

SEPTEMBER

Youth 83

Beyond
Puppy Love

WHY A WORLD IN
REVOLT?

By Herbert W. Armstrong

September

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COVER: A guide dog puppy receives a lot of love and training before it is ready to serve a visually handicapped master. See the article, "Beyond Puppy Love," page 7. Photo by G.A. Belluche Jr.

Letters

"End of the World"

I would like to thank you for printing the article in the June edition entitled "[How to Stop Worrying About] the 'End of the World'" by Clayton Steep. Up until I read this article, I had doubts about being able to have a family and maybe even a successful career. Now I understand that it is not the end of the world, but the coming of something spectacular and glorious — the wonderful world tomorrow.

Sherry Rickard
Chattanooga, Tenn.

"Life After High School"

I have recently read the June edition of *Youth 83*, and I felt I should write and tell you what a great job you did on the article, "Prepare Now — There Is Life After High School."

The article gave me some idea of how I can prepare for my future. I've taken your advice and written down some of the most interesting careers.

I realize now that if you want to be something, you've got to work hard.

Nga Giao
Akron, Ohio

Answered her questions

Thank you for the article "Exposing the Marijuana Myth" [June *Youth 83*]. I really enjoyed reading it and it answered all the questions I had about marijuana. I would like to receive the article "How to Be an Overcomer" and the booklets *Why Were You Born* and *The Seven Laws of Success*.

Sherry Mitchell
Salem, Ore.

"Don't Let Moods Ruin Your Day"

I really enjoyed the article by Dexter H. Faulkner in the June issue "Don't Let Moods Ruin Your Day." Some days I get up on the wrong side of the bed and everything goes wrong that day and I usually wind up in trouble.

Bonnie Phariss
Perryville, Ark.

New approach needed

[I am writing] in response to June's issue of *Youth 83*, "The (Video) Games People Play." [It] stated that parents point out that video games are based on confrontation, violence and destruction, and that manufacturers should have created games that would let the player paint colorful graphic designs, compose music or build things. These machines almost surely exist, but because teenagers

(Continued on page 6)

Love, Marriage and Sex WHY A WORLD IN REVOLT?

The second in a series of articles by Youth 83's Editor-in-Chief.

By Herbert W. Armstrong

What, until 1914, had been the Western world's standard of morality? Was it good or bad? Has a whole world in revolt brought anything better? What have been the CAUSES of world acceptance of the "New Morality"?

It is not only a moral revolution. A revolution in government, in economics, in science and technology, in education, in labor standards and in social values, even in religion, has shaken the whole world! WHY?

WHY has the whole world suddenly aroused to violent action? And especially in the area of morals? The "authorities" — the psychoanalysts and the medical doctors — decided moral standards were in need of revision. And they have been revised, radically, under the catch-phrase "*the New Morality*"!

Yet few realize the facts of the true origin of the sex-is-shameful attitude, or of the impetus behind the moral revolution. The facts are stranger than fiction!

The most vital dimension missing

The world, since the First World War, has been deluged with books, pamphlets and articles in magazines and newspa-

pers about sex. Revolt is everywhere, against almost everything! And in no grievance is revolt so widespread as that against the repressive moral codes of traditional Christianity. The revolvers reject the authority of the church. They have embraced what they term the "New Morality."

Just what are the generally unknown FACTS? What was the real origin of the traditional Christian morality? Did it come from Christ — from the original apostles — from the Bible?

And what triggered the moral revolution, and finally plunged the world into the sexual "freedoms" of today?

Origin of the "old" morality

Christianity, following its first generation, absorbed the pagan dualism of Greece, and pasted the label "sinful" on sex. Through the centuries since, the moral standards of the Western world were regulated by the Roman Catholic Church.

Does that mean, then, that Christ introduced and taught this attitude that sex of itself is shameful and evil? Emphatically it does not! Jesus never represented sex as anything other than that which our Maker created, and all that He had created God pronounced "very good." Jesus taught against wrong uses of sex. He forgave a repentant woman caught in the act of adultery, with the admonition, "Go, and sin no

more." The original apostles never deviated from this teaching. The biblical teaching throughout is the same.

What, then, was the real *source* of this attitude of shame? It flowed on the tide of the Babylonian Mystery religion into the Roman world. And how did this concept come to be accepted as Christian? The facts, I repeat, are stranger than fiction.

Emphatically it was not the teaching of Hebraism, nor of Jesus, nor of the original Church of God. It reached the Roman world by way of Greece, but it flowed, at an earlier date, into Greece from Egypt. Yet it stems from a still earlier source, to be revealed in the next issue.

In the first and second centuries the Roman world was dotted by pagan schools, on the curricular model established by the Grecian Plato. Plato had received this dualistic attitude toward sex from his teacher, the philosopher Socrates, himself a sex pervert. This dualistic teaching had become the basic hypothesis of all Grecian thought, writing and religion. Sex was regarded as low and degrading, an act in which man descended to the level of the beast.

This was the underlying attitude in the teaching of the pagan schools throughout the Roman Empire. There were no Christian schools. To establish such schools would have been impossible. Text-

books had to be written laboriously, *by hand*, one at a time. The printing press was not to be invented for centuries. All textbooks were pagan.

Second- and third-generation Christians were reared and educated from childhood in these pagan schools. By the beginning of the 6th century this dualistic concept toward sex was firmly rooted in Western Christianity. It is still the teaching of the Roman Catholic Church. Protestants in general passively followed Catholic teaching on sex, but have tended recently to be more lax in behavior.

The fruits of prudery

But what were the real fruits at the turn of the century of that dualistic concept of virtue? Some 90 percent of marriages were rendered unhappy — many utterly miserable and unbearable — because of false attitudes and sex ignorance. Many a wife was virtually raped on her wedding night. The stupid husband didn't mean to injure his wife. He was just plain IGNORANT! He needed instruction that had been denied him.

Many wives called their husbands BRUTES. They simply were ignorant of the fact that brutes, guided by instinct, are not guilty of such things. Husbands said their wives were frigid and too often began to visit prostitutes.

What price IGNORANCE!

Then came World War I. It brought tremendous changes in thinking, in behavior patterns, in social customs and in the double standard. Women won the vote in America. Wives began entering employment and becoming financially independent.

The Freudian conclusion

Previously, about 1904, a startling conclusion had been reached by Sigmund Freud, founder of psychoanalysis. This revolutionary opinion had resulted from his clinical experience and researches. Freud had decided that sexual

repression, the attitude of shame and ignorances about sex were the CAUSES of neuroses and many mental disorders.

He and his followers in the newly appearing profession of psychiatry urged knowledge dissemination and sexual freedom as the panacea. If repression and self-denial caused the neurotic disquiet, why not reverse the interpretation of morality? Emancipate the people from restraints. Put a new definition on sex. Define it as GOOD, not degrading, shameful and EVIL — any use of



Into a world of sexual repression, Sigmund Freud introduced revolutionary ideas that paved the way for the "New Morality." (Wide World Photo)

sex, in or out of marriage.

In the wake of World War I the agitation resulting from Freud's revolutionary conclusions finally brought about the toppling of the legal barriers. And the moral barriers began breaking down simultaneously.

With the removal of legal restraints against sex instruction, medical doctors and psychoanalysts began grinding out volume after volume imparting heretofore banned instruction about sex.

Previously, the publication of knowledge in other fields had been accelerating. But in the

delicate area of knowledge about sex the medical and associated professions had held a monopoly. Now sex information was hurled at the public from all directions. Today almost every magazine one might pick up off a newsstand will contain at least one article on the subject of sex. Even the most conservative magazines.

The "New Morality" appears

Yet something has been criminally wrong with this avalanche of sex literature. There has been missing the most vital dimension.

The world began throwing off the restraints. The revolt was on, against prudery, repression and ignorance. The new sensual knowledge — with its most-needed dimension missing — quickly began to be gulped in by curiosity-hungry minds.

World War II shot morals into the gutter. And now they have plunged all the way into the cesspool.

Today, it is actually becoming popular in more and more colleges and universities to allow students to visit the dorm rooms of those of opposite sex at any or all hours — and sleep with them if desired. Many have introduced the system of co-ed dorms — both men's rooms and girls' in opposite wings on the same floor, no restrictions whatsoever. Permissiveness is the current fad.

Smut has become a multimillion-dollar industry in country after country.

Along with this trend came the hippies, and then drug addiction, hundreds of thousands literally "blowing their minds!"

The revolvers rejected the authority of the church. But where is the authority for a *right* moral code?

Do humans really know right from wrong?

After all, what is *right*? — and what is *wrong*? What is really best for each individual? It is generally assumed that every sane

(Continued on page 27)

Plan for the Future? How? Why?

What will you be doing five or 10 years from now? Considering this troubled world, in which direction should you steer your life?

By Clayton Steep

Those unsettling questions keep coming up.

Here you are, going through your teen years. You're headed toward . . . headed toward . . .

Headed toward what?

Maybe you are aware that this world — that is to say, this present society — is coming to a close. A lot of your friends suspect this — just from what they hear in the news. Nations keep hating each other and building incredibly deadly weapons to wipe each other out. Someday those weapons are bound to be used.

Perhaps, too, you are familiar with some of the prophecies of the Bible that tell the good news that Jesus Christ is going to return to this earth to stop human beings from completely destroying all life on this planet. When He returns, those who are converted Christians will be changed into spirit beings to help rule the peaceful and wonderful world tomorrow.

That's great!

For them. But what about you? What about your fellow teens who want to live God's way, but who are not yet ready for baptism and real conversion? What's going to happen to you if the "end" comes before you are old enough to

experience true repentance leading to conversion? What will happen to you if World War III starts before you reach that point?

And after Jesus Christ is here on earth, what will you be doing then?

Of even more immediate concern, what should you do until then? Look forward to marriage and having a home of your own anyhow? Plan a career? If so, what kind?

Or should you just kill time, wait it out, figuring what's the use getting anything started — especially with all the unemployment and economic problems in the world today?

Let's think about these things.

A bright future!

Actually, if you are a young person sincerely trying to learn about and living God's way to the best of your ability, you do not have to worry about the future in any way. For you the future is bright, thrilling and full of promise!

If the terrible times of world

trouble and nuclear war that will take place before the return of Jesus Christ come while you are still a young person, God will protect you. He will set powerful angels to watch over you. Sounds like make-believe, doesn't it? But don't be fooled. It's real!

Many are going to realize too late that it's real. They will have to experience some terrible times and take their chances that they will be among those who manage to survive. But if you are obeying God, the Bible promises "a thousand may fall at your side, and ten thousand at your right hand; but it shall not come near you . . . No evil shall befall you . . . for He shall give His angels charge over you, to keep you in all your ways" (Psalm 91:7-11).

Finally, just in the nick of time, Jesus will return to earth at the sound of a great trumpet. The converted saints will be changed into spirit beings. (More details are given in our booklet, *Are We Living in the Last Days?* Send for a free copy — addresses are listed on the inside front cover.)

But what if this happens before you are old enough or mature



In today's troubled world, is it practical to plan for marriage, career, starting a family? Should we dare to dream, or are such dreams just a waste of time?

enough to be converted? What will you do then as a physical young person? You will have opportunities unlimited!

One of the pioneers

Remember that the world will be in ruins. The cities destroyed. Highways, electrical lines, railways, bridges, means of communication, distribution of food and merchandise — it will all be at a standstill. It will be time to start a new and better civilization. And you will be one of the pioneers. You will be one of the select group of human beings on earth who know God and His ways. You and other young people like you will be the physical leaders of this new age.

People who will have survived the end of this age without knowing God will want to learn God's ways. And you and other young people who were protected by God will be among the ones to teach them and show them how to live happy lives. (That, by the way, is one reason you need to learn as much now as you can about God's way of life — so you know enough about it to be able to show others!)

Think how good it will feel to help make the lives of

other people happy and to be happy yourself. Of all the human beings on earth, you and others like you who have a head start in knowing God will be the ones God will use to direct the rebuilding of the world.

It won't be all work, though. There will be plenty of opportunity for recreation and fun. You will be able to be happily married and have a family and home of your own. You will be able to raise your children in a world of peace where even animals that are now wild will be tame.

Peace will be everywhere. You won't have to worry about crime, pollution, unemployment, sickness, war. Such things will not be a problem in the world tomorrow that you can have a part in building.

And then, after you've lived a full life as a human being, your physical life will come to an end. But no matter. You too will then become a spirit being like those who were changed at Christ's



return. You will live forever, having great power, being able to travel beyond the speed of light. You will then share in developing and managing the entire universe!

Dare to dream!

But what about today? What should you do until this age comes to a close? The answer in a few words is: Live as normally as you can under the circumstances.

Jesus said that when He returns, He is going to reward

those He finds busy "doing" (Matthew 24:46). He's not going to reward those who learned the end of the age was coming and who just threw up their hands and said: "What's the use of trying? I'll just wait it out."

He wants to find us "doing," busily involved, developing whatever talents we have. Go ahead and plan a career or a vocation, if that's what you'd like to do.

So what if time should get cut short before you graduate from college — or even high school. Go as far as you can. You will have lost nothing. You need have nothing to regret providing God's laws have been your guidelines. You will have developed character and learned valuable lessons that you will find useful after Christ's return, if not before.

In thinking about a vocation or career, however, be sure to consider those fields that offer some realistic promise of employment in this society. Because of factors such as automation, economic conditions and foreign trade problems, many careers are no longer promising or else they are overcrowded.

In the United States, experts advise that the best opportunities now lie in the fields dealing with information (which today means combining computers with just about any other field) and the service industry (doing things for other people). But read up on it. Ask your librarian for help. Check the situation where you live so you don't get stuck in a dead-end vocation. There are still plenty of opportunities for go-getters.

Marriage? A family? A home of your own? Go ahead. Dare to dream and plan. Set goals. Strive to make something out of what time there is. God will help you and bless your efforts according to His will. And if you don't attain all your goals before this age is over, then there is the world tomorrow. If you're on God's side, you see, you can't lose either way!

The future belongs to you! Take advantage of it and think big. □



Planning for the future can seem like chancy business, but even if this world should end before you're able to complete your goals, your efforts won't be wasted. (Photos by Hal Finch)

In Case of FIRE

Does fire prevention have your attention?

By Dan Taylor

“Fire! Fire!” As the blaze licks its way down the corridors of the high-rise apartment building, its sleep-dazed residents begin to run to the hallways to see what’s going on.

Coughing can be heard everywhere. People rush for the exits and elevators as they flee the smoke and flames. Some leap from windows.

Rarely does a day go by without something like this happening somewhere in the world. Each year, thousands of people die in fires in their homes and apartments. One third of the victims are children. The sad thing is that most of these deaths could have been prevented.

Many lives are lost in fires because of panic and the belief that things like this don’t happen to ourselves — only to other people. Ask yourself, “How would I react during a fire in my home?”

Here are three steps you should take to save lives in case of fire. These three steps can easily be remembered as the “Three Ps”: planning, practice and prevention.

Planning your escape

How would you escape from your home if it caught fire? If your family has no plan of escape, encourage them to sit down and

draw a floor plan (a map) of your home. Using the floor plan, find at least two exits from every bedroom in your home. Besides the doors, every window on a different wall in your bedroom is an escape route. Having at least two escape routes should, under most circumstances, keep you from being trapped in your room.

Many people die in fires when they go back into a house. They usually go back to try to save someone they think is still inside. Many times that someone is safe outside, but on the other side of the house. To remedy this problem, choose a specific spot outside your home for your family to meet. If you have small brothers and sisters, your family may want to have one parent or an older brother or sister make sure that the smaller children escape safely.

Practice the plan

Whether it’s at home or at school, fire drills increase the chances of an orderly evacuation during a fire. Experts recommend that a family practice a home fire drill about once every four months.

But why practice at all? Isn’t just having a

plan enough? Remember that most fires break out between 12 and 6 a.m. Most people are not at their best at these times. During a fire, you won’t have time to wake up first. Quick reactions are needed right away. Practice will give you the edge you need.

If you live in a high-rise apartment building, do not use the elevators during a fire — they are death traps! Instead, use the interior or exterior stairs; If you must use an interior stairwell, practice using it. Crawl to the stairs; then, as you go down them, count how many floors you must go down before you are at ground level. This will help in the confusion and poor visibility of an apartment fire.

Here are a few more precautions you should take. Sleep with your bedroom door closed. This will help keep a fire at bay long enough to allow you to escape.

During a fire, never open any door without first checking to see if it is hot. If it is, there is probably a fire just outside.

Never open a door during a fire without having your shoulder against it ready to slam it shut if heat and smoke come in. Heat and smoke often build up a great deal of pressure that can overcome you in seconds.

If your clothes catch fire, lie down and roll on the floor or roll up in a carpet or blanket to put out the flames. Finally, never go back into a burning home.

Whatever valuables you may want to rescue are not worth your life.

