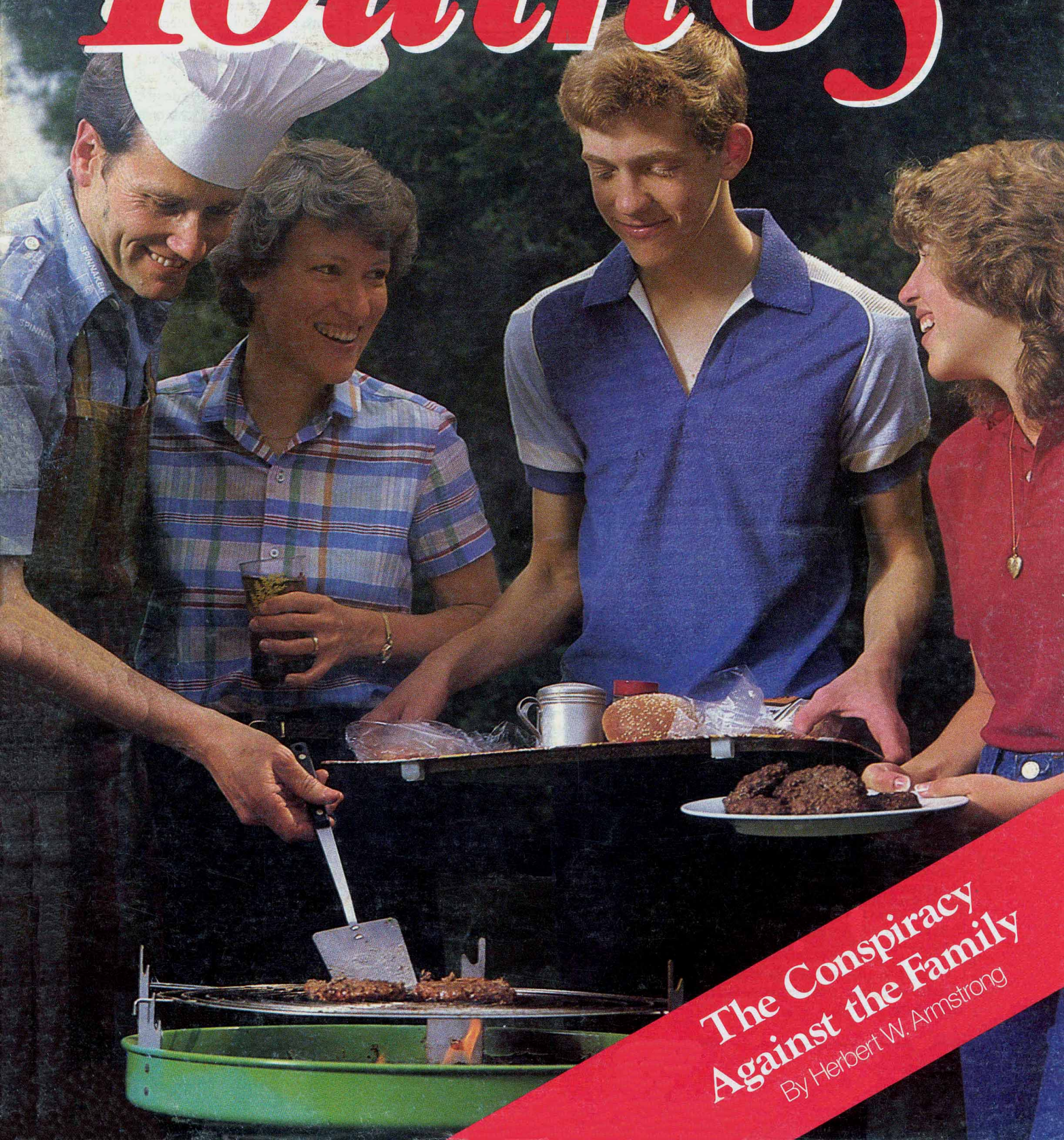


JUNE

Youth 83



**The Conspiracy
Against the Family**
By Herbert W. Armstrong

June

Youth 83

VOL. III, NO. 5

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COVER: Barbecues and other family outings are enjoyable ways to strengthen the vital family relationship that is now being attacked. Read "The Conspiracy Against the Family," on page 1. Photo by Hal Finch.

Letters

"There's Music in the Air . . ."

I was real upset when I read the article, "There's Music in the Air . . ." in the February issue. I happen to like rock music. So do my friends that receive *Youth 83*.

I thought that the article was ridiculous. Just because there are a few foul words in a song doesn't mean it's emphasizing sex. Most people like rock music because of the beat and sound, not because it causes lust! The way people dress and set their hair doesn't mean they are out to get you. I have to admit [they] are on drugs.

People get aroused feelings about music because it's neat. Not because they want sex! If the Bible was written in our day and age, it would be . . . a lot different. Those people back in those days would have heard rock music. They would have liked it. Just like us teens.

Julie Hall

Denio, Nev.

Plays a 12-string guitar

I would like to thank all those people who donate their articles to *Youth 83*, especially the February issue. The articles on music are excellent. I sing and play a 12-string guitar. I've been playing guitar for 10 years, and I can relate to what they are saying about certain types of music.

I want to thank Mr. Herbert W. Armstrong and everyone else who has put this marvelous magazine together for us youths. I really enjoy reading the articles that make me feel closer to what God wants us to become in the world tomorrow.

Tina Lord

Dublin, Calif.

Influence on emotions

I have recently read the February edition of *Youth 83*, and felt I should write and tell you what a great job you did on the article "There's Music in the Air . . . (But What Does It Say?)." My mother and I were talking about how music influences people. Well, as a teenager (15), I realize (now that I listen to the music) the influence it has on my emotions. Thank you for this article.

Tracy Buchanan

Greenfield, N.H.

Doesn't like hard rock

Thank you for writing the articles "There's Music in the Air . . ." by
(Continued on page 26)

The Conspiracy Against the Family

By Herbert W. Armstrong

Few realize it! But even in the affluent United States, Britain and other Western countries, we face an enormous and growing tragedy. The institutions of marriage and family life are being formidably attacked.

A solid family structure is the very foundation of any stable and permanent society. But today in the affluent countries a conspiracy is developing that seeks to destroy marriage as an institution, as well as the FAMILY. This is another decisive bit of evidence that this world's civilization is definitely in the end time — the end of this world as we know it!

The threat is dual: 1) Unrealized by most, there is a widespread and aggressive conspiracy to destroy the institution of marriage. 2) Marital relationships and family life are breaking down, and divorces are increasing alarmingly.

I feel strongly the need to talk to our youth about this major threat to civilization. It's time the facts were made known. Today many psychologists are saying that the institution of marriage is doomed — on the way out. And there is a definite movement to bring that about.

The conspiracy consists of a two-pronged attack: 1) a well-



organized movement to subtly influence college students to prefer *alternatives* to marriage, and 2) an attempt to influence the general public by newspaper and magazine articles, television programs, the lecture platform, the women's lib movement and student or former student rebels of the "New Left." How much of all this propaganda has been planted in the minds of the psychologists, professors, writers, publishers, women's lib crusaders and others by trained propagandists can only be estimated.

There are publishers that seek out writers and authors to supply them with material offering alternatives to marriage — such as homosexuality, group marriages, sex outside of marriage, communal families — writers who will shout the gospel that "marriage is finished, outdated, obsolete, on the way out." This is a war that is being vigorously and fanatically waged. Every subtle method is being employed to capture the

minds of those of pre-marriage age.

Today virtually every college and university in the United States offers numerous courses in psychology and sociology. These courses often make required reading of certain books and articles that picture marriage as now outdated and soon to become a relic of the past. They represent that both men and women want variety in sex and other social relationships. They ridicule as a worn-out, old-fashioned idea

the belief that one should confine all intimate relations to one person.

One book, which was required reading at some 100 campuses in the United States, has a chapter on mate swapping, including the statement: "The family that swings together clings together." The book represents mate swapping as a beneficial experience.

A few years ago, the pioneers in applying methods of scientific research to the subject of sex, Masters and Johnson, held a symposium in Chicago with some six or seven couples who freely admitted to "swinging" as a regular experience at certain chosen intervals. They exchanged their philosophies on the subject, probed by questions from Dr. Masters and Dr. Johnson (actually Mrs. Masters). Masters and Johnson checked five years later and found only one of the couples was still married.

But now what about existing
(Continued on page 28)

Photo by Hal Finch

'My Parents Just Don't Understand!'

*Here is the story of someone who faced —
and solved — this dilemma.*

By Graemme J. Marshall

“Why is it so hard to talk to my parents? Why won't they let me have my say?”

“How can I honor my dad and mom when they make life so hard for me?”

Such thoughts and words are often a part of parent-teen relations. But surely God does not want family conflict. He wants family life to be happy and fulfilling. So, what did He intend for teens to do?

Let's look into the Bible for an example to see how God wants us to solve this problem.

Did the Bible's greatest hero, Jesus Christ, ever have difficulty with His own human parents? If He did, then what example did He set for today's teens?

Joseph and Mary — Jesus' parents — did indeed have problems understanding their gifted son. They knew He was going to be different because of the angelic prophecies concerning His birth. Luke 2 tells us how they marveled at what was said about Him (verses 17-19, 33).

But, His family life would have been essentially normal — except for the difficult questions Jesus was probably putting to His parents — questions that they could not answer.

Ahead of His time

The Bible records a visit Jesus and His parents made to Jerusalem when He was 12.

During this visit Jesus was at the Temple in Jerusalem and became engaged in an absorbing

question-and-answer session with the religious leaders. His growing thirst for knowledge was beyond their ability to comprehend. We read that they were “astonished at His understanding and answers” (verse 47).

Though only 12, Jesus was already responsible enough to be trusted to take care of Himself and to follow instructions without having to be checked up on. This is evident in the example of His parents leaving Jerusalem and going a whole day's journey before they were even aware that He was not with friends or relatives. They expected that He would have been.

They had not seen Him all day in the trek out of Jerusalem back to Nazareth. When supper time came, they expected Him to be where all healthy, growing 12-year-old boys would normally be — where the food is! But He was not. He was missing.

Now they were alarmed and began to retrace their steps. As they traveled, doubts, tensions, worries, concerns and anxiety must have begun to build up in what would burst out in frustration when they found Him.

It was three days before they discovered where He was. We can imagine that Jesus spent perhaps two nights sleeping somewhere in Jerusalem. The Bible doesn't say where. It seems His parents did not go straight to the Temple. It would be logical to think He would be back at their last lodgings, playgrounds or even the police.

Eventually they went to the Temple. And there He was.

Did Jesus now get a stiff

talking-to — a good telling off? Yes. Mary did reprimand Him about what He had put them through in concern and worry. Was Jesus' response — “Sorry, Mom”? It isn't recorded as such, though we would expect of Jesus that He would have eventually said so. His response was rather: “‘Did you not know [here are parents failing to understand their son!] that I must be about My Father's business?’” His parents, of course, could not comprehend and His mother just “kept all these things in her heart” (verses 50-51). Perhaps to Mary this was just another unexplainable event in the life of her incredibly gifted son.

Jesus, at 12, was already conscious of His life goal — His mission in life. He was ahead of His time.

Subject to His parents

Notice Jesus' reaction and response to Mary's chiding and scolding. He became subject to His parents and obediently went home. Even though aware of His life mission at age 12, He still stayed with His parents and patiently waited 18 more years until events were ready for His role as our Savior.

While He was under His parents' authority at home, did it stifle Him? Did it hold back His development? Did His parents' lack of understanding inhibit Him? No. Just the reverse. He increased in wisdom, stature and in favor with God and mankind (verse 52).

Being subject to your parents shows an attitude and willingness to be subject to your greater Parent in heaven.

Even if your father and mother occasionally do not understand you and don't give you the chance to express yourself in the way you would like — still follow Jesus' example and subject yourself to them in God's ways.

Why? Because it is a commandment of your heavenly Father (Ephesians 6:1-3). And it carries with it the enormous future benefit and reward of living happily — forever! □

How to Stop Worrying About the 'END OF THE WORLD'

Why does the world have to be in such a mess now in your lifetime? Is it fair?

By Clayton Steep

What would you really like to do after you finish high school and move on into your 20s?

Continue your education? Obtain a meaningful job that pays well? Travel to exotic places?

Be happily married and start a family of your own? Buy a home in a nice neighborhood? Enjoy a rising standard of living?

When your parents were teenagers, these were plans and desires many young people had, and many were able to achieve some of them.

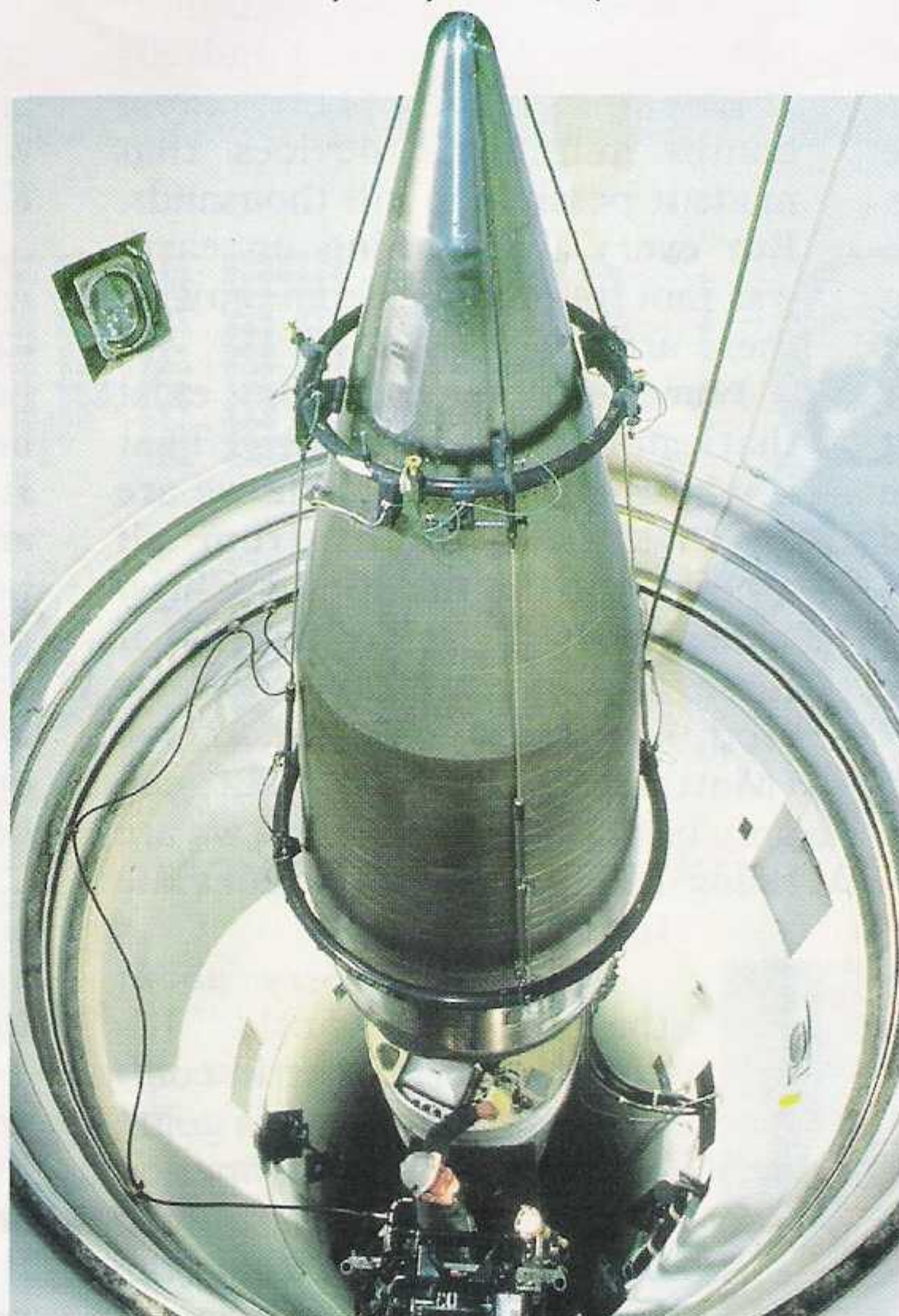
But things are different now. An education no longer guarantees a job with a future. In fact, any kind of good job is hard to find.

Travel is expensive, and all the tourist places have come to look pretty much alike.

It is more and more difficult to be happily married and to rear children in this society.

The dream of owning a home is no longer possible for most young couples. It is hard to find an affordable neighborhood that is not crowded and filled with crime.

Instead of a rising standard of living, people are having to cut back, to buy smaller, to do with less or to do without. Problems are many; solutions are few.



And over it all hangs the Bomb, the shadow of World War III and . . . the "end of the world."

Why?

Is it fair?

You can't be blamed for all these problems. You didn't invent nuclear bombs. No one asked for your advice.

Why does the world have to be in such a mess now — in *your* lifetime?

Well, there is a reason! And the thrilling part is that it is all going to turn out for good. The future is bright and full of promise. In fact,

there are more good and exciting things for you to look forward to in your lifetime than any other generation of young people have had to look forward to since the world began!

But first, how did the world get into the sad condition it is in? Who is responsible?

How it got this way

The truth is we all are partly responsible. Every generation of human beings has done its part to make the world what it is today. Furthermore, if young people of today had been born 50 years ago or 100 years ago or 1,000 years ago, they would have reasoned just like people back then did. They would have arrived at the same conclusions and made the same kind of mistakes that would have resulted in the world just as it is today, believe it or not.

The process started with the very first generation of human beings — Adam and Eve. The Bible tells us they had to decide between two ways of life. The Creator God gave them the choice.

One way was right. It was the way of giving and sharing. It brings happiness, peace, prosperity and love.

The other way was wrong. It was the way of selfishness and taking. It brings suffering, war

Photos by Mark Meyer — Liaison

and hatred. That first generation chose the wrong way. And every other generation since has followed in that wrong way.

Why? Why have people chosen the wrong way?

They have chosen the wrong way because human beings, starting with Adam and Eve, have been misled by a powerful and evil spirit being named Satan. He lied, saying that the wrong way was the right way. His influence is so strong, his lies so clever that every generation has believed him instead of God. That's what the Bible means when it says that the whole world is deceived by Satan (Revelation 12:9).

Of course, God could have prevented all this from happening. He could have stopped people long ago from living the wrong way. But He has not. He knew it would take a period of time for man to learn by experience that the wrong way of living — the selfish way — is not good. And that's exactly what human beings have been doing ever since — learning by experience, instead of just believing God.

And so the mistakes of each generation have combined to make the world what it is today.



In the world tomorrow, there will be no weapons of mass destruction.

True, there have been periods in history that looked promising. But such periods haven't lasted.

Meanwhile, life has always been difficult for the average person. There have been brilliant inventions and discoveries in

science, but the overall condition of the world has continued to get worse and worse.

And here you are, living at the time when things have finally gotten so bad that nations have frightful weapons ready to destroy every living thing on earth. Each day they are building more of them. And they are preparing to use them.

When the first bows and arrows were used in battle, they were terrible weapons. But how many people did they threaten? Only a handful at a time. After guns and cannons were invented, though, it became possible to kill hundreds of enemy soldiers. Then came bombs and other devices that made it possible to kill thousands. But every living thing on earth was not in danger from any of these arms.

Now, however, weapons exist that can destroy *everything*. That is why the time of trouble we are entering is different from all others. It is the time Jesus Christ spoke about when He said that if these days are not cut short by God, no flesh would survive (Matthew 24:21-22). That can only be describing the days we are living in now and the immediate future.

But don't worry about the "end of the world." It's not the world that is coming to an end. What is going to end is the time period God has allowed for human beings to learn that the wrong way of living is not good. The earth will continue to exist — with people on it. And they are going to be happy people. What is coming to an end soon is this *present* age of unhappiness.

Look around you. Not only are nations unable to get along with each other, how many people do you know who are *really* happy all the time? Aren't the lives of most of the kids at school and the people you know filled with problems and heartaches? Aren't many people you know desperately trying to escape

their unhappiness through drugs, alcohol — even suicide?

God is going to send Jesus Christ back to this earth to straighten things out.

You just happened to be born into the generation that will see the end of one age and the beginning of another. What an exciting time to live!

A sneak preview

What is this new age going to be like? It's going to be just what today's young people really are seeking. Peace will be everywhere. There will be no need to be concerned about military service or nuclear weapons, because there will be no war. Jesus Christ, as King of the world, will see to that.

When He rules the earth you won't find crowded cities with their depressing slums. No more gang wars. No more broken homes. No more crime or prisons. It will be safe to walk alone anywhere at any time. There will be no more disadvantaged young people, unable to find the help and understanding they need. Everyone will have fair and equal opportunities. Yes, happiness will be everywhere.

You can't imagine how good it is going to be to live in that new age when all people will be taught to live the right way.

As for now, conditions are going to get worse a little while longer. Some of the things that are going to take place will be truly frightening. But if you are learning God's way and putting it into practice, you won't have to worry. He will protect you from the worst of the troubles soon to come and bring you safely into His new and happy age — the wonderful world tomorrow.

We publish several booklets that will give you additional understanding about this subject. Send for your free copies of the booklets: *Are We Living in the Last Days?* and *World Peace: How It Will Come*. The addresses are listed on the inside front cover, as well as the toll-free phone numbers for the United States and Canada. □



The [VIDEO] Games People Play

The video game explosion is leaving behind a wake of controversy.

By Jeff Zhorne

Another coin drops in the slot. A finger rests on the fire button, another on the thrust activator, two more on the directional controls.

The video screen surges to life, and you're now the commander of an embattled spaceship.

You have to think fast to defend your ship against space rocks and alien craft by maneuvering around them, firing at them or taking a risky jump to hyperