generally quite radical and disfiguring.

A Los Angeles County, California, fireman said that if someone could prove that chewing tobacco was dangerous, he'd quit. Someone did. He saw a television documentary about an Oklahoma high school track star who, after dipping snuff for six years, died of tongue cancer at age 19. For this fireman, all it took was the sight of the boy's swollen face in a picture taken before his death.

Make your own choice

If either parent, or especially if both, smoke, that can be a strong

influence on you. Added may be peer pressure and the cigarette industry's billion-dollar-plus blitz to tap every potential market, including young adults. There's a reason why you see so many young men and women in vigorous, thrilling and glamorous cigarette advertising scenes. How much are they affecting you?

If you constantly feel pressured to smoke, maybe you need to ask yourself if you're hanging around with the wrong group, or allowing deceptive images to sway your ideas of maturity. Be honest.

It's a terrible thing to be shackled to nicotine addiction, feeling forced to spend lots of money on tobacco you could spend on more lasting and profitable things you want.

It may not be easy to buck the system. But it can be, and is, done!

If you want to see the real cigarette country — not the rugged landscape or mountain stream pictured in cigarette

advertising — visit a hospital's cancer ward. Instead of finding slim, tanned men and women with cigarettes carefully positioned in their hands or mouths, you'll see some painful, discomfiting and disfiguring examples of disease brought about by wrong choice.

For the sake of your precious health and enjoyment in life, and

that of others around you, if you're not smoking, don't; if you've started, do everything you can to stop. (See the article, "Stop Smoking: Here's How!" in the May issue, page 22.)

It can take courage to buck the pressure toward these self-destructive and deceptive habits. But you can do it! Millions of teenagers and young adults already have! □



MONTREAL

(Continued from page 14)

shops, bustles with flashing lights, people and cars cruising with their radios playing.

Despite all the variety of entertainment available in Montreal, most young people enjoy playing sports more than anything else. Baseball, soccer, football and cycling are the major summer sports, and hockey, ice-skating and skiing take place in the winter.

Montreal has some excellent ski resorts. Some are only 20 minutes away by car. Spectator sports are popular too. Montreal has three professional major league teams: Les Canadiens (hockey), the Concordes (football) and the Expos (baseball).

The worst feature of Montreal weather is humidity. In summer the humidity makes the heat sticky and uncomfortable. In the winter, the humidity makes it seem much colder than it really is. However, conditions are by no means constantly arcticlike.

The industry in Montreal creates a great variety of job possibilities. But few openings are available now because of relatively poor economic conditions.

The government is encouraging us to remain in school longer to decrease the number of people hitting the job market. High unemployment is one of the major problems facing young people in Montreal. This adds to the stress, depression and drug abuse among young people.

Life in Montreal has its drawbacks. As in most other large cities, discrimination against minorities has led to much friction.

Our Metro, though safer than subways in many cities, is patrolled by armed guards because of the high crime rate. And, as in most big cities, there is also drug trafficking, bank robbery, pollution and flagrant immorality.

But in spite of all its problems, Montreal remains one of the most beautiful, lively and interesting cities in today's world. □

READER BY-LINE



The Wailing Train

By Michael Warren

The peaceful, wooded neighborhood of White Oak, Texas, may seem a long way from the horrors of World War II, but it was there that I talked to a man who had survived three years in a Nazi concentration camp.

Today he tells his story in hopes that what happened in Europe 40 years ago will not happen again.

Coenraad Rood was born in Amsterdam, Netherlands, in 1917. He remembers vividly when the Germans took over in May, 1940. "It was during the night shift. We looked out of the windows of the Dutch military factory where we worked and saw the parachutes. In only five days the German army overran Holland."

In 1942 the Nazis began deporting most of Holland's 140,000 Jews to East European concentration camps. Mr. Rood recalls the temporary camp he was in before being put on a train headed east. About 18,000

Jews were crowded into a camp designed for 1,200.

"The wailing train is what I have in my nightmares," Mr. Rood said. It was night when they reached a camp in Poland. "We had been on the train three days without food and water and then we who were younger and stronger were thrown out of the train. Then we were made to squat with our hands above our heads."

For more than two nightmarish years, Mr. Rood was in a camp near Gleiwitz, Poland, with 30 other Dutch Jews. They made a pact that whoever should live would tell their story to the world. Mr. Rood was the only survivor capable of the task, so now he speaks to schools, churches and civic groups.