Should you become trapped in your room, immediately stuff blankets or clothing in the cracks of your door to prevent smoke and heat from entering the room. Next, open a window slightly to allow fresh air in — a half inch will do. Then hang a sheet or a piece of cloth out the window to let fire fighters know that you are in the room. Then lie on

(Cont. on page 28)



Letters

(Continued from inside front cover)

don't enjoy them, they are unheard of.

Parents [should realize] that no one is forcing young adults to play these games; it is by the choice of America's younger generation that these machines are frequented so often. Despite all objections even if these machines were banned everywhere, similar to prohibition, whoever wanted to play these games would find a way to play video games if the craving was strong enough.

I am neither for nor against video

games although I feel that perhaps a new approach is needed.

Suzanne Bulla
Asheboro, N.C.

Games becoming harmful

I am writing you about your article "The (Video) Games People Play" [June *Youth* 83]. I really enjoyed the article covering the video games. I think that these games are becoming harmful and that everyone should become aware of this fact.

The teenagers or future leaders of America are becoming addicts of the games.

Tina Bolt
Dallas, Ga.

Wrong about goats

I am writing in reference to the picture in the June issue of *Youth* 83 on page 26. This was a picture of three Nubian goats with a caption, "Goats will eat anything."

Wrong! They are very picky about what they eat. Most people think goats eat tin cans, paper, clothes, etc. They don't. They don't eat cans, they only chew on paper to get any glue or ink that might be on it.

The reason I know this is my family raises over 200 dairy goats. Dairy goat owners and their goats have been misunderstood for years.

Carla Coxwell
Sylvester, Ga.

READER BY-LINE

Climbing the Tree

By Johannes Maree

My name is Johannes Maree — so what? It didn't mean much to me — other than that I was named after my father's eldest brother — till I read the article in the June-July *Youth* 81 about family trees (more formally known as genealogy). It sounded quite exciting, so I decided to take up John Halford's challenge and look up my family tree.

Being a complete amateur, I decided to start at the library. There I came across a book about two Maree brothers who were quite colorful characters. That did it — I just *had* to find out if I was related to them!

I wrote to the author, Dr. Lombard, with not too much hope of an answer. I was pleasantly surprised, therefore, when I received a most helpful answer from his assistant, Mr. Jooste, at the Human Sciences Research Council who invited me to come and do some research for myself at the archives in Pretoria (40 miles from my home in Johannesburg).

When my mother and I arrived, we had to see three people before reaching Mr. Jooste, and each one warned that it was a long, arduous task that could take months of painstaking research. The research material consisted of reels upon reels of microfilm of baptism, birth, death and marriage records of the Dutch Reformed Church. The trouble is finding which reels to look through because each church in each community had its own records, handwritten into large books and in no order other than date order. The records in just one book stretch hundreds of years!

Who would think that looking at microfilms of ancient documents could be so enjoyable and exciting? Even Mr. Jooste was excited — he kept coming from his office to where we were. He couldn't believe that in such a short time (according to him) we could have found so much. This was because we were fortunate enough to hit on the right town (George) right away.

So far my research has taken me back 10 generations, right to the first Maree in the country. My family is a direct line from Ignace Maree, a French Huguenot who came here in 1700.

Among my ancestors are an amazingly large number of *Landdroste* (magistrates). Some of the Marees were on the "Great Trek" (in South African history this is similar to the westward travels of the American pioneers).

My name, Johannes, is the most important family name and has been handed down from eldest son to eldest son, except in my case, because I'm the second eldest. On one baptism record I came across, the baby, father, grandfather and two of the witnesses were all named Johannes Petrus Maree!

This has become a most enjoyable and fascinating hobby for me. I have written to France to see if it is possible to pick up the thread there.

Thank you, Mr. Halford, for a most interesting hobby! □

Editor's note: The author is from Johannesburg, South Africa, and is 18 years old. If you would like to submit an article for the "Reader By-line" section, send it to: "Reader By-line," Youth 83, 300 W. Green St., Pasadena, Calif., 91129.

Beyond Puppy Love

As they grow from puppyhood, these loyal and lovable dogs learn important skills necessary for the safety and well-being of their masters.

By Joel Rissinger

As they neared the street, Judith Shimmel's dog stopped and refused to cross.

Valor wouldn't budge even when Mrs. Shimmel turned to cross the other street at the intersection. How would she make it to her dentist appointment?

Perplexed and somewhat angry, Mrs. Shimmel stood wondering what to do.

Just then, a man approached, obviously excited and out of breath. "What a dog you have!" he exclaimed.

The man told her that a construction company had dug a 12-foot ditch around that curb. Had Valor obeyed her insistent commands, Mrs. Shimmel would have plummeted to the bottom because she couldn't see the danger. Mrs. Shimmel is blind and Valor is a professionally trained guide dog.

An inseparable team

Mrs. Shimmel is one of a few thousand blind men and women who rely on guide dogs for mobility. The training involved to prepare both dog and man to function as a team takes time, patience and a lot of love.

"She's my friend and my eyes," says Mrs. Shimmel of her newest dog Cello. Cello, as are all guide dogs, was trained to lead the blind around obstacles.

The dogs are strapped into a

harness to walk on the master's left side and slightly in front. When he or she comes to an obstacle, the dog stops while



his master feels with his left foot or right arm to find the object. The dog will then proceed on command if it is safe to do so.

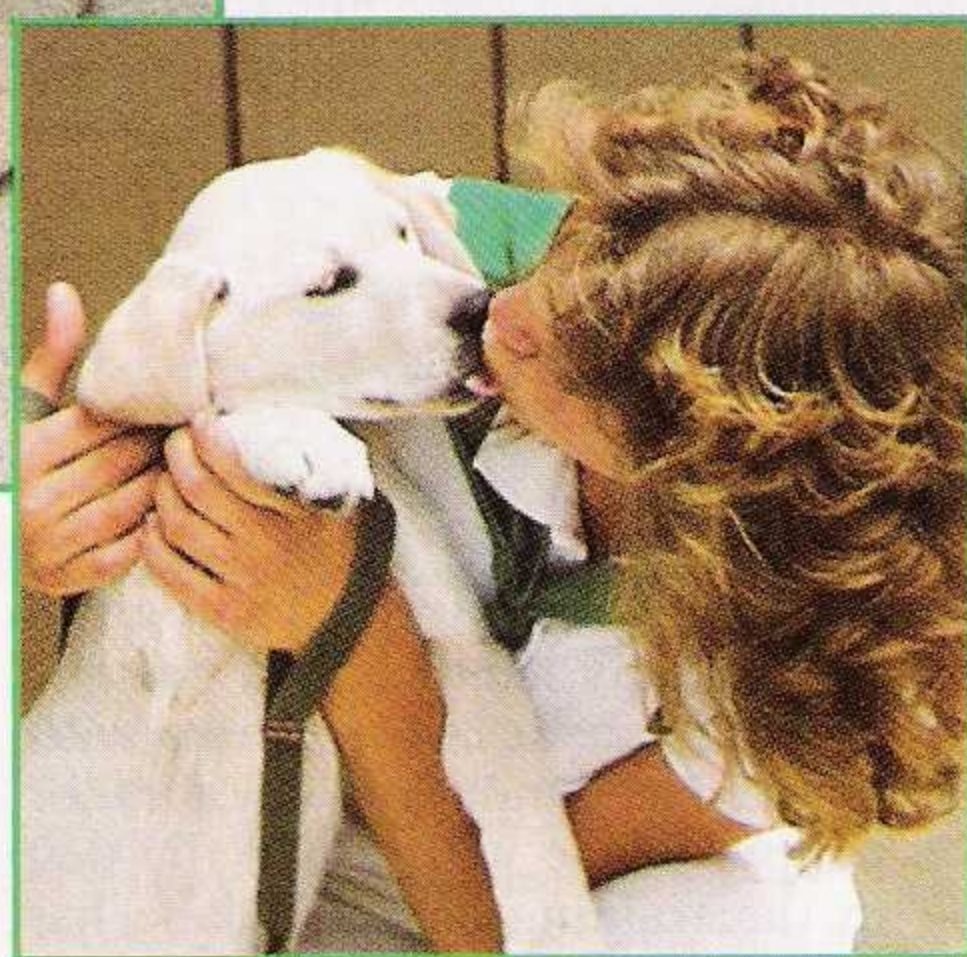
An amazing ability of a guide dog is his trained disobedience. For example, if the dog is given the command, "forward," on a busy street corner, the dog will disobey if a car is coming. Otherwise the master is totally in charge, however.

There are five basic commands

used with most guide dogs: "hop-up," "forward," "right," "left" and "halt." Although the others are self-explanatory, "hop-up" has three different meanings.

Once the dog stops at an obstacle and his master can't reach it, the dog will "hop-up" on command to enable his master to determine

Diane Carney, 13, is raising this puppy named Audry to become a guide dog. The training involves exposing the puppy to as many social situations as possible, and, of course, a lot of love.



what has blocked his path. This consists of several short steps or hops. The second "hop-up" command is given by his master as a corrective signal if the dog is distracted and the third is an



The training involved to prepare both dog and man to function as a team takes time, patience and a lot of love.



encouragement to the guide dog to quicken the pace.

Born to guide

Potential guide dogs are chosen even before they are born. Their parents are selected and bred to ensure the best in quality. Even with this careful planning, less than 50 percent actually complete the training process.

The best guide dogs are German shepherds, Labrador retrievers and golden retrievers. All of these dogs are strong enough, yet gentle enough to handle the rigors of guide work if properly trained. They also can have a pleasing disposition.

Surrogate masters

Diane Carney, 13, of the Cam-Hi 4-H club in Camarillo, Calif., will be a sad girl in a few months. Diane is raising a guide dog puppy to be trained and given to a visually handicapped person.

After about 14 months with Audry, a 3-month-old Labrador puppy, Diane will return the dog to the training center. Diane has raised animals to be given away before, but says, "I know I'll probably become attached." Love is developed between puppy and master. Even though Diane will feel pain when she leaves Audry with the trainers, she is glad that



her sacrifice will help someone in need.

During her year with Audry, Diane will teach her basic obedience and care for her health. Extensive records will be made of Audry's weight, measurements and growth, appetite and eating habits, activity level and behavior. Although most puppies do well, some are rejected during this stage because of temperament problems, poor health or even shyness.

The objective in raising a guide dog puppy is to expose him to as many social situations as possible. Since a guide dog will be expected to go anywhere his master goes, he must be accustomed to many different surroundings. Sometimes puppies are even allowed to go with their teenage masters to school.

Rigid training standards

At about 18 months old, a guide dog begins a strenuous six-month training and selection period. Trainers work with the dogs daily to teach them methods of leading people around objects and how to respond to different situations. According to Ray Underwood, a trainer with Guide Dogs for the Blind in California, about \$8,000 worth of training goes into each dog (including an eight-year follow-up program). Even with this cost, the dogs are provided free to the blind users.

At the end of the six-month

training period, the trainers test the dogs by putting on blindfolds and following their pupils around the city streets. Even though the dog walks in front, the master is always the leader. The dog merely goes where he is told and walks around obstacles. If the trainer enjoys a pleasant walk without banging his head, stubbing his toe or being hit by a car, the dog passes.

Training the masters

Once the dog is trained, his new master must be taught how to use him. Usually, a four-week instruction period is required to teach the blind how to control, care for and, especially, follow a guide dog.

During this time, master and dog must be carefully matched to one another. For example, a man who has a long stride couldn't adjust well to a short-legged dog. Dogs and people are matched by size, job needs and disposition.

Generally speaking, German shepherds aren't the most preferred of the three breeds of guide dog since they are a high energy animal and most people don't walk far enough each day to give them the exercise they need. Labrador and golden retrievers are more relaxed dogs and can patiently sit for hours while their owners are at work.

Most guide dogs work for eight years before retiring from old age and the demands of their job. These retired dogs may stay with their master as a pet while a new dog takes over the guide dog responsibilities. Or they may go back to the 4-H home they were raised in or another home for a life of ease.

A lesson in loyalty

"The loyalty is on both sides," says Mrs. Shimmel. Both man and dog must adapt to each other's needs to be a good team. As in any team, all members must work together to achieve a common goal. A guide dog can't be lazy or take a day off — neither can his master. The dog must be reliable and the master must care for and feed his animal.

God gave man control over the animals and expected him to care for them as they served him (Genesis 1:26). Perhaps there is no finer example of the service provided to man by the animals than the guide dog with his loyalty, desire to please and protect, his faithful service and his love. □



Guide dogs are trained to follow their master's commands, except when it will endanger the master. When it comes to crossing a busy street, the dog has several important responsibilities, such as checking the traffic and signaling where the curb edge is on both sides of the street. Photos this page: The guide dog pup must be exposed to many situations he might face when he is a guide dog.

NEWS **THAT AFFECTS YOU**

When the World's Banks Took a Gamble

- How would you feel if you were so deep in debt that all the money you made in a year would just barely put a dent in what you owe?

Several countries in East Europe, Africa and South America face this situation today — a financial pinch that bears ominous overtones for bankers and governments in the Western world.

In the mid 1970s, these countries took out large loans to help speed the development of their countries.

Bankers in the United States and Western Europe, who now admit they saw a chance to make millions of dollars, loaned out more than \$700,000,000,000 dollars to Mexico, Brazil, Argentina, Venezuela, Chile, Nigeria, Poland and others.

At the time the loans were made, it seemed they would be paid back with little trouble.

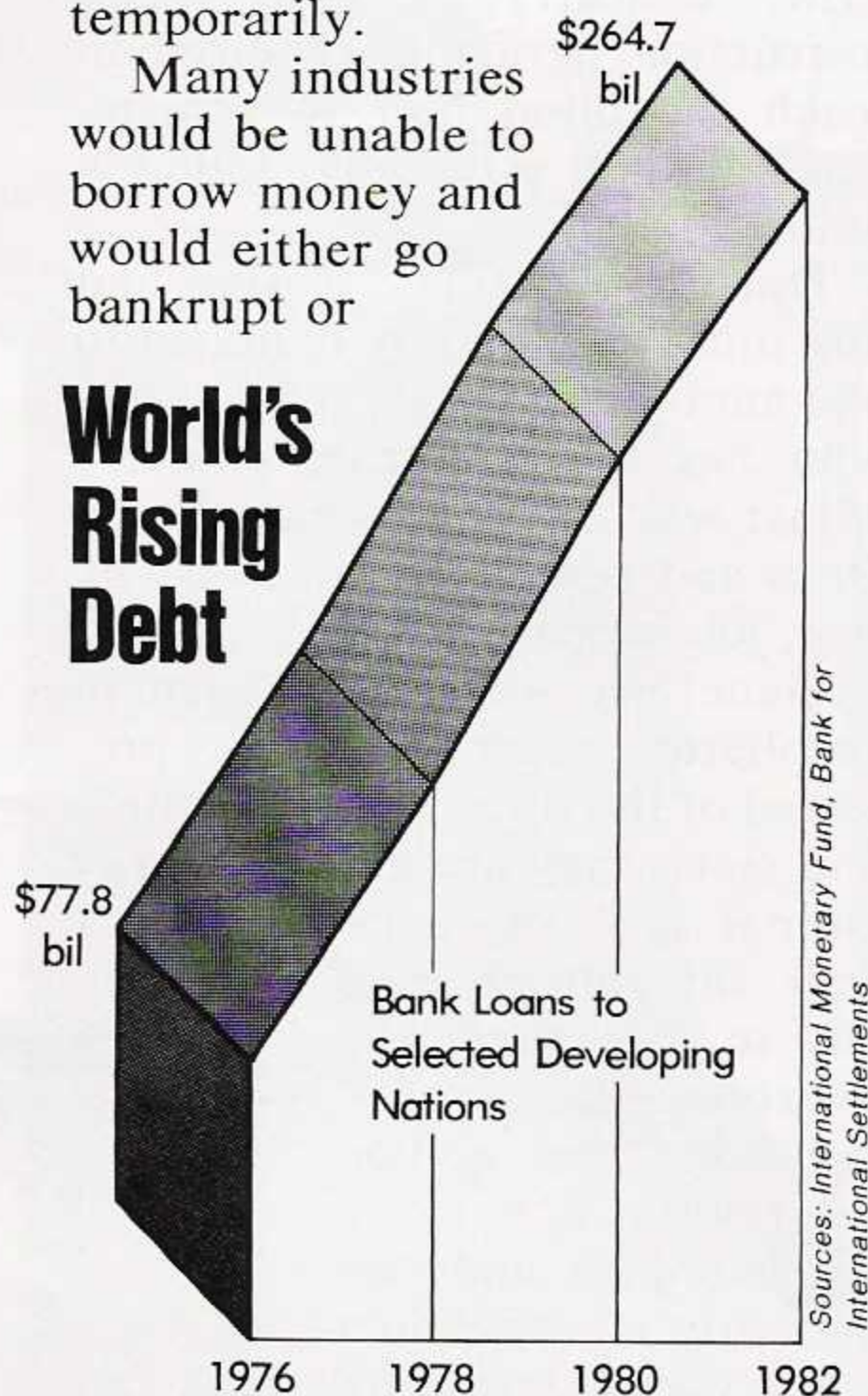
But the world tumbled into a major economic recession, leaving some countries in danger of being unable to pay back their loans.

If the countries' loans were declared in default — that they won't be paid back — many of the more than 2,000 banks that made the loans would either go into bankruptcy or be unable to

make any new loans at all. If you or your parents had an account at one of these banks, your money may be lost — at least temporarily.

Many industries would be unable to borrow money and would either go bankrupt or

World's Rising Debt



This graph shows the dramatic increase in bank loans to 21 third world countries. These loans, many unsecured, are the most critical part of the \$700,000,000,000 debt.

suffer great losses.

Much attention is being given to the problem by the International Monetary Fund (IMF) and other international agencies. But the problem is expected to remain critical for at least a full decade.

How did these countries get into such deep financial trouble? How can they get out of debt? For an in-depth look at the international debt crisis and how it affects you, see the Nov.-Dec.

issue of *The Plain Truth*. Write to *Youth 83* for your free subscription. — *By Michael Snyder* □

On the Road to Mecca

- What would you think if two weeks out of each year your city suddenly grew 5½ times larger? That's what happens every year in Mecca, Saudi Arabia, when nearly two million Muslims from around the world descend on this town of 366,000.

The Koran, the holy book of the Islamic religion, instructs Muslims (followers of Islam) to make at least one journey to Mecca in their lifetimes, providing they are able to afford it.

The Saudi Arabian government estimates that as many as two million of the world's more than 600 million Muslims are now heading to Mecca. There is no specific date they must begin traveling to Mecca, but they should be in Mecca before the day of the main ceremony of the pilgrimage (*hajj* in Arabic) that will be on Sept. 16 or 17 this year, depending on when the new moon is first seen.

The town of Mecca is the central spot in Islam. It was in Mecca that Muslims believe God created a spring of fresh water that saved Ishmael, the father of the Arab people, from dying of thirst. And it was in Mecca that

Mohammed, the prophet to whom God revealed the Koran, was born and spent most of his life.

In the center of the Great Mosque in Mecca stands a huge, black cube called the *Kaaba*. Muslims feel it was originally built by Abraham and Ishmael as a replica of God's house in heaven. Five times a day Muslims around the world bow in prayer, turning toward Mecca and the *Kaaba*.

After arriving in Mecca, the pilgrim walks around the *Kaaba* seven times while praying. Next he takes a drink from the spring that Muslims feel God created for Ishmael.

From Mecca, the pilgrims go to the Plain of Arafat for the Day of Standing. This main ceremony of the *hajj* lasts from noon until sundown Sept. 16 or 17. The pilgrims pray for forgiveness and help in being better Muslims.

Next they will go to Mina where they will throw pebbles at three stone pillars, symbolizing their hatred of Satan and their desire to live the way of God.

On Sept. 17 or 18, the highest holy day of the Islamic year, the pilgrims will begin the Feast of Sacrifice, *Eid al-Adha* in Arabic. They will sacrifice thousands of animals in commemoration of Abraham's obedience to God, as will hundreds of thousands of Muslims around the world.

After *Eid al-Adha*, most pilgrims will return to Mecca for one last visit to the Great Mosque. Again they will walk around the *Kaaba*, this time saying a prayer of thanksgiving, farewell and desire to go on serving God.

The *hajj* is one of the strongest unifying forces among all Muslims. Whether a king from Saudi Arabia or a beggar from Bangladesh, all pilgrims are equal during the days of the *hajj*. — By Lowell Wagner Jr. □

COUNTRY IN FOCUS:

Saudi Arabia

Draped in protective clothing, a band of grizzled nomads lead their camels across the vast desert. Suddenly their eyes are drawn skyward as a wealthy sheikh whizzes by on his magic carpet.

Have you ever pictured something like this when you've heard the name Saudi Arabia? Part fact, part fiction, it is only a fairy tale view of this, one of the most critical nations in the Middle East.

Saudi Arabia, northeast of Africa across the Red Sea from Egypt, is the only country in the world to bear the name of the family that rules it.

The Kingdom of Saudi Arabia is about the size of the eastern United States and more than twice the size of South Africa. With more than 900,000 square miles, it is the largest country in the Middle East. The population is about 10 million.

Most of Saudi Arabia is desert. Its largest desert is known as the Empty Quarter, *Rub al Khali* in Arabic, and is one of the world's most isolated and forbidding terrains. Nearly devoid of water and life, this desert covers an area almost the size of the state of Texas, larger than all of France. Daytime temperatures in the *Rub al Khali* of 130 degrees Fahrenheit (54 Celsius) are common, suddenly giving way to the chill of night.

Saudi Arabia's three major cities, Riyadh (the capital), Jidda and Mecca, are crowded and bustling. They feature modern housing, office

buildings, streets and highways. In such areas the car has replaced the camel. But away from the cities, the nomadic

Bedouin tribes cling to their ancient ways, constantly moving with

their goats and camels in search of water and new grazing land.

The country's No. 1 natural resource is oil. In the 1930s vast oil reserves were discovered beneath the desert sands. Estimates are that Saudi Arabia holds as much as one quarter of the world's oil reserves. The Saudis produce and sell about four million barrels of oil a day (a barrel is 42 gallons, or 159 liters), earning nearly \$120 million a day.

Most Saudis are Muslims, followers of the religion called Islam, an Arabic word that means "submission (to God)." Saudi law is based on the Koran and other holy writings of Islam. The holy cities of Mecca and Medina are both in the mountainous region of Saudi



Arabia's west coast (see "On the Road to Mecca," page 10).

Want to learn more about Saudi Arabia? Where will the Middle East fit into world events in the future? Write for "Watch the Middle East" and "Middle East in Prophecy" to find out.

— By Tom Delamater □



In this new generation game, the player controls the actions of the characters. (Photo by G. A. Belluche Jr.)

tomorrow will look like the real world.

This will be done through the use of a video disk that will display scenes of realistic environments. A laser will instantly provide scenes from any point on the disk to match what's going on in the game.

With the new technologies, game seats will vibrate to simulate the feeling of space travel. Players will smell pizzas cooking, popcorn popping and tires burning. In a few years, games will also feature eye tracking, in which a player will control a game simply by moving his eyes.

"Players may sit in an enclosed console in an arcade booth and feel and smell what's happening," said Joan de Regt, an IRD researcher. — *By Jeff Zhorne* □

Playing the Games of Tomorrow

- Your bones are jolted as your jeep bumps along the road that winds through the jungle. Exotic birds and animals screech at you from the trees and bushes. Jungle smells from damp moss and rotting vegetation fill the air as you struggle on in your mission to capture a dangerous tiger.

A trek through the rain forest? No — just a video game of the future.

This game of total involvement is just one of many being developed in what will be the next generation of video games. According to International Resource Development (IRD), the new games will combine computers, video disks, machines that can reproduce smells and others that can reproduce motions to make the player feel like he is actually there.

One of the most noticeable changes will be in what you see on the screen. Unlike the simple games of today, the games of

thing: Their young people need to get to know each other better.

When the leaders met last May at the Economic Summit, they decided one answer is to increase the number of exchange students visiting each other's countries.

The leaders felt that there is a growing amount of misunderstanding between the world's nations. According to Johanna Koenig, a spokesperson at the West German Embassy in Washington, D.C., "The exchange will help to close that growing information gap."

Though there are variations in each of the seven countries, the basic idea is the same. Students will spend from several weeks to one year living with a family in their host country.

According to Jane Taylor, a spokesperson for the U.S. youth exchange program, living with a family is one of the most beneficial parts of the program. It "makes it possible for the

students to get to know the culture and the people. That's what the exchange is all about."

The exchange program is now limited to the seven countries that met at the summit. Other countries will probably be added



World leaders convene at the May Economic Summit in colonial Williamsburg Va. (Photo by Color Press)

to the program later.

The leaders of the seven nations involved hope that the exposure to other countries will build friendships between people that will lead to deeper friendships between nations. "It's pretty hard for anyone to

go to another country, to live there for a while, to return home and not feel closer to that country and its people," spokesperson Taylor said. — *By George Hague and Lowell Wagner Jr.* □

Summit Nations Increase Student Exchanges

- Though they disagreed on a number of things, the leaders of Britain, Canada, France, Italy, Japan, the United States and West Germany agreed on one

How Would You Like to Be a Professional

Legal Secretary
Real Estate Secretary
Executive Secretary
Administrative Assistant



By Wendi D. Hayward

“Oh, Joan. Would you mind typing this document for me? But before you do that, call and remind Mr. Lawrence about the board meeting this afternoon.

“Also, you may hold my calls. I’ll be in a meeting the rest of the morning.

“And by the way, Joan. You’re doing a terrific job. Expect a little extra on your next paycheck.”

Have you ever imagined yourself in this situation? Working in an exciting office environment can be a rewarding and valuable experience. As a professional secretary to an executive or manager of a firm, you must not only be responsible, but you must be capable of dealing with people, thinking clearly, following directions and you must have good organizational skills.

Perhaps you have a different career goal in mind, ultimately. In that case, being a professional secretary can be used as a stepping-stone to other job opportunities.

Many people in various fields today started out as private secretaries. They improved their



job skills, learned about many aspects of the business and advanced in responsibilities within the company. Others have gone

on to start their own businesses.

As with any job, though, being a secretary can have its difficulties. You may be called on to put in extra time on high-priority projects your boss is working on. You may be asked to further develop your skills — and that can mean classes on your own time.

But if you are willing to accept the challenge, you’ll be developing skills that will come in handy in almost every situation you find yourself in. You will have acquired vocational skills that, when you are married, could be valuable in fulfilling your responsibilities as a homemaker in organizing, scheduling and budgeting. Also, if your husband were someday unable to work, you could help out.

What about the training?

Chances are the training you’ll need is free and available right in your own high school. Most high schools offer basic and advanced typing courses. Begin as early as possible — preferably three or four years before you finish school. This will give you several advantages.

First, you will have three or

four years to develop your typing up to an entry-level speed of about 60 to 80 words a minute. Another advantage you will have is that you can practice by typing your homework assignments and papers. As an added bonus, many teachers are so impressed by students' neat, cleanly typewritten papers, that they grade their papers higher!

Now that you are on your way, what next? A skill that is also taught in many high schools is shorthand. Knowing shorthand may raise an entry-level salary considerably.

Of course, many offices have and use recording equipment where dictation is recorded on a tape cassette. Then a secretary must transcribe what she hears on tape into a letter or memo form.

However, many executives dislike this method of dictation. They prefer instead to give the information to a person rather than to a machine, and would rather have questions and input given to them at the moment, than be faced with a barrage of questions later about a garbled message or unclear statement found on the tape.

It usually takes about two years to bring your shorthand speed up to an acceptable entry-level speed of 80 to 100 words a minute. Practice taking notes in shorthand during church services and in class. You'll be surprised at how quickly it becomes a second language to you!

Another basic skill that you can begin developing while in high school is a good telephone manner. You, in most cases, will be a customer or client's first contact with the firm and it is your responsibility to create a capable and cheerful first impression. How *you* come across on the telephone can give a company or an executive a successful image.

Practice at home by answering the telephone in a pleasant manner. For tips on proper telephone etiquette, refer to the "News & Reviews" article, "Avoid Telephone Hang-ups," in the May *Youth* 83.

For on-the-job experience, look

for after-school work as an office clerk or receptionist. Then, when you begin to look for a full-time job after graduation, you'll have 1) a recommendation to give to future employers, and 2) a fairly good idea of the kind of work and office environment you'd enjoy working in full-time.

Explore the options

Finally, be aware of the options open to you in the secretarial field. Does law intrigue you? Consider becoming a legal secretary. How about real estate? Talk to other secretaries in the fields that you are interested in. Visit

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their offices and ask questions.

There are many different fields to choose from, but investigate early in your training because some fields may require more advanced, specialized training that is available at community colleges or business schools. Ask your high school career guidance counselor for information.

You've finally finished your training and now you're ready to begin searching for that perfect position. You may have part-time references behind you from an after-school job, and you've completed a neatly typewritten resume that you will need to carry with you on job interviews. What's next? How do you start looking for the job that's right for you?

You have several options. The first is through contacts with

friends, relatives or referrals from previous employers. Ask friends or relatives if they know of any potential job opportunities. This is where a good personal reputation is invaluable. If you are known as a hard worker and are pleasant and cheerful to everyone you meet, there won't be any hesitation about recommending you for a position.

Another option you have is to search newspaper ads. Start with the larger companies that you are familiar with, as they are often more reputable, offer better salaries and provide benefits.

Calling for an interview

Call the firm and request an appointment for an interview. Be sure to arrive five or 10 minutes early, and dress neatly and appropriately. Finding out a little bit about the company you will be interviewing with will give you a head start over other applicants.

The interviewer will have a number of questions for you. Strive to answer calmly and confidently.

Questions to ask the interviewer: What does the job entail? What would be your specific responsibilities? What is the starting salary and what benefits are included?

The third option you have is to go to a private employment agency or employee search firm. Note, however, that some search firms will charge you a sizable fee for placement with a company. Others charge the employing company a fee for finding *you*. Be sure you check all the ins-and-outs so that you don't get caught paying your first salary to the search firm without knowing it.

Remember, whatever job you choose, being a good secretary is not simply being a mechanical robot. A good secretary has character and personality. She enjoys her job and her company knows it. That's why her employer can honestly say, "You're doing a terrific job," and she can confidently reply, "Thanks, I really enjoy working here!" □

Special Message for Young People

By Herbert W. Armstrong

How did you come to be here on this earth? Did you just happen, an accident of blind, unintelligent, unknowing, lifeless EVOLUTION?

Or were you put here and given life by an all-knowing, all-intelligent, purposeful, *living*, supreme God, who designed and created the human mind and body?

Let me tell you — and I can prove it, and so can you if you are willing — that the great Creator brought YOU into existence on this earth FOR A GREAT AND MIGHTY *PURPOSE*!

You were born into a world that has developed a certain type civilization. The instant you were born you knew — NOTHING! But your eyes opened, you looked about, and knowledge of what you saw began registering in your memory — began putting knowledge into your mind. Your ears heard sounds, and thus additional knowledge entered through the sense of hearing. Very elementary at first, but gradually, each bit of new knowledge, entering your mind through your sense of taste, smell, feel, sight and hearing, was



added to what had previously been stored there.

Gradually you came to know and take up with the customs, ways and generally accepted ideas and beliefs of this world. You accepted them, took them for granted without question.

Some of them were good — but many of them were BAD. But you took them for granted without realizing they were bad.

You have a *nature*. We call it human nature. Few people realize what it is. Human nature has a spiritual side and a physical side. On its spiritual side, it is VANITY. Vanity loves and tends to exalt the SELF. It is SELF-centered. It is selfish and greedy. It is this way *naturally*. On its physical side,

there are the five senses, and the PULL of these senses to crave to be satisfied. Exercise of these senses can produce sensations of pleasure. Some of these sensual pleasures are healthy, uplifting and GOOD. But many are injurious, harmful and BAD. Yet the bad ones cry out for gratification — probably far more than the good. Thus human nature exerts an automatic, impulsive PULL toward selfishness, greed, vanity, jealousy, envy, hatred, and toward the lusts (*wrong desires*) of the flesh.

Human nature wants to *BE* good — that is, to *believe* it is good — to be *considered* good. It just doesn't want to *DO* good.

Because GOOD is the WAY of God's invisible, inexorable, spiritual LAW. That LAW is, simply, LOVE. It is love toward God in the form of trusting and willing OBEDIENCE to God's every command and direction, knowing it is for our highest good. It is love toward God in the form of being GOD-centered — having the mind *continually* (consciously or subconsciously) in contact with God, *relying* on God, seeking guidance from God, worshipful in the sense of gratitude, obedience, faith and

Photos by Ed Fensky and Hal Finch

complete trust. It is love toward fellowman — in the sense of outgoing concern, *equal to* love and concern for self.

NOW NO MAN exercises *that kind of love naturally*. You simply were not born with that kind of love.

THAT love — God's love — travels a certain road. It is the road that leads to peace, to happiness, to confident assurance, security, well-being, ENJOYMENT without kickbacks, prosperity — every good thing the heart desires.

Everyone wants that *result*.

That is to say, everyone wants to have the RESULT of doing good.

But no one, it seems, *naturally* wants to GO that way — to DO good.

That WAY — *doing* good — is the WAY of God's law.

This world is *not* FULL of happiness, peace, joy and universal prosperity. It is pretty well filled with strife — in the home, in business, in politics, in war between nations. It is pretty well filled with unhappiness, frustrations, insecurity. It is pretty well filled with crime and violence, with broken homes and unhappy quarreling homes, with sickness and disease, with frustrations, failures, tragedies.

Now GOD is *not* the author of all these troubles in the world.

God has, FOR A GREAT PURPOSE, made humans free moral agents, and allotted 6,000 years for mankind to *make a choice* — whether to accept God's government over him, to be ruled by God's law of LOVE — or whether to set up his own ideas of man-made government, following what comes *naturally* — HUMAN NATURE.

That 6,000 years is about up. When it is — a *very* few more years — God Almighty is going to step in, intervene supernaturally and in divine POWER abolish governments and ways of society — rule all nations with GOD's laws — and BRING PEACE AND HAPPINESS TO HUMANITY!

HOW can that be done?

It's simple!

There is A WAY of personal, group and organized living that will automatically produce that utopia. And there is A WAY that has, for 6,000 years, produced curses, war, strife and violence, frustration, failure — everything this world has.

God is simply going to *enforce*, with divine power, HIS WAY. He is going to take over all governments, in a super WORLD GOVERNMENT, ruled by the very CREATOR. It will rule by GOD's LAWS — the WAY of love!

Why do some people — even college professors and some who

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are intellectually inclined — become Communists? Because they see many things WRONG in this world — they want to BE right — they grasp communism as a last straw and only hope, under the delusion that THEY CAN HAVE A PART IN MAKING THIS A BETTER WORLD! They want to BE right — but they don't understand what God says is right.

So they grasp the straw that makes the lying and false PROMISES of producing the solution. But communism is only another IDEA OF MAN BASED ON HUMAN NATURE. It is a theoretical WAY that would destroy what little good there might be in this

world's society. It is the most false of false hopes.

But YOU can, when you mature, *have a part* in actually bringing PEACE, happiness, joy and abundance to humanity. God Almighty is *going to do it* — whether or not you have a part in it!

But He is not going to do it alone. He is going to take certain human beings, born in the very LIKENESS of God, who REPENT of their carnal human nature — who cry out to God to CHANGE that nature, and *give* them the matchless supreme GIFT of His divine LOVE that will travel THE WAY toward peace, happiness and joy.

These are they who, upon reaching physical maturity, through real repentance of what they *are* as well as what they have done, through faith in the sacrifice of Jesus Christ as well as in His resurrected LIFE and POWER, are forgiven their guilty past, given contact with God, *changed, converted*, receiving HIS HOLY SPIRIT, being begotten as HIS CHILDREN, receiving the DIVINE nature.

In other words, they REPENT of human nature — they REPENT of hostility to authority — of resentment against God's law. They SURRENDER unconditionally to GOD and wholeheartedly WANT HIM to rule in their lives. They CHANGE (through God's power given by His grace) from rebellion to submission — from SELF-centeredness to GOD-centeredness. They let Jesus Christ (in Spirit) come into their lives and actually live their lives for them (Galatians 2:20).

They change from THE WAY that has brought all the curses upon this unhappy world, to THE WAY that will bring a brilliant, joyous UTOPIA to earth in a very few years when God sends the *living* Jesus Christ in all power and glory to RULE ALL NATIONS and bring the happy, peaceful WORLD TOMORROW!

This CHANGE is conversion. This is what it means to *become* a Christian. A Christian is NOT merely one who PROFESSES Christ.

(Continued on page 8)

A Feast of Family Fun

By Colleen Gus

A seashell from a Biloxi, Miss., beach? Colorful, pressed leaves from a Cape Cod, Mass., maple? A box of fudge from Wisconsin Dells, Wis.? An olive-wood camel from Jerusalem?

What little treasures will you bring home at the end of the Feast this year?

If you spend the Feast in Bermuda, you probably won't bring home Swiss chocolate. If you attend at Mount Pocono, you probably cannot bring back a set of beautiful oriental chopsticks.

But no matter where you spend the Feast, there are certain treasures you can bring home. Treasures like long, heart-to-heart talks with Mom and Dad. A better relationship with your brothers and sisters. And memories of a wonderful Festival spent with your family.

How can you go about finding the treasure of a closer family this Feast? Here are some tips other teens have found helpful in making the Feast of Tabernacles a Feast of family fun.

Planning the Feast

Anyone who enjoys traveling can tell you that the fun of a trip usually begins months before, with the planning and anticipation.

You might use this concept to your advantage with your family. There are many ways you can begin to build your family's enthusiasm and excitement long before the Feast even begins.

Perhaps you can write to the chamber of commerce at the

site your family will attend, asking for information and brochures on local attractions.

Researching the area's history and geography might make an interesting project. The more you and your family know about a place, the more you can appreciate what it has to offer.

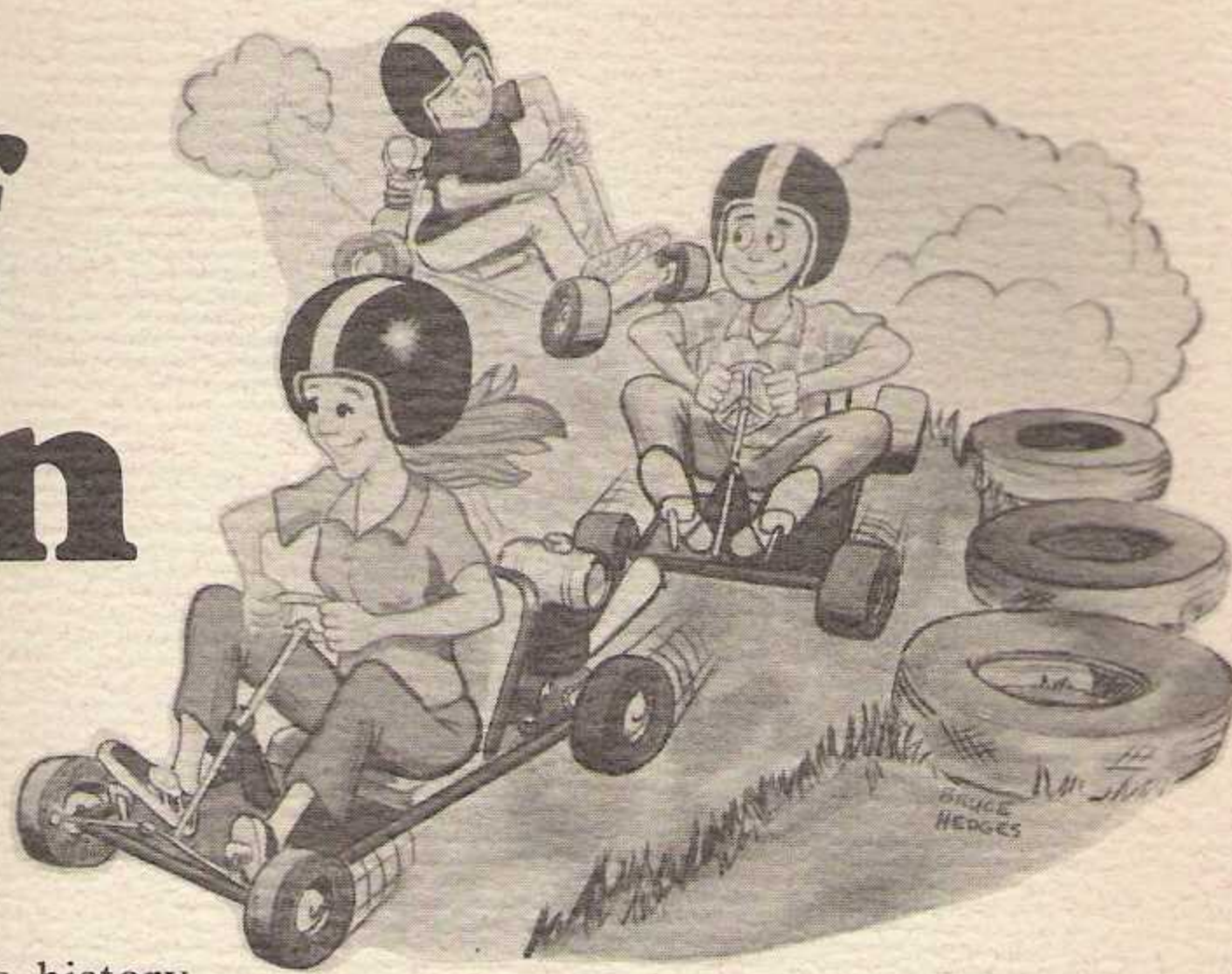
For instance, it might interest you to know that the Lake of the Ozarks in Missouri has the longest coastline of any man-made lake and that several towns once stood in the area the lake now covers.

Before long, you'll find that your enthusiasm is infectious; you'll have the whole family

looking forward to "D(departure)-Day."

Your efforts don't have to stop when the Feast actually arrives. Even if your family has attended the site before, and they all already have some favorite activities in mind, they may appreciate some new suggestions.

Here's where you and your imagination come in. What kinds of fun could all the members of your family enjoy? A hike through the woods, maybe with a
(Continued on page 8)



Ideas You Can Use

We asked some young people for ideas of things they've done to help their families enjoy the Feast more. Here are some of the comments:

"I like to volunteer to baby-sit one night so Mom and Dad can spend the evening alone. If I plan on it from the beginning of the Feast, I don't feel I'm missing anything."

"I find that, somehow, sitting together during services seems to draw us closer. It's as if to say: 'Here we are. We're a family.'"

Of course, we look forward to spending time with friends as well as family at the Feast. Many teens have found that the most convenient way to spend time with their friends at

the Feast is to invite the friends along with the family (with their parents' permission, of course).

"If my family was go-carting," one young person commented, "I'd ask if I could bring a friend along, after services, and drop her off later at her motel. That way we had no trouble getting where we wanted to go, and my parents liked getting to know my friends, too."

"I found that, most of all, making it a family Feast takes work; it doesn't just happen. I had to plan my schedule around what the family wanted to do. Sometimes I had to go along and try to enjoy the things other family members enjoyed. But it was worth it. The Feast really meant more..." □



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Time Out From School

Anxiety. Nervousness. Possibly even dread. These emotions often hit when it's time to explain to classmates, teachers and school administrators the reason for your absence during the Feast.

Many times questions are painfully pointed and direct, such as, "Why are you going on vacation now, right after summer vacation?" Or, "What is this religion of yours — how come no one else does this?"

Fielding these probing questions can be either an exasperating experience or a chance to practice God's way of peace. By keeping a few vital principles in mind, you can be a light to others and smooth the way for yourself at the same time.

Your approach is important. Try to be firm and confident, but tactful. When people ask, give a brief answer explaining the reason for your absence,

being careful not to appear proud or boastful. "I'm going away to celebrate a religious holiday," is simple and to the point.

Try to understand your friends' curiosity and your teachers' caution. Keep in mind that most people haven't heard of the Holy Days, and they won't completely understand why you do what you do.

It is important to keep a

healthy relationship with teachers and school officials — your grade depends on it! Three points to follow during the time before and after the Feast are:

1. Talk to your parents first. They will probably need to write a letter to the school briefly explaining the circumstances of your absence. If further backup is needed, your minister has a special form letter explaining your situation.



I Wish I Had . . . I Wish I Hadn't

How often have you gone to the Feast and come home wishing you had done more, seen more or accomplished more? Or, on the other hand, how often have you done something you wish you hadn't?

Here is a checklist of things you might want to do this Feast of Tabernacles — or not do, as the case may be. Early planning can make your Feast much more profitable for you and for others.

Put a check mark in the boxes next to those items you know in advance will help you enjoy the Feast even more.

I Wish I Had . . .

- ☐ Bought flowers for my mom
- ☐ Baby-sat the kids one night
- ☐ Directed traffic at the Feast
- ☐ Sung in the choir
- ☐ Met more people
- ☐ Kept up with my homework
- ☐ Helped an elderly person

I Wish I Hadn't . . .

- ☐ Spent \$35 on video games
- ☐ Eaten so much
- ☐ Gotten that speeding ticket
- ☐ Spent all my 2T on myself
- ☐ Stayed up so late every night
- ☐ Skipped services one morning
- ☐ Fallen asleep during a sermon

A special part of each of the annual Holy Days is the offering presented to God.

Teens, too, can participate in the joy of giving by being prepared for the offering. With a little planning you can be prepared to give an offering to express your appreciation for what you have personally enjoyed.

Maybe you can set aside some of your after-school earnings, baby-sitting funds, a portion of your allowance or some of the money you have been given for the Feast itself. You'll feel better if you give an offering. Both you and God's Work benefit! — *By Ronald Kelly* ☐

2. Go to the appropriate school officials with the letter(s). Many schools have a designated person in charge of attendance. Explain your situation clearly.

3. Be especially cooperative with your teachers. At least one week before your family is scheduled to leave, tell your teachers of your planned absence, and request a list of assignments you will miss. Offer to do any work you can before leaving. When you return, ask your teachers if there were any other assignments you may have missed, and promptly arrange to make up all work.

Following these steps should make your absence from school a smooth one. — *By Gary Fakhoury* □

Open and Closed Case

Finally the Feast of Tabernacles is just days away and you're thinking of what clothing to take

and how to get it there in the best condition. Packing too much, not packing the right things and having wrinkled, rumpled and unwearable clothes when you get there are common problems. These pitfalls can be avoided by following some basic guidelines.

What clothing you take is of primary concern. It's important to keep in mind where you will be going and what you will be doing when planning what clothes to pack.

Dresses, skirts and blouses for the girls and slacks, shirts and perhaps a suit or sport coat for the guys are needed for Church services. Since God has blessed us with the opportunity of attending His Feast, we should honor Him by wearing the best clothing we have, making sure it is clean and pressed. Casual clothes, such as jeans, shirts and slacks, are just as necessary for recreational activities and more informal occasions. They should also be in good repair, clean and pressed.

To avoid the dilemma of packing too much, build the clothes you plan to bring around one or two basic colors. This way you can easily mix and match separates and add variety to your wardrobe.

Just as essential as planning what to bring is knowing how to pack it. Packing a suitcase to avoid having wrinkled, rumpled clothes is a simple matter of layering everything properly.

The bottom layer should consist of those heavy, odd-shaped items such as shoes (pack toe to heel in plastic bags) and hair dryers. This layer may be evened out by including T-shirts, sweaters, underwear, swimsuits and other nonwrinkling items. These items should be rolled up and placed in the bottom of the suitcase or in



other convenient spaces.

Dresses, suits, shirts, pants and skirts make up the second layer. When folding dresses, button them and fold lengthwise in thirds with the sleeves folded over last. Tissue paper or dry-cleaning bags placed between folds will give added wrinkle protection.

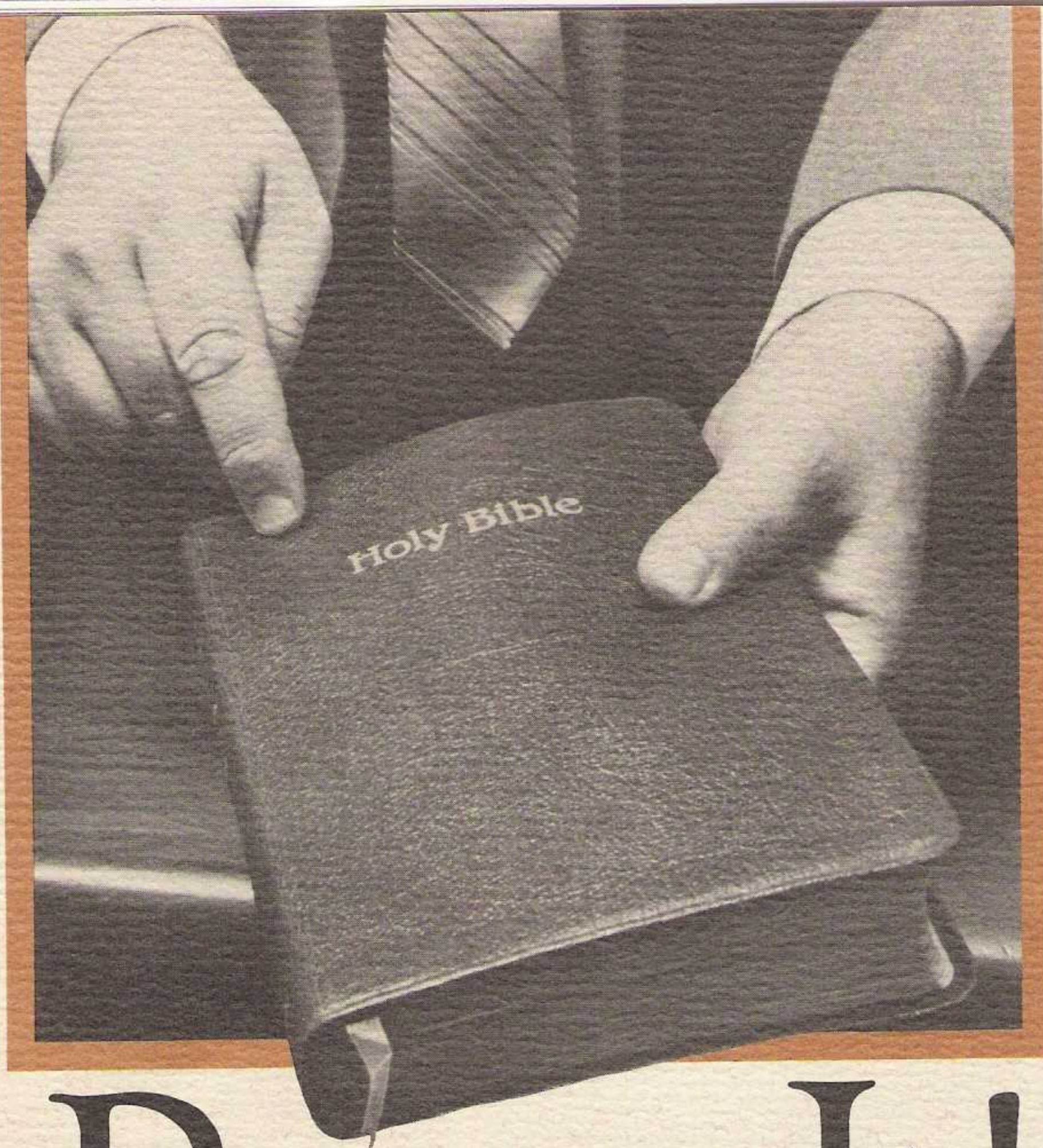
The last layer should consist of delicate items particularly prone to wrinkling. It may also include items you will need soon after your arrival, such as a sweater, nightclothes or robe.

Last, fill the corners or extra spaces with belts, socks and other hard-to-crush items. This will prevent your clothes from slipping around and decrease the likelihood of wrinkling.

When you arrive, unpack your suitcase and hang up all clothes that tend to wrinkle. If, despite your efforts, some clothes have wrinkled, try hanging them in the bathroom, turning the hot water in the bathtub on for about five minutes and shutting the door. The steam should relax the wrinkles.

If you follow these basic guidelines, you will be appropriately and neatly dressed for every occasion and have a more relaxing and enjoyable Feast. — *By Ann Hays* □





Prove It!

Why do you believe what you do?

By John W. Foster

It happened to me when I was 15. I had just started my sophomore year in high school when one of my beliefs was questioned, and the facts had to be produced.

You see, every year my family kept the Feast of Tabernacles. Now most people don't even know what that is — they have not heard of it. But somehow I had escaped problems before.

For years, our whole family traveled from Chicago, Ill., to Texas to keep the Feast. Every year we had to ask for an excused absence from school and for advance homework. My parents

would usually write a note explaining the reasons we had to take off from school, and then we would take it to the school principal for approval.

The first day of school

This worked fine until my sophomore year. The Feast was in early September, and I had to ask for the excused absence on the first day of school! I needed the approval of the vice-principal in order to ask each of my teachers for advance homework, so I took my parents' note into his office. He was a powerfully built man and quite stern with all the students. As he sat at his massive desk, he quietly read the note.

I always found it nerve-racking to be in the presence of anyone in

authority, so I was hoping he would read the note quickly so I could leave. All of a sudden he threw the note down, looked up and said: "No! You may not be excused! No one can take off for *supposed* religious holidays."

I was shocked. This was the first time someone questioned my beliefs. Not knowing exactly what to do and feeling quite intimidated, I feebly asked him, "What must I do to be excused?"

I was not really prepared for what came next. Slowly he opened his desk drawer and pulled out a Bible! As he placed the Bible on the desk, he looked me in the eye and said, "If you want to be excused — prove it!"

Here I was, 15 years old, shaking like a leaf, now challenged to prove on the spot what I believed. No one was there to answer for me — my parents, my minister, my friends — I was alone facing a determined man demanding proof of this Feast.

Yet, I wasn't really alone. I had always been taught that God will help us remember and even say the right things when we are before the authorities (Luke 12:11-12). So I silently asked God for His help.

The Bible is a rather large book with many verses and chapters. It is not the easiest thing to quickly remember where various subjects may be found. Over the years in the Church, emphasis was placed on knowing where some of the basic, important scriptures may be located. As children, we were quizzed regularly where many of our beliefs could be proved. One such chapter was Leviticus 23, because in that chapter is the command to keep the Holy Days of God.

I told the vice-principal to notice Leviticus 23, and to read the last part of the chapter that dealt with the Feast of Tabernacles. Thinking that my answer was sufficient, I started to relax. Surely he'll give me the excused absence now, I thought, when suddenly he said: "You people are all wrong! It says here in this verse 34 that, 'The fifteenth day of this seventh month shall be the Feast

of Tabernacles.' You should be going in July — the seventh month — that way you won't have to miss school!"

He was right, the Bible does say the seventh month, but was the month of July the month of the Feast? The answer was no, but how would I be able to convince him? Again, silently and desperately, I asked God for help.

Remembering from a sermon

The minister of the Church had just gone over that question in services. (I was glad that I had listened that day instead of goofing off as I oftentimes did!) I took a few gulps, then proceeded with what I was able to remember from the sermon:

"The calendar we now use is different from the calendar found in the Bible. The seventh month of the Hebrew calendar of the Bible falls at about the same time as the ninth month of the current Roman calendar." My short answer seemed to satisfy his question and he finally approved my request for the excused absence.

I had not before been faced with questions concerning why I did what I did, and why I believed what I believed. Since that time, I have made an effort to try to prove to myself from the Bible why I really believe the things I do.

How about you? Do you blindly follow and accept what you hear, or do you look in your Bible and see for yourself what is true? Pastor General Herbert W. Armstrong has always said, "Don't just believe me, but believe the Bible."

We need to prove what we hear. We need to be like the ancient Bereans, who "searched the Scriptures daily to find out whether these things were so" (Acts 17:11). We are commanded to, "Prove all things; hold fast that which is good" (I Thessalonians 5:21, Authorized Version).

You *must* know why you do the things you do — for at any time you may be put on the spot and be asked to — *prove it!* □

Don't Lose Your BALANCE

By Phillip C. Jones

Last Feast of Tabernacles did you: Get sick eating chocolate cake? Instead of getting a suntan, get a sunburn? Get only 15 hours sleep the entire Feast?

If you suffered from one or more of these, balance is probably the solution.

Sometimes we lose our balance and teeter a bit. That can be easy to do during the Feast of Tabernacles because of an abundance of free time and extra pocket money. But, just because you have the money to buy an entire chocolate cake, that doesn't make it OK to eat it all in one evening.

That's why Solomon wrote: "If you find honey, eat just enough — too much of it, and you will vomit" (Proverbs 25:16, New International Version). Solomon meant that too much, even of a good thing, can be harmful for you. Instead, try and be balanced in whatever you do.

Here are three tips to help you maintain your balance during the Feast of Tabernacles.

1. Spend time with your family — not just your friends. So many times we get caught up with our friends during the Feast that we forget about our families.

Perhaps you could invite one or two of your friends along on a family outing, increasing fun and fellowship. Don't forget to ask your parents first!

2. During the Feast many of us tend to let our guards down. We try to pack so much into a day that we stay up late at night

and sleep in the next morning. Consequently, we're tired and can't pay full attention to the Church service, or even bother to go at all.

Try to get at least eight hours of sleep and rise early enough to properly prepare for the day. Also, keep in mind the need for a balanced diet. Have a variety of healthful foods in small enough portions that you can *enjoy* them, not get sick on them.

3. Establish proper balance between the spiritual and the physical aspects of the Feast.

The Feast of Tabernacles is a time set apart by God for our physical enjoyment. But far more than that it represents the millennial reign of Jesus Christ on this earth — a time of global peace, prosperity and universal happiness. It's part of your job as a teen to prepare now to help Christ rule.

Part of that preparation is to diligently seek God and to keep in mind the purpose of the Feast. You can do this through prayer, Bible study and by actively listening to God's ministers.

Set aside ample time each day to spend with your Creator. Remember the importance of a deep personal relationship with God, always placing it above everything else. There will still be plenty of time for other things.

If you follow these three tips you'll be on your way to having the balanced, healthy, happy, zestful, busy Feast of Tabernacles it was intended to be. □

Family Fun

(Continued from page 3)

guidebook to help you identify birds or trees? A visit to a nearby spot of historical significance? An afternoon's boat ride?

Some teens get even more creative. How would your family enjoy a treasure hunt? Would Mom and Dad enjoy having others over for snacks and a sing-along or a game of cards?

The important thing is not what you do — every family is different — but if your family participates together in fun, with the attitude of trying to give each other a good time, you'll be building bonds that will last even when the Feast is over.

A word of caution: The Feast can be a busy, even exhausting, time. Tact, respect and a good sense of timing will serve you well in making suggestions that won't turn out more trouble than fun.

Sometimes troubles will come up. God wants your family to have unity, so why not ask Him for special help to overcome any problems?

Talking together

Staying in a motel, camper, tent or cottage may mean living in closer quarters with your family than you're accustomed to. This might take some adjustment. On the other hand, it might provide opportunities for long talks with family members — talks you didn't seem to find time for or were too tired to start the rest of the year. Driving back and forth to services can be an excellent time for family discussions, too.

And what better subject than the Feast itself? You might use some point mentioned in the sermon as a springboard for discussion.

Working toward the treasure of family fun and togetherness, many teens have found that they have a more exciting, fun-filled and memorable Feast themselves. Why? Because, in the words of one young person, "the family — God's family — is what the Feast is all about." □

Special Message

(Continued from page 2)

God gives His Holy Spirit ONLY to them that OBEY Him (Acts 5:32). This implants within the mind the *divine nature* — it means a CHANGED MIND!

But it does *not* remove the HUMAN nature from those who are mature enough to be converted. The *mind* governs whether the converted Christian now *follows* the pulls, the impulses, the desires of human nature, or whether he resists them and is LED BY the newly received divine nature. "As many as are LED BY the Spirit of God, they are the sons of God" (Romans 8:14). But one's *human* nature cries out to be satisfied — does not like to be repressed.

Just *receiving* God's Spirit, upon full mature repentance, is not enough. Such a person must BE LED by God's Spirit. His Spirit opens the mind to UNDERSTANDING of spiritual truth and the KNOWLEDGE of God's law. It opens the mind to THE WAY one should follow. God's Spirit also is the love of God — God's own divine love — flooding into the human heart, and flowing on out in love to God and love to neighbor.

One must therefore GROW in spiritual knowledge and in God's grace (II Peter 3:18). He or she must become a DOER of God's law — actually LIVING in THE WAY of peace and happiness and joy. This means a person, even after reaching maturity and being converted, must OVERCOME his own carnal nature, his old habits, the temptations of the world — HE MUST BE CHANGED! He must develop toward perfect spiritual and righteous CHARACTER. The real Christian is undergoing a life of TRAINING to become a RULER in God's Kingdom — in the happy and peaceful WORLD TOMORROW.

One cannot learn everything in a minute, a day or a year. One does not become perfect at one jump. It is a continuous PROCESS. No Christian becomes perfect at the very beginning. He does not

overcome or root out all the sins, the wrong habits, all at once. He must do it little by little. But, "he that overcometh, and keepeth MY WORKS unto the end," says Jesus Christ, "to him will I give power over THE NATIONS: AND HE SHALL RULE THEM" (Revelation 2:26-27).

WHY do THE NATIONS of this earth need ruling by Christ and those trained under a Christian life? Because all the unhappiness — everything WRONG with this world — has come from living THE WAY of hostility to God's law and GOD's government. Because the only way this world can have PEACE, PROSPERITY, HAPPINESS, is to be forced to build a society based on THE WAY that *produces* these desired blessings.

If you want to start on THAT RIGHT WAY, don't get discouraged because you are yet immature and slip and fall down along youth's path meanwhile. Get up and KEEP GOING. Even if you have sinned and are truly sorry, you can repent and be forgiven. Read and study I John 1:7-10 and 2:1-2.

At the time of Christ's coming, the dead in Christ will be resurrected and rise to meet the descending Christ in the air. At that instant those *living* who have been thus *changed*, begotten by God's Spirit, will be changed in composition, from mortal to immortal — from matter to spirit — from human to divine.

THEY are then to RULE with and under the all-powerful, living Christ, until ALL NATIONS beat their swords into plowshares and PEACE shines forth on this war-weary earth!

Jesus Christ taught His followers to PRAY: "THY KINGDOM COME — *THY* WILL BE DONE ON EARTH!" How about it. Shall we pray that prayer?

I DO! □

This supplement was produced by the 1983 Ambassador College magazine production class: Tom Delamater, Gary Fakhoury, Colleen Gus, George Hague, Ann Hays, Phillip C. Jones, Ronald D. Kelly.

I was exhausted. I slowly moved through the house in a zombielike state.

Even opening the door to my bedroom was a major effort, but I finally slumped myself down on my cluttered bed.

Just as I was about to fall asleep, my heavy eyes fixed upon an object on the floor. The hard, black cover shone like ebony. Inscribed across the front were the words *Holy Bible*. I picked it up, forgetting my former exhaustion, and decided to read a couple passages before this drowsiness overtook me again.

As I thumbed through the pages, an object slipped out of the thin pages of the book. I reached down to pick it up and ran my fingers across the much loved bookmark. The pungent aroma of leather made my nose tingle. I traced out the three letters my sister had carefully pounded into the leather.

D-A-D. The memories flooded back to me. The fun, the love, the warm sunny days and then the horror, the tears and the pain. My mind wandered back...

There was that memorable night in a boat on our lake. The whole family was there, listening to the "Top 40" on the radio. It was warm and the stars were particularly bright. When they finally announced the No. 1 song, my dad somehow lost grip of the radio. In an effort to grab it, my father lost his balance and fell into the lake, clothes, shoes and all. We laughed about it for years afterward and thanked God that Dad could swim.

How could I forget that hike in western Nebraska? That was the time my dad saved my life. Our family was hiking up cliffs in an old Indian park. There was a winding path leading up a steep rocky ledge to the top of the cliff we were climbing. My family had taken the path and gotten up

quickly. Straying behind, I decided I would go straight up.

Climbing was easy until I almost reached the top. There were no more handholds, and I was beginning to slip. I grabbed onto a limp, dead weed, but it slowly started to come uprooted. I looked down only to see jagged rocks and sure death below. Seeing my desperate situation, I prayed like I never had before. Just as the little weed gave out, my dad held out his walking stick to me and pulled me up.

How could he have known I

DAD'S FINAL GIFT

By Vickie Thomas



was in trouble? I now realize it was fatherly instinct and God's intervention. My dad gave everything for my two sisters, my brother and me. He went to every sporting event any of us was involved in and listened to every sour note as we plucked away at our guitars.

He took us to the zoo, to a buffalo range, to the deserts of Arizona. We shared laughs, tears and dreams. His life was dedicated to our family and serving God. We all felt that same dedication as well.

Then, just as my brother was entering college and life was at its best, it happened. From that moment on our lives would never be the same.

My father contracted cancer —

cancer of the colon, one of the most painful kinds. Each day was a new trial. Days passed; they turned into weeks and months. The pain increased each day, but his faith in God also increased.

As time passed, he had to quit work. Soon our trips to the zoo, track meets and basketball games were only memories. But we all stayed by his side.

Some nights we would awaken fearfully to hear him crying out in pain. We would clutch each other and pray for his relief.

Then the day came when he was so weak he could no longer be out of bed at all. My mother waited on him day and night. She barely slept and stayed by his bedside constantly.

Still, through all the torment we looked to God for some kind of relief. Our prayers were answered March 15, 1982. That morning my father died. Just the day before, he had gone into a coma. He never regained consciousness.

That experience will be with me forever.

You see, I learned more during that time than during any other period in my life. As his final gift, my dad taught me what love is really all about. It is giving.

My dad gave himself to us all through his life, and we were able to give ourselves to him when he needed us most.

As I set the bookmark aside, a worry began to nag at my mind. How would we exist without a father? We wouldn't be able to go on.

Tears streamed down my face and landed on the open page the bookmark had fallen from. I looked down to read a passage that caught my eye: "A father of the fatherless, a defender of widows, is God in His holy habitation" (Psalm 68:5). I looked up and smiled. I'm going to be OK after all, I thought. I've got someone to watch out for me. I've got a Father — I've got a Friend. □

TAKE THE SCENIC ROUTE

By Tom Delamater

"In the Gay Nineties a fad caught hold of America. People almost stopped buying and reading books... piano sales were cut in half; and no one went to the theater anymore... Americans were riding bicycles and had little time or money for other entertainment." (The Sports Encyclopedia, ©1976, Rutledge Books, New York)

The bicycle craze of the 1890s was short-lived, but today bicycling is bigger than ever.

Bicycles are an almost unbeatable form of exercise and are a great way to go places. Almost anyone can ride a bicycle, and most people probably have at one time or another.

It's no wonder that bicycle touring attracts its share of loyal enthusiasts. They enjoy cycling for many reasons, one of the big ones being that they can see the countryside in a whole new way. If you've not tried touring, you'll be surprised at how simple and enjoyable it can be.

Bicycle touring is a lot like going on a hike. As with hiking, bicycle touring can be done alone, but it is much more fun with a group.

Proper equipment

As in any sport, cycling requires the right equipment.

First of all, you need a bicycle. For shorter trips of about 5 to 10 miles (8 to 16 kilometers), almost any well-made, lightweight bicycle will do.

If you're planning longer trips of about 20 miles (32 kilometers) or more on a regular basis, you'll want to acquire a 10-speed bicycle. Good touring bicycles will usually be more expensive, but they are easier to ride, less likely to break down and often come with special accessories for touring.

For longer trips it's a good idea to invest in some other equipment. A helmet offers protection in case of an accident. Cycling gloves provide extra protection and a better grip. Sunglasses reduce glare and help protect the eyes from foreign objects and windburn. Wear a comfortable, lightweight jersey and shorts that aren't too tight and don't chafe.

Always pack a first-aid kit.

Proper technique

Riding is more than just pushing pedals. If you learn the correct way to ride, it will be much easier and more enjoyable.

The height of the bicycle seat is important. When the pedal is at its lowest point, your knee should be slightly bent. You should not have to reach with your toes or slide from side to side to touch the pedals.

Keep your knees as close to the bicycle as you can without touch-



ing it. Toes should be straight ahead or slightly pointed in — never out.

Good riders lean forward and rather low to cut down on wind resistance. Don't hold your head in one position — look around. This will help you enjoy the view while keeping an eye out for hazards around you.

Proper planning

If you've not toured on a bicycle before, don't get too ambitious your first time out.



After traveling shorter distances comfortably, you may want to set your sights higher. You might eventually build up to a 50-mile (80-kilometer) ride. But on such a long ride there are several more things to consider than on a shorter ride.

Get on the road early in the morning to avoid the hotter portions of the day. Be wary of heavily traveled areas as you plan, especially at the busiest times of the day. Remember, too, that as nightfall approaches, the temper-

ature may drop, but so does visibility. As for riding at night — don't do it.

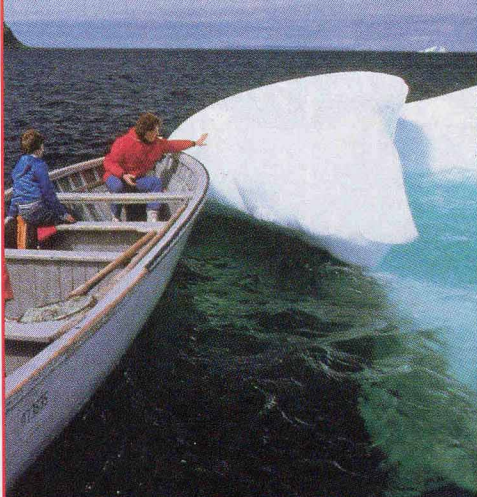
Plan to make rest stops along the way, and take along a water bottle.

Be sure one of the members of your group knows how to make bicycle repairs. Take enough tools so you can make minor repairs if necessary.

On long trips it's best to have someone drive along with your group in case of a major breakdown or injury.

Bicycle touring with a group is a great way to see the countryside. Learning correct riding technique can make it much easier and more enjoyable. (Photos by Craig Clark)

Bicycle touring not only offers a great way to exercise but also enables you to see the countryside from a whole new perspective. The right equipment, proper riding technique and thoughtful planning will ensure countless hours of excitement and enjoyment. □



What's It Like to Be a Teen NEWFOUNDL

By Ford Burden

Ha Ha Bay, Bumble Bee Bight, Blow-me-down, Nick's Nose Cove, Joe Batt's Arm — how would you like to live in one of these interestingly named places?

How about Famish Gut, Confusion Bay, Breakheart Point or Bad Bay? Or would you prefer Heart's Content,

Sweet Bay, Too Good Arm or Heart's Delight?

Living on the island of Newfoundland, your home could be one of these places or any of the many other towns and fishing villages with equally humorous and colorful names.

Newfoundland is steeped in color and character, and its people, who refer to themselves as Newfoundlanders, are a proud people with a rich cultural heritage and history.

This roughly triangular shaped island off the east coast of the Canadian mainland has been called the "cradle of white civilization in North America." It was Britain's first overseas colony and is Canada's newest province.

About 1,000 years ago a group of seafaring Vikings, according to tradition, led by Leif Ericson, moored their vessels on the northern peninsula of the island. The remains of their brief settlement were discovered by archae-



It was more than 1,000 years ago that the first European, Leif Ericson, sailed to Canada's island province of Newfoundland. The grandeur of the scenery and the natural bounty of the land and sea has attracted visitors and settlers ever since. (Photos: Aperture Photobank — William W. Bacon III; Aperture Photobank — W.E. Ruth; Ford Burden; and courtesy Canadian Government Travel Bureau)

Sir Humphrey Gilbert, in 1583, officially claimed rulership of the area for Queen Elizabeth I. It was not until 1763, after many bitter battles between the French and English, that a treaty was signed and the "New Found Isle" permanently came under British control.

In 1855 Britain granted her oldest colony full self-government, and in 1949 the people of Newfoundland voted to join Canada, becoming the 10th and newest province of Canada.

Newfoundland is a large island about the size of Ireland or the state of Ohio. The sea has always been a major political and economic factor there. The rough and stormy Atlantic has battered the rugged coasts and bold cliffs, and has taken the lives of many hardy fishermen. Bringing with it icebergs, seals and an occasional polar bear, the Labrador Current flows down from the Arctic along Newfoundland's coast.

If you were a teen living in one of the picturesque fishing villages, you would be able to explore the coves where pirates and privateers once sheltered. With your father's boat you could circle one of the towering white icebergs, or you could watch a family of humpback whales bounding through the waves.

If you lived farther inland you would have some of the world's best hunting and trout fishing in your backyard. It isn't too rare to see a moose wandering through town streets, momentarily confused by the unusual surroundings he has stepped into.

Most of the broad expanses of forest remain unspoiled by man, and are teeming with wildlife. There are hundreds of lakes, ponds and streams with numerous parks and excellent camping and

picnic facilities built around them.

In the winter you could ice-skate or go ice fishing on any of the frozen lakes or ponds. Snowmobiling is a favorite pastime.

The education for a teen in Newfoundland is similar to that of most other teens in North America. When 5 years old, a child begins school in kindergarten and goes on to complete grades one to 12, spending 13 years in school.

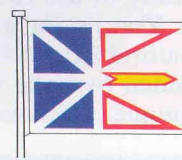
Although financed by the government, the school boards in Newfoundland are denominational, each being run by an individual religious denomination such as the Pentecostal Church, the Seventh-day Adventists, the Roman Catholics or an integration of Protestant churches. Classes in religious studies are required for everyone.

In the schools under the Protestant integrated school board, religious studies are required only in the early years of school and no particular denomination or doctrine is taught. In other areas, the religion classes teach the doctrines of the denomination that runs the school board, and they are required in all 12 grades.

The high regard for religious values is displayed not only in the educational system, but also in the Newfoundland coat of arms that bears the motto, "Seek ye first the Kingdom of God."

The people of Newfoundland have a unique heritage and culture. Newfoundland is indeed, as described by the *Encyclopedia Britannica*, "a living archive of folklore, folktale and folksong."

Upon arriving in Newfoundland, one of the first things that you would notice is that the people have an unusual dialect. When the English fishermen arrived in Newfoundland, they settled in isolated bays and inlets. For centuries the only contact they had with outsiders was by sea. In effect, the culture and dialect that originated in 17th
(Continued on page 27)



News & Reviews

Shake Up Your Taste Buds!

Here's an idea guaranteed to shake up a hot and lazy evening: Get your family together and invite friends over to create some cool and creamy milk shakes.

banana make a terrific tropical shake, and you can really confuse your taste buds — but delightfully so — with a pear shake flavored with licorice extract! You can add nuts, granola or coconut for extra variety and crunch.

Using an electric blender (or if you don't have one and don't mind hard work, try a



The basic recipe for these shakes is the same: one cup of ice cream and 1½ cups of milk — more ice cream for thicker shakes. Also add one cup of fruit for each shake and, if you decide to use it, one-fourth to one-half teaspoon of flavoring. This will make one large milk shake.

Now comes the fun part! After you've got the basic recipe, you can let your imagination run wild when you choose the rest of your ingredients. Strawberries, cut and cored apples, pears, pineapples and peaches make delicious shakes. Prepare and store them in separate bowls in the refrigerator until you're ready to use them.

You might want to try some natural extracts that can be added to make your shakes unique. Coconut flavoring and

hand-operated eggbeater), blend your ingredients together until thick and smooth.

It's easy to prepare the ingredients earlier in the day and set things up so that all you'll need to do is press the button on your blender to get going.

Here are some recipes to help you get started:

Desert Delight

- 1½ cups milk
- 1 cup vanilla ice cream
- 1 medium, ripe banana
- 5 sliced, pitted dates
- 2 tablespoons carob powder
- 2 tablespoons peanut butter

Carobana Quickie

- 1½ cups milk
- 1 cup vanilla ice cream
- 1 medium, ripe banana
- 2 tablespoons carob powder
- 1 to 2 tablespoons honey

Strawberry Shezzam

- 1 cup milk
- 1 cup vanilla ice cream
- ½ cup orange juice
- 1 cup sliced strawberries

Cinnamon Surprise

- 1½ cups milk
- 1 cup vanilla ice cream
- ¾ cup apple sauce, or 1 cup peeled, cored apple slices
- 1 teaspoon cinnamon
- 1 tablespoon honey — By Wendi D. Hayward □

Getting in the Swing of Things

Some feel it is the most challenging, exhilarating and yet frustrating game ever devised. You can never claim to have mastered it. Even its best players can blow up and get a poor score. Just when you think you have it all together, you are quickly humbled by the next game. That is the fascination of golf.

How does the game work? The aim is simply — using that word loosely — to hit a little ball about an inch and a half in



diameter into a hole in the ground in as few tries as possible. There are 18 holes on a golf course, each with its own starting place between 100 and 600 yards (90 to 550 meters) away from the hole.

Just to make it a bit tougher, each hole has hazards like sand, water and trees to keep you awake.

The average golfer usually can hit the ball into all 18 holes in anywhere from 80 to 120 strokes. But if you're just starting out, your score will probably be much higher.

Golf demands concentration and discipline. To play good golf, you need to stand correctly, grip the club properly, swing smoothly and move the body correctly.

How do you learn to play golf? Try to get some lessons from a professional or an experienced golfer. Your school may have classes. Some golf courses have reasonably priced clinics during school holidays. If you don't get lessons, you run the risk of developing bad habits that are difficult to overcome.

Don't spend lots of money on golf clubs until you know whether or not you like the game. Buy a secondhand set of clubs instead or rent them at a nearby golf course. You won't even need a full set — just a basic set with a number two or three wood, a three-, five- and seven-iron and a putter.

Get out and practice in a large, open space or at a driving range, then go and play a few games for fun. Read a book or two on the subject to get the feel of the sport.

Golf is an outdoors game, played in beautiful surroundings. It is good exercise, challenging, relaxing and good fun. — By Alan Dean □

Suit Yourself!

You've waited for months now, saving as much as you can to buy a new suit. You've already made a good choice by allowing yourself plenty of time to find the right suit for you. By taking your time, you'll avoid getting stuck with an out-of-date suit that doesn't fit. A good-looking suit that fits well can be an asset for years.

There's no trick to buying quality clothes — only knowledge and some legwork.

Use this checklist before you make that final buy.



Know what you want. Going in without knowing what it is you're looking for can leave you at the mercy of the first pushy salesperson you meet. Remember: He or she doesn't have to wear the suit — you do! Have a good idea of what size, color, style and price range you want.

Get advice. Ask around to see what tips you can pick up — where quality stores are, what brand names look first-rate (but don't have prices that take your breath away), where there are sales.

Shop around. You're investing quite a bit of money, so don't make the final decision until you've checked all the sources available to you.



Beware the bargain. What seems to be a good deal may be a waste of money. Always buy high-quality goods. You may pay more at first, but which is the best buy — a suit that costs less and lasts only a year or one that costs more and lasts four years?

Read a good book. Pick up a book on dress and grooming like John T. Molloy's *Dress for Success*. Reading a book like this can help you get the most for your money.



Don't be attracted by fads. The maxim "here today, gone tomorrow" often applies to fashions. Plain dark solids — like navy blue and gray — will be in style for a long time. You'll be happier with a suit that you can wear three to four years down the road. — By William Flaman □

News & Reviews

What Do I Say Next?

"Nice weather, huh?" you say nervously, trying to start a conversation.

"Yeah," she replies. "Really nice."

"Hope it's this nice tomorrow. Don't you?"

"Yeah," she replies nervously. "Really nice," then looks off across the room.

You dive for every thread that may lead to a topic you can both talk about. But even when you find one, there comes that moment when you both run out of things to say. You stare blankly at each other, at the floor, at the ceiling . . .

But it doesn't have to be that way. Here are seven secrets for having a good conversation.

1. Be more interested in the other person than you are in yourself. Try to talk about what he or she wants to talk about. Put yourself in the background. This is the basis of all good conversations.

2. Look for common ground. You can do this by talking about the situation you're both in, whether it's a class you both have, a party you're both at, places you've both been, people you both know. Finding things you have in common can help ease the tension and get the conversation flowing.

3. Find something to talk about. If you usually feel like you have nothing interesting to talk about, get into the habit of constantly looking for things to talk about. Good ideas can come from just about anywhere — talking with other people, reading books and newspapers, watching programs on television or from things you learn in class.

4. Be enthusiastic. If you get

excited about the conversation, the people you talk to will get excited about it, too.

5. Open with a smile. The best way to start off any conversation is with a big, broad, friendly, 100-percent-genuine smile.

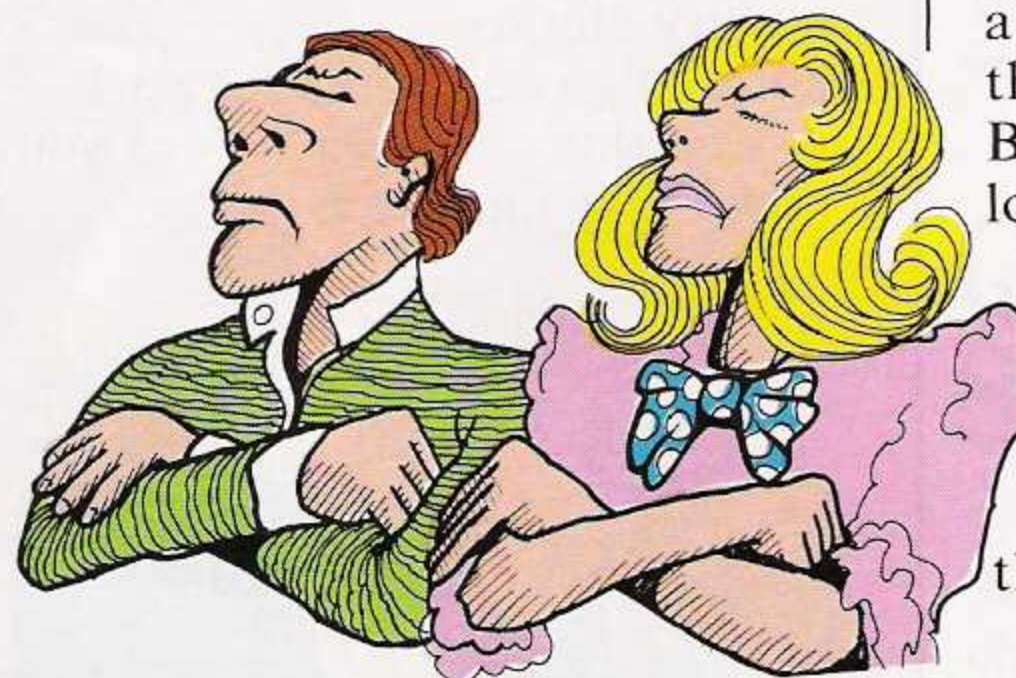
6. Don't interrupt. Cutting into the middle of a thought only says that you're not

interested in what is being said.

7. Learn to listen. This may sound funny when the problem was that nobody had anything to say. But once the conversation gets going, the surest way to kill it is to act bored by what the other person is saying. Give the other person your full attention.

— By Gary Fakhoury and Lowell Wagner Jr. □

Just try to make us happy!
We dare you.



Proverbs for Today — The Happiness Factor

What's the one thing in the world that can make people the happiest? Is it lots of money?

Most people in modern Western societies seem to think that happiness revolves around having lots of things. They are unaware that happiness depends more on quality than quantity. They don't realize quantity does not always mean quality.

A couple of verses in Proverbs help us to understand: "Better is a little with the fear of the Lord, than great treasure with trouble. Better is a dinner of herbs where love is, than a fatted calf with hatred" (Proverbs 15:16-17).

King Solomon, the author of these verses, had lots of everything. Yet he knew that happiness didn't come from the things he owned.

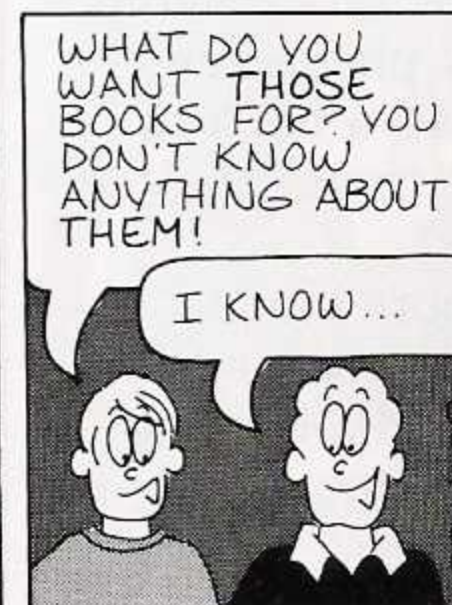
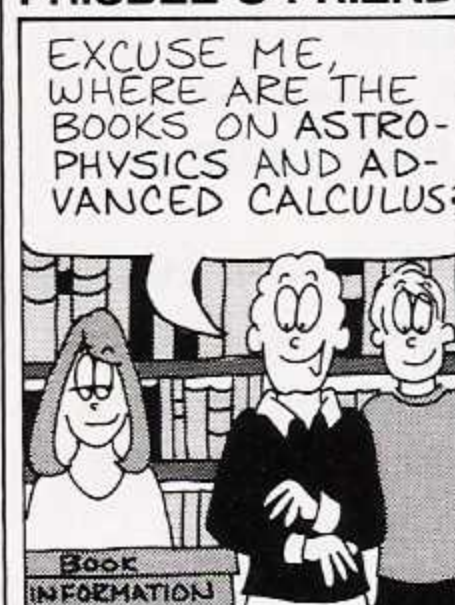
Happiness depends, first, on fearing God and having Him as a Friend and Guide and, second, on the

love of family members and close friends.

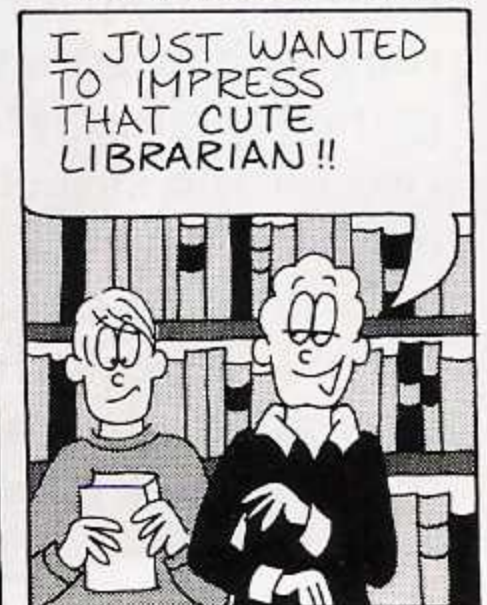
Many happy families have very little. But if they have a respect for God and His law and a deep, lasting love for each other, they've got something that doesn't depend on quantity.

They've got the one thing in the world that can make them truly happy. — By Jim Roberts □

FRISBEE'S FRIENDS



BY CAROL SPRINGER



Teen Bible Study

Here's to Your Good Health

Prepared by Richard A. Sedliacik

It's not natural to be sick!

Youth 83 Editor-in-Chief Herbert W. Armstrong explains this and how health is related to success in his booklet, *The Seven Laws of Success*. You can call or write for a free copy if you haven't already — the phone numbers and addresses are on the inside front cover.

In this series of studies we're backing up the material in that booklet with other useful information to help you achieve true and lasting success.

The first of the laws that lead to success, as you will recall from the previous studies, is to set meaningful and worthwhile goals. Then you must prepare yourself to achieve them through proper education — the second law.

But your degree of success also depends on how well you follow the third law of success — good health.

In this study, you will learn vital guidelines for healthful living. Following them will help to ensure radiant health both now and in the future, enabling you to be much more successful in life.

Before beginning this study, be sure to get your Bible, a pen or pencil and some paper. Reading and writing down the Bible verses that answer the questions asked in this study will help you to remember the important principles of health you will be studying.

1. Does God want us to enjoy life by being in good health? Ill John 2.

God inspired the apostle John to show that He intends for people to live happy, healthy and successful lives. He wants us to be bubbling over with health, energy and

enthusiasm — free from aches, pains and sicknesses of all kinds.

But why are so many in our society today suffering from poor health?

2. Is there always a cause for every effect? Galatians 6:7. Did Solomon and Job show that the things we do now will affect us later? Proverbs 11:18, 22:8, Job 4:8.

The principle revealed by these verses shows that our decisions and actions each day add up and can end up having a major effect on our futures. This is true in all areas of life — including health! Our bodies, consisting of many complex and interrelated systems

(Psalm 139:14), are finely tuned and regulated by physical, natural laws that must be followed to achieve and maintain good health.

The seemingly small decisions we make each day (such as the kinds and amounts of food we eat, and the amount of sleep and exercise we get) have a cumulative impact on our health and well-being.

3. Will following God's laws — including the laws of physical health — bring about long life, good health and happiness? Proverbs 3:1-2, 7-8, 4:20-22.

Since God created the human body (Genesis 2:7), He knows what is best for it. He has revealed guidelines for healthful living in the pages of the Bible — His instruction book for mankind. Following the laws of health that God has set in motion will help you to maintain vibrant health and contribute to your overall success in life.

4. The prophet Daniel, who lived thousands of years ago, understood there were certain health laws he should follow. Was he



A variety of foods in a well-balanced diet — a key to maintaining good health.

careful about the foods he ate? Daniel 1:8-16, especially verses 12-15.

To maintain good health we should try to eat a variety of foods every day including lean meat, whole grain cereals and breads, dairy products, as well as fresh fruits and vegetables. Such a well-balanced diet will provide the essential elements our bodies need to be healthy.

Also, one should try to limit the intake of food that has little nutritional value (often called junk food) such as soft drinks, candy and pastries.

5. Should we strive for moderation and balance in all areas of life? I Corinthians 9:25. (*Temperate* means "marked by moderation; not extreme or excessive.") What does the Bible warn are the consequences of overeating and drunkenness? Proverbs 23:20-21.

Not only is what you eat and drink important, so is the amount. God created food to be enjoyed (Psalms 103:5, 104:14-15). But He wants us to strive for moderation in our eating and drinking habits.

6. Does the Bible recommend exercise for good health? I Timothy 4:8.

Correctly translated, this verse shows that bodily exercise profits "for a little while" — that is, during this physical life. In other words, even though developing godly character is more important, exercise does help in maintaining good health.

Take part in a variety of sports and develop a sensible exercise program that will keep you in good physical condition. Exercise not only will build up your resistance to disease, it will help you to look and feel better and be more alert and energetic.

7. Is there a connection between our state of mind — the way we think — and our physical health? Proverbs 11:17, 14:30.

Good physical health involves good mental health and positive emotions as well. Your mind and body work together. The way you think can make you sick!

Just as negative emotions — such as fear, worry, distress, anger and hostility — can wear down the body, so positive emotions can build it up. Many do not realize this and end up suffering from various ailments. Good health, as the Bible reveals,

depends to a large extent on peace of mind and contentment.

8. What does the Bible say we should think about? Philippians 4:8. What are the benefits of having a positive outlook on life? Proverbs 15:13, 16:24, 17:22.

A person can definitely help maintain good health by having a positive, cheerful outlook on life — something so few seem to possess today.

Another key to good health is doing your best to avoid accidental injury. To reduce your chances of having an accident, be careful! Think about what you are doing while you're doing it — whether driving a car, climbing a ladder or participating in sports. Think ahead about what could go wrong and how to prevent it.

Many also seriously jeopardize their health and future success by smoking or experimenting with drugs. Much information is available on these subjects. Suffice it to say that it is best to avoid those things that can permanently damage one's health and potential for real success.

9. Another part of good health is getting sufficient sleep. How can you be sure to enjoy good, sound sleep? Proverbs 3:21, 24,

Psalms 127:2, Ecclesiastes 5:12. But what can result from getting too much sleep? Proverbs 6:9-11, 24:33-34.

Nothing can take the place of regular sleep in enabling your body to recuperate after an eventful day. Generally, getting seven to nine hours of sleep is best for most people. But just as too little sleep is bad for your health, so is too much sleep. Staying in bed too long can cause sluggishness and depression. And it will hinder you from accomplishing your goals.

In this study we have covered the basic keys to good health. Strive to diligently apply these principles daily. The rewards of a strong, graceful, energetic and healthy body will more than repay your efforts!

For additional information on how to enjoy a more healthful life both now and in the future, be sure to write or call for our free booklet, *Principles of Healthful Living*.

Remember: The extent to which you succeed in life is in large part determined by your health. Now is the time to begin applying this third law of success! □



Dear Youth 83,

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

Q. I am 17 years old. Why do most adults think that teenagers are too young to drink socially? They drink whenever they want to, but they put the brakes on us. This doesn't seem fair to me.

A. While the Bible allows the use of alcohol in strict moderation (never drunkenness) and sets no age limits, man's laws in most places do indeed prohibit drinking by those under a minimum age. This is because many minors are not well disciplined enough to use alcohol without abusing it.

Although the mere passage of years obviously does not guarantee that an adult will not abuse alcohol, nonetheless self-control and character *should* come with age, and age is the only standard that man's law has to regulate abuse.

Since these minimum age limits are the law and are not in conflict with God's law, we as Christians should honor them.

Even when you're an adult, the Bible does not say you have to drink socially. Many people for various reasons, be they physical, psychological or spiritual, find they are better off without alcohol and choose to limit themselves. Some who do not limit themselves would be far better off if they did.

Q. I have read many of the articles in *Youth 83* about God and like them very much. I truly want to get closer to God, but don't see how I can do this if I don't understand the Bible very well. I try to read it, but it just doesn't make sense to me.

A. You are not alone. A lot of people, adults included, have trouble understanding the Bible.

It can be important for a young person to start with a translation he can easily read (sometimes the

old English of the King James version is difficult). And it is also important to be taught the Bible from those who truly know the book (this magazine, our booklets and the Ambassador College Bible Correspondence Course are designed to help fill this need).

Still, the No. 1 key to understanding the Bible — at any age — is to read with an eye toward applying what you learn to your life — that is, read so you may learn how to live your life and so you may obey the Bible.

Too many people read the Bible merely for "inspiration." Although this is important, the main reason we should study is to change our lives. Hence, we learn by doing. Psalms says it this way: "A good understanding have all those who do His commandments" (Psalm 111:10).

Q. I am 18 years old and am dating a boy whom I like very much. I might even marry him when I get older. My problem is that my mom and dad don't like the boy and are trying to split us up. Why don't my parents want me to be happy?

A. This problem — that of wanting to date a person of whom your parents disapprove — is one of the oldest romantic complications in existence. And it is a serious one.

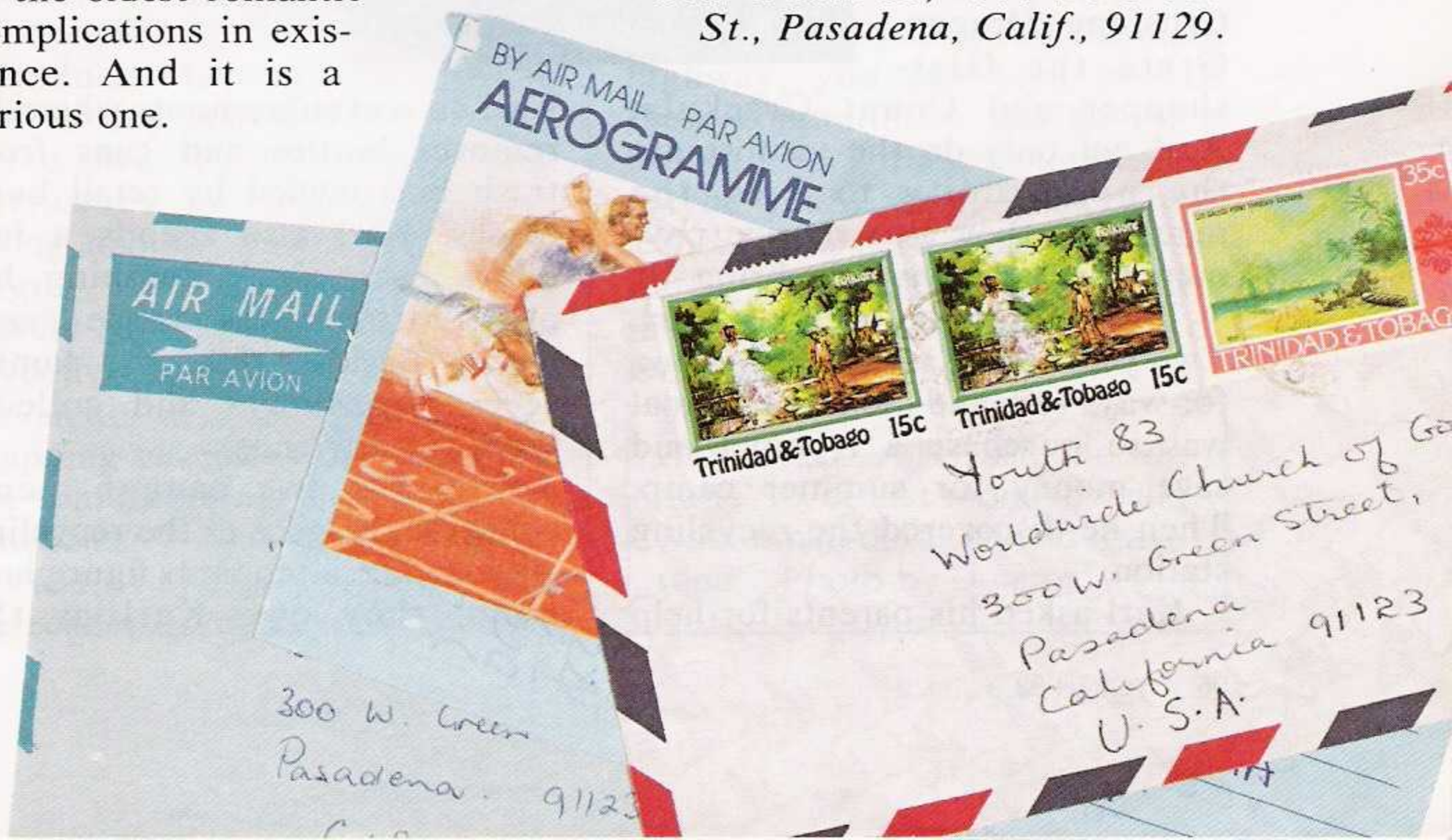
Typically, the parents feel that their child's boyfriend or girl friend is not well suited for their child and try to discourage the relationship. And, typically, the son or daughter feels that his or her parents are narrow-minded and unfair.

If your parents disapprove of your friend, be very cautious. Parents really want their children to be happy. Your parents have probably seen situations they feel are similar to yours where someone got hurt, and they don't want this to happen to you.

Realize that your parents know you better — or at least in a different way — than you know yourself. And, realize that they have been both a teen (and had the teen's point of view) and an adult. They've seen more of the pitfalls of life than you have.

Therefore, take their objections seriously, if they have any. And be sure to ask them, in a calm manner when both you and they have the time, to explain specifically why they do not care for your friend. If you hear them out, you may learn a bit more about yourself, and about your friend, and avoid the heartaches many, many have reaped from ignoring what can be the best source of romantic advice there is — parents! □

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 83," 300 W. Green St., Pasadena, Calif., 91129.



Recycling Trash to Cash

Karl discovered a way to earn cash, beautify the environment and save precious natural resources.

By George Kackos

Old newspapers, empty cans and bottles — what good are they? To most people, they may be just trash. But to some people they represent cash and much more!

One of those individuals is Karl Klett, a 15 year old from Toledo, Ohio, where the largest consumer-oriented recycling operation in the United States is.

Not only is it the largest, it may also be the most colorful. The owners decorate the machines that smash and crack the cans and bottles and give them names.

And so the hundreds of people who visit the recycling station each week are greeted by machines with names like Jaws, Casey the Can-Crushing Dragon, Greta the Glasshopper and Count Crackula. And not only do the visitors get the opportunity to feed the machines, they also receive payment for the items they bring.

This brings us back to Karl. Two years ago Karl began looking for ways to make money. His goal was to purchase a trumpet and save money for summer camp. Then he discovered the recycling station.

Karl asked his parents for help

in collecting things and delivering them to the recycling station. His parents were glad to help.

His dad collects empty bottles on his beverage route and takes

machines gobble up his cans and bottles in preparation for recycling. The actual recycling into new glass and metal is done at other locations.

In his first year of recycling Karl earned about \$500, but recycling means more to Karl than just earning money. He enjoys cleaning up the environment, seeing it improved by the removal of empty bottles and cans discarded as litter. His efforts have produced a cleaner and more attractive neighborhood.

Karl also likes recycling because he is helping conserve natural resources.

Instead of throwing away what he collects, he is making these items available for reuse as new cans, bottles and paper. Recycling also saves energy since recycled items require less energy than raw materials when being manufactured into finished products.

For example, it is estimated that when scrap is used instead of new ore in making iron and steel, only one tenth as much new ore, about one half as much water and only one fourth as much energy are needed. In addition, the pollution produced is reduced to one fourth or less!

You may want to join in this effort to turn trash into cash and reusable items. People are increasingly turning to recycling to conserve resources and avoid



Karl Klett delivers the items he collected to the recycling station in Toledo, Ohio. Here colorful machines, with names like "Jaws" and "Count Crackula," prepare this trash for recycling.



Karl on scavenger hunts where he removes bottles and cans from trash bins owned by retail businesses. Karl also spends a few hours each week combing his neighborhood for these same items. Besides this, the family saves newspapers and collects them from friends.

Once he has enough items collected, he goes to the recycling station. The attendants figure how much they owe Karl as the

adding to already overcrowded dumping sites.

In Japan almost half of the paper is recycled. West Germany recycles almost a third of its paper and Austria and the Netherlands recycle more than a third. About a fourth of the paper in Great Britain is recycled and a fifth in the United States. This gives you some idea of the worldwide interest in recycling — an interest that can include you.

And just think — every ton of that paper saves 17 trees from being cut down!

How can you join in this recycling effort? First you have to find a place to take your recyclable items. To find a reclamation center, you can look under recycling centers in your phone book. If that information is not available, then telephone or write to the glass, metal and paper factories in your area.

After you have a place to take recyclable items, it is simply a matter of collecting things. A good place to begin is with your own newspapers, bottles and cans. Then you can ask your neighbors and friends to save things for you.

You can also roam your neighborhood, picking up bottles and cans and also ask businesses to save items for you. If you're part of a youth group, you might suggest a recycling drive.

Recycling is not a brand-new idea. It was mentioned in a book written long ago. The book was not talking about recycling at that time, however. It was talking about a time just ahead when God will oversee a worldwide recycling effort.

"He shall judge between the nations, and shall rebuke many people; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore" (Isaiah 2:4).

Weapons of war are not being recycled to constructive uses yet, but you can get involved in some forms of recycling today. Like Karl, you may find it a rewarding experience. □

WORLD IN REVOLT?

(Continued from page 2)

person "knows the difference between right and wrong."

But DO THEY?

Many Roman Catholics still think any use of sex outside of marriage is sin — and therefore wrong. Perhaps a few non-Catholics still believe the same thing. On the other hand, millions now believe in the "New Morality." They believe in complete sexual freedom. They believe denial and repression is wrong. And even a very large segment of Catholics are relaxing their attitudes! There are other views in between.

What is the truth?

The TRUTH is that the most tragically needed dimension in sex knowledge has been MISSING!

Now even marriage being questioned

In the modern rebellion against just about everything — *including* puritanical taboos — the world is tending to reject any and all authority, and is turning more and more to impulse and unbridled desire.

Now some psychiatrists are questioning the institution of marriage! Who started the marriage custom, anyway? And WHEN?

If man is merely the highest evolution of the animal kingdom, WHEN, in the evolutionary development from lower animal into man, did marriage with home and family life start — and WHY? Animals do not marry. They have no home life. Yet all animals reproduce. Marriage is not necessary for reproduction.

Do we really *need* any AUTHORITY for what is right or wrong about sex — about marriage? Is sexual freedom by mutual consent *really* harmful to anybody? Is the game, becoming prevalent, of husband-and-wife-swapping wrong — is it harming the participants — or is it beneficial?

Vital NEW KNOWLEDGE awaits the reader in the next issue. □

What's It Like...

(Continued from page 19)

century England were preserved in Newfoundland.

After the Great Potato Famine in Ireland in the mid 1800s, thousands of Irishmen migrated to Newfoundland. This added a strong Irish element to the Newfoundland dialect.

In the capital city of St. John's, where the accent sounds very Irish, milk is pronounced "meelk." A Newfoundlander with an untainted accent doesn't pronounce his *hs*, and pronounces *th* only as *t*: house would be "ouse" and Ruth would be called "Root."

Since World War II an influx of military personnel and professional people moved into Newfoundland. American and Canadian television and radio also help give Newfoundland a modern flavor.

Vast resources of minerals and forest are being developed, and lately, large deep-sea oil wells were discovered off our coasts. This presents a challenge for Newfoundlanders. If these resources are developed too fast, the rural way of life could disappear and a more urban, industrial way of life would take its place.

We can be thankful that the government and people of Newfoundland, tremendously independent and proud of their heritage, have monitored the rapid growth of industry, and our heritage is being preserved.

Today the fishing villages dotting the coastline remain untainted. Once you get off the main highway, you can visit one of these communities and go for a fishing trip with a fisherman — maybe you'll see a whale or an iceberg. It is here, in a boat, in the water, with a Newfoundlander, that you will find the true taste of Newfoundland. □

Correction: A credit line on page 10 of last month's issue was omitted. It should have read, "Photo by Dunbel."

Dangling the Carrot

(Continued from page 29)

achieving what I set out to do the first time I try. When I'm satisfied I won't die from that, I go ahead and tackle it."

Winners vs. losers

Another big obstacle to motivation is the feeling of hopelessness. "Hope deferred," the Proverbs tell us, "makes the heart sick" (Proverbs 13:12). It's hard to have motivation to do something if you feel it's impossible.

Look at it this way. A winner says: "*Let's find out.*" A loser (a person who isn't motivated) says: "Nobody knows."

Those among us who have refused to accept the words *I can't* have found the motivation to do what we might otherwise have considered impossible. Have you ever wanted to run a marathon, but doubted that you have the stamina? Terry Fox found the stamina to run halfway across Canada — and Terry had lost one leg. (Terry's story was featured in the May issue of *Youth* 83.)

A good way to beat the feelings of hopelessness is to divide a task into smaller tasks. If losing 15 pounds seems like a huge goal, try losing just one pound a week. Depressed at being assigned to read a 500-page novel for English class? Don't think of it as a book thick enough to use as a footstool. Think of it as 20 pages a day.

Getting started

Perhaps the most common obstacle to getting motivated to do something is *inertia*. Inertia isn't exactly laziness. Inertia refers to the natural tendency of things to resist change. Ever wonder why it's hard to go to bed at night — and then hard to get out of bed in the morning? When you're up, your body wants to stay up. When you're in bed, it wants to stay in bed.

Perhaps you have noticed the force of inertia in action when you're assigned to write a research paper. For a long time you may put off starting the paper, won-

dering what subject to choose and how to begin the research. Yet when something (like a rapidly approaching due date) finally forces you to begin, you may find the going easier than you had expected.

To overcome inertia, you might try giving yourself a little extra "carrot" — reward — to get going on challenging projects.

Recognizing these obstacles to motivation — fear of failure, hopelessness and inertia — is helpful. But we haven't yet mentioned the single most important force that makes us take action on anything. That is our own desire to do it. A hungry person rarely has to be coaxed to come to the dinner table.

Making it work

Remember good intentions are not enough. To make anything work, you need several things:

Determination. This means that you have decided you really want to do something and you are willing to hang in there and try to get it done.

Discipline. This means doing things the way you have to do it in order to get them done right. Practice makes perfect. When you are willing to practice every day no matter what, you have something we call discipline. Determination is setting the alarm clock. Discipline is climbing out of your bed after the alarm goes off.

Patience is more than waiting around for something to happen. It means giving things time to develop and happen right. Impatience is opening the oven before the pie is done — stepping in the cement before it is dry — tasting our soup before it cools. Impatience gets us nowhere fast. But patience pays off.

Additional help

Where there's a will, there's a way. But what if there's not a will? What if you want something and know you ought to do it, but can't seem to want it badly enough to get started?

Here's how to get started. Think about what it takes to

motivate you. Then take one or two problems at a time. Don't try to make yourself over in a single afternoon. Set some small goals. Make certain you accomplish something every day. Every night think about what you have done recently. Be positive in everything you do.

The best way I know to increase the desire for a right thing is to *ask for God's help*.

"For it is God who works in you both to will and to do," Paul wrote (Philippians 2:13). That means, God helps us to want to do something, then He helps us to actually do it! If we want this kind of help, all we need to do is ask.

Remember: There are few goals that a truly motivated person cannot accomplish.

If you'd like to know more, why not request our free booklet, *The Seven Laws of Success?* Just write to the address nearest you — they are listed on the inside front cover. □

In Case of FIRE

(Continued from page 5)

the floor — the air is fresher there since smoke, heat and toxic fumes — the three big killers in a fire — tend to rise. Wait for firemen to rescue you.

Prevention

Of course, the best measure you can take is to prevent a fire from happening in the first place. To do so, make an inspection tour of your home with your parents to look for those hazards or potential dangers that need to be removed. Look for frayed extension cords and for electrical cords that run under carpets, over doorways or near sources of heat. Remove containers of flammable liquids, piles of newspapers, rags or other junk. Watch out for any fuses that blow out frequently — you may be overloading a circuit. Throw away faulty appliances. Don't store gasoline in your home.

Apply the Three *Ps* of fire safety — planning, practice and prevention — and you won't become another victim. □

BY THE WAY...

Dangling the Carrot

By Dexter H. Faulkner

Surely you've heard of the principle of the "carrot or the stick."

It's a phrase that describes two ways to make a stubborn donkey move forward. Either dangle a sweet, delicious carrot in front of his face — in which case he'll move forward to get it — or briskly apply a stick to his behind — in which case he'll move forward to get away from it.

The carrot, or the stick, works on people, too. We've used them on others. And others have used them on us. In just about every situation where people want others to do things, a close examination will reveal some type of juicy carrot or ugly stick, or both, nearby.

For instance, if our parents want us to do some chores around the house, they may promise us an allowance for getting chores done. Or they may deny us the privilege of going out with our friends for not having the chores done.

Another kind of motivation

We have to admit, the carrot and the stick are effective. Yet they do have one big limitation: They are administered from the outside, by other people. They only work when we have others around to help us do things.

That's why part of the process of maturing involves developing another kind of

motivation: internal motivation. Internal motivation is the ability to wield the carrot and the stick within ourselves; it enables us to get things done without much prodding from the outside.

If you've ever set a goal on your own and accomplished it — gotten all *As* and *Bs* on your report card, cleaned your room without being asked, found a job on your own, trained a puppy, learned to use a camera — you understand the rewards of internal motivation. It gives you a good feeling to have set your mind on something and accomplished it just because you wanted to.

Most of us could use a lot more of this kind of motivation. We have things we'd like to do or know we ought to do, but we need to get motivated. Maybe you've always wanted to learn to play the guitar. Maybe you know you ought to lose weight or get in shape. But, somehow, you just haven't gotten around to it.

What's keeping you from getting motivated? Let's take a look at some of the obstacles and some strategies to overcome these obstacles.

Fear of failure

One obstacle is fear. Though

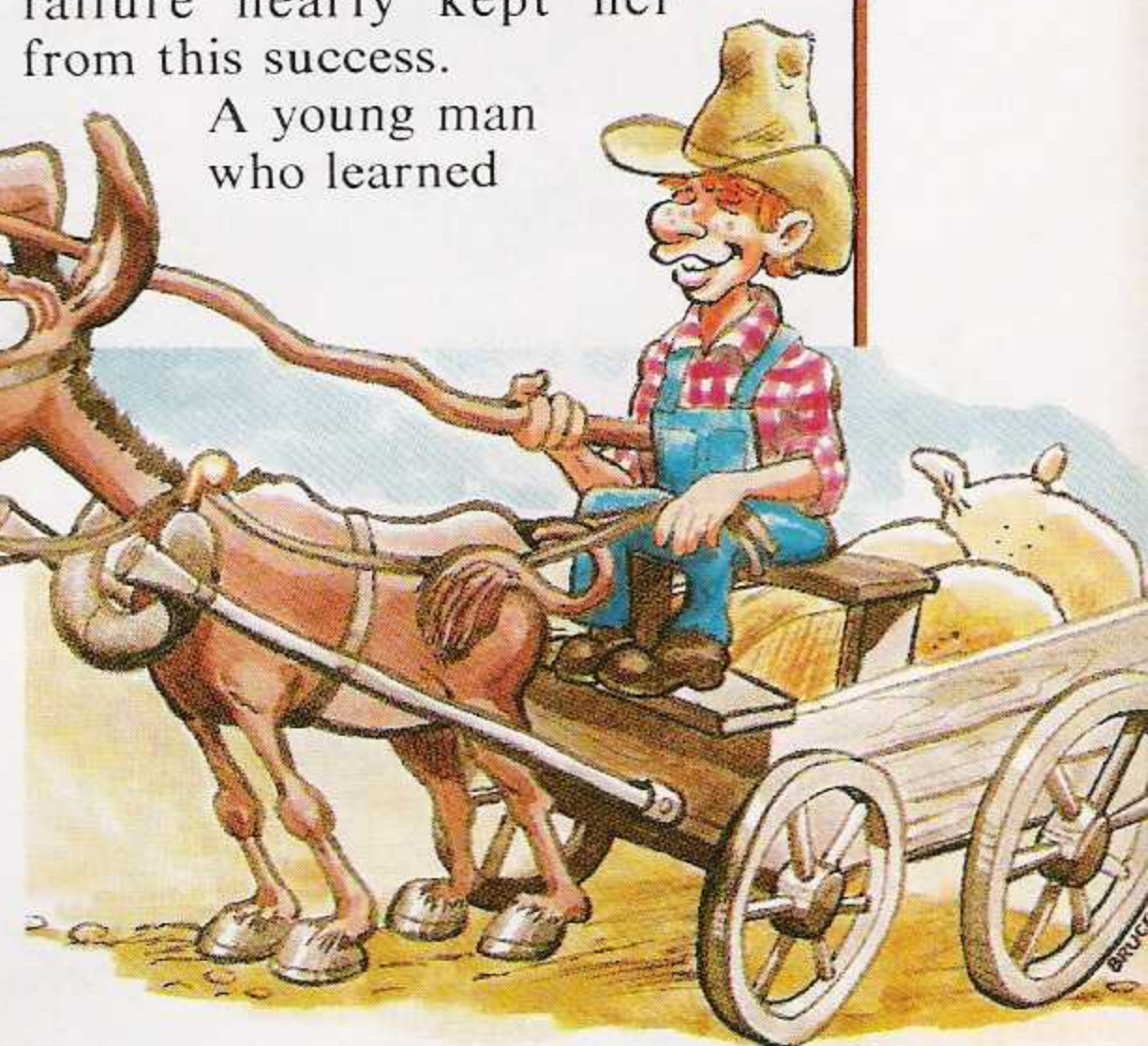
fear can be a powerful motivator, it can be the deadly enemy of motivation, too.

The performer who avoids the chance to play or sing solo for fear of choking up and the person who clings to the walls at dances for fear of being embarrassed while learning to dance have this in common: their fear of not achieving perfection the first time they try. This fear is squelching their motivation.

The problem is more common than we like to admit to ourselves. One young woman told me she wanted to be a cheerleader, but avoided trying out because she couldn't do a cartwheel.

When she was finally pushed into trying out, she found that she did indeed have to practice to develop her coordination, but eventually was made the captain of the team! Fear of failure nearly kept her from this success.

A young man who learned



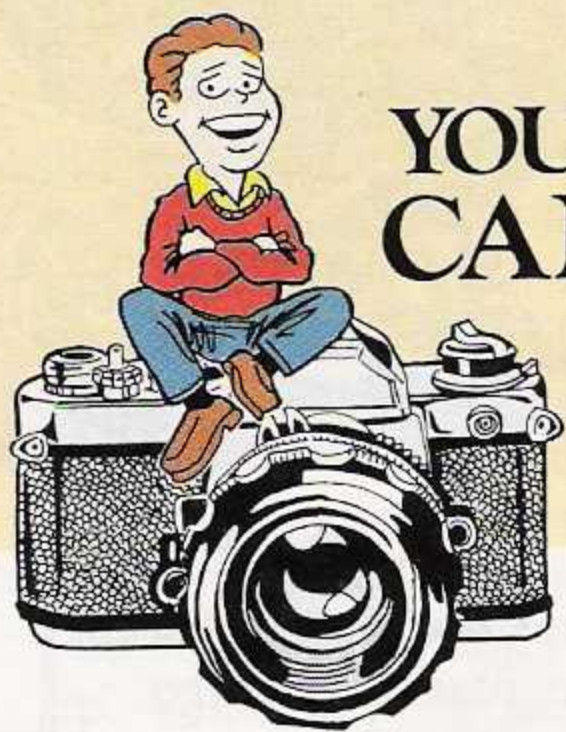
this lesson in a slightly different way gave me his system for conquering the fear of failure: "I try to imagine the worst possible consequence of not
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