"What happened to us must not happen again. It was too horrible. We must learn from the last time so that we will not have to relive it," Mr. Rood tells his audiences.

When the Russian army got too close to the camps in Poland, the Nazis began evacuating those captives who hadn't been gassed or worked to death. Mr. Rood was loaded into an open rail car for a horrible journey with no clear destination.

It was the dead of winter, early 1945. Conditions were so severe that 8,000 of the 14,000 captives who began the evacuation died. Mr. Rood remembers the nightmarish scene of people jumping from the train so that they could be shot by the guards.

"I remember an old man — we all looked old, he could have been young — who fell out of the open car. He slithered away on the ice because he was too sick to walk and he begged the guards saying, 'Please, good sirs, please shoot me — take me out of this misery.'

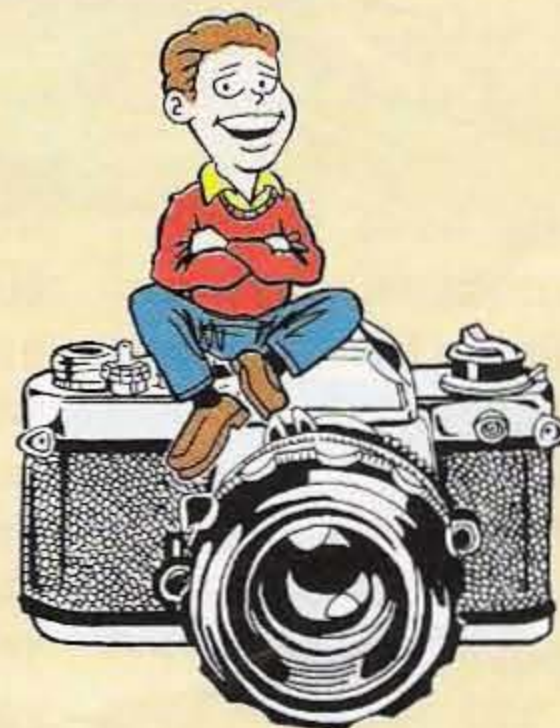
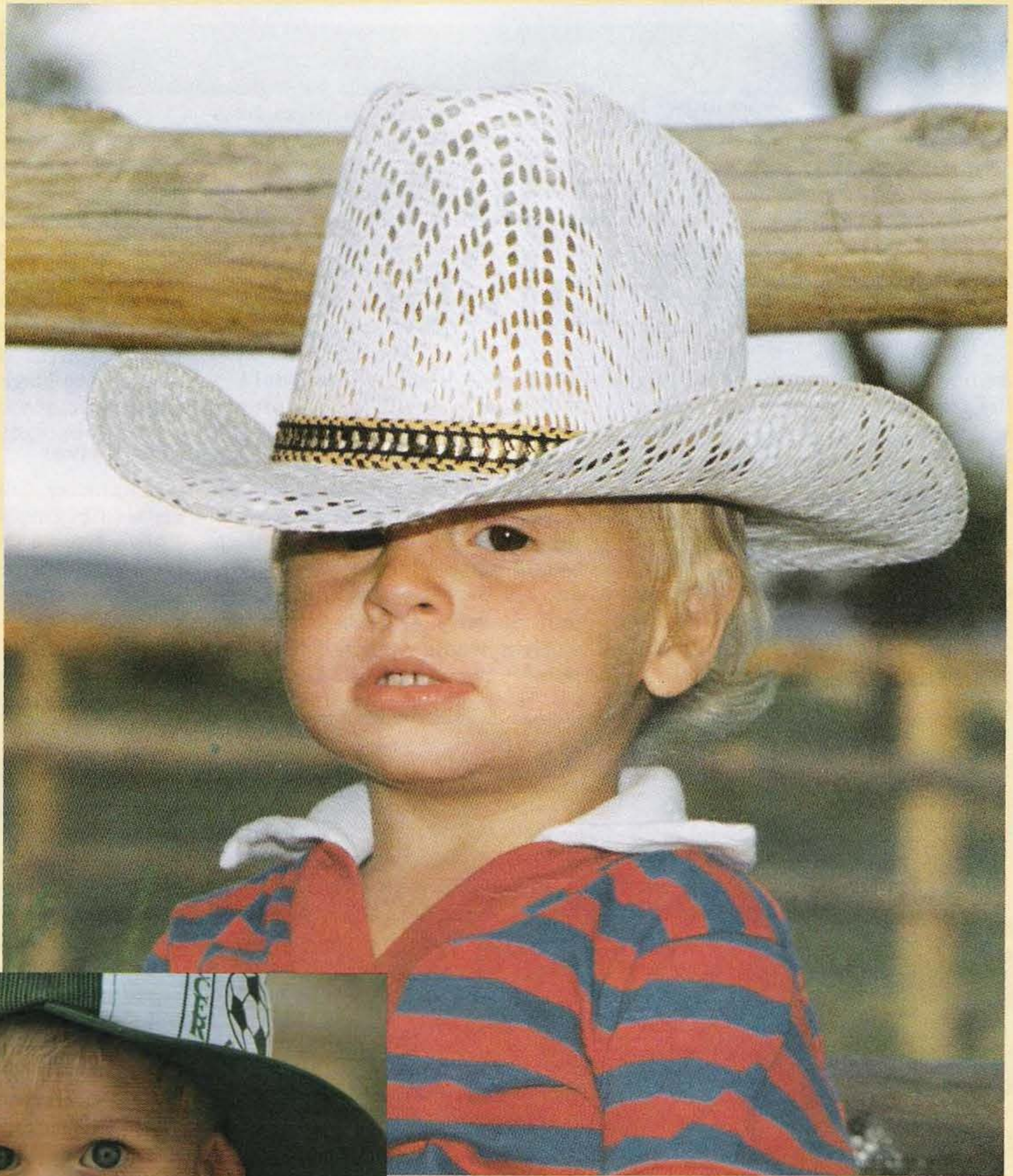
"They would not shoot him, they said, until he sang and danced. He tried to dance and could not, so he sang the Hebrew creed. 'Hear, Israel, the Lord is One. The Lord is our God,' was what he sang, and in the train we sang with him — thousands of us, singing the creed. Then they shot him."

One stop during the evacuation was the infamous concentration camp in Flossenburg, Germany (pictured).

Finally, the camp Mr. Rood was in was liberated by the American army. He was in a trench, barely conscious, when an American soldier picked up his 71-pound (32-kilogram) body and told him he was free.

In the hospital Mr. Rood was told he would not live another year. But he has lived on, retelling a story the world needs to hear. □

Editor's note: The author, 17, lives in Pasadena, California. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 85, 300 W. Green St., Pasadena, California, 91129.



Hats can add a creative element to child photography as photographers Elliott Ramage (upper photo) and Ruth Evans show here. Elliott, 16, is from Lysite, Wyoming, and Ruth, also 16, is from Brentwood, California.

**YOUTH ON
CAMERA**

BY THE WAY...

Get the Jump on Habits

By Dexter H. Faulkner

You may like the person a lot, but probably someone you know has a bad habit you can't stand.

Perhaps it's the nervous habit of fingernail biting. Or the nasty habits of smoking or drinking too much. Or,

of mine, David Maas, gave an interesting talk to a group of teenagers on the subject of developing good habits. It was quite helpful, so I thought I would share it with you. He started by asking an interesting and challenging question.

How would you like to jump across the mighty Mississippi

At the headwaters of a river it would be fairly easy to build a dam and divert the water elsewhere. But as the stream gets wider, it becomes more difficult to harness the current. The mouth of the river, often as wide and deep as a large lake, churns with powerful currents, capable of carrying large objects into the ocean.

Like a river

Character, like a mighty river, also begins incredibly small. Flowing toward the ocean, picking up tributaries of experience, it becomes more and more defined, set in its course and often polluted. It begins small and controllable, but can end large and uncontrolled.

The key to building good character is continually choosing to do the right, the lawful, thing. Every day we make a series of minor choices. Some lead to character development and some lead to character destruction.

Being able to make the wrong decision, but forcibly making the right decision instead is what makes character so valuable. Our Creator God does not want a bunch of robots or He could have made it impossible for us to make a wrong choice. If we obey God's or man's laws without really wanting to or choosing to, we are not building character, any more than drivers who obey the speed law because a traffic officer is present.

The English poet William Wordsworth once said: "The child is the father of the man." The habits that we form as teenagers determine our character traits in adulthood. Weaknesses in adult character are directly caused by habits formed in teen and preteenage years.

When you see an adult who
(Continued on page 29)



one of the most annoying things, perhaps the person talks too much.

Have you ever had a bad habit you wanted to overcome? Perhaps you felt that if you had just a little extra push, you might make it.

A good friend and colleague

River? At New Orleans, Louisiana, or St. Louis, Missouri, where the river is wide and powerful, it would be impossible even for a motorcycle stuntman. But at its headwaters at Lake Itasca, Minnesota, where the river is a few feet wide, the task is simple and undramatic.

Illustration by Bruce Hedges

BY THE WAY...

(Continued from page 28)

lives like a slob, who is continually late, who habitually doesn't keep his word and lets people down, you know that these horrible habits started in childhood. Many adults would be willing to tell you about scars and mental turmoil that came from habits formed in their teen and preteen years. You can and should learn from the mistakes of your parents and other adults.

Like a cable

Building good habits is the key to character building. In the words of Millard Bennett: "Habit is like a cable and you weave a strand a day until it becomes unbreakable. Good habits carry you to success and bad habits inevitably ruin you. It's as simple as that."

Bad habits are also formed little bit by little bit, except that, instead of building up, they tear down. It's like taking a razor blade and cutting one strand of the cable. At first nothing happens, but gradually the continued cutting will weaken and eventually break the rope.

Good habits are the building blocks to character. Bad habits are Satan's wrecking ball to destroy character. The losers of society, both behind bars and on skid row, did not get that way overnight. These character flaws developed over a long span of time.

Little by little, piece by piece, the Grand Canyon took thousands of years to erode. Wind and water chipped away the Canyon walls little by little — piece by piece.

Character also is built little by little — piece by piece. It is impossible to develop character on a crash program. The best time to lay the foundation for godly character is now during your youth — not when you get to middle age.

Start at the headwaters

The headwaters of a person's

character are the teenage years. That is when habits are most easily formed and bad habits are most easily destroyed.

You have a priceless opportunity to practice the habits that will develop sterling character:

Dependability. Most young people have been given chores and responsibilities at home, at church and at school. You can develop the reputation for dependability now.

Many adults have earned the reputation of undependability, reflecting the proverb, "Confidence in an unfaithful man in time of trouble is like a bad tooth and a foot out of joint" (Proverbs 25:19).

Cleanliness and order. The way you present yourself reflects your inner state of mind. Clutter or chaos, like any other neglect, adds up. Notice Proverbs 24:30:

"I went by the field of the slothful, and by the vineyard of the man devoid of understanding; and there it was, all overgrown with thorns; its surface was covered with nettles; its stone wall was broken down. When I saw it, I considered it well; I looked on it and received instruction: a little sleep, a little slumber, a little folding of the hands to rest; so your poverty will come like a prowler, and your want like an armed man."

This man's property did not get that way overnight — but slowly and steadily. It takes time to make a slob or a skid-row bum, but once the pattern is set, it is almost (but not totally) impossible to make any lasting reforms.

Along with physical habits, we all need to develop daily spiritual habits, like prayer and Bible study — until they become like an automatic reflex.

Crash programs toward character development don't work — any more than a crash diet builds the kinds of habits that keep off excess weight.

Good habits collectively are the mainstreams of character. The best place to begin developing character is at the headwaters — during youth — rather than midstream. □

Super Sitter

(Continued from page 10)

want you to do after you have taken the best preliminary action you can. It's a good idea to attend a first aid class in order to be prepared. (Call the Red Cross, the YMCA or the YWCA for their class schedules. These classes are usually inexpensive or even free.)

- Keep doors and windows locked, stairway gates latched (if available — if not, put up a barrier such as a chair) and do not open the door to a stranger. If necessary, call the parents to check it out.

Do not give out any information over the phone to someone you don't know. Politely say: "Mr. and Mrs. X are not available [don't say they aren't there!] at the moment. May I take a message?"

- Only when the children are safely in bed for the night should you relax. Now you may have time for things such as reading or doing homework. But be sure to check on the children at about half-hour intervals.

Do not tie up the telephone — the parents could be trying to call you to check on their offspring. They will probably start imagining all manner of catastrophes if they reach a continually busy line.

Don't raid the refrigerator unless specifically invited to. Don't have a friend come over when you are supposed to be on the job unless the parents say it's OK. Don't let anything distract you from the responsibility you've been given.

- Be sure to clean up any mess you made. If you have the time (and strength!) you might consider straightening up the home by putting away the children's dirty clothes and toys, washing up the dishes and so on.

- Greet the returning parents with a smile, and the knowledge you have done a good job — everyone is safe and sound. Collect your payment — you've earned it! □

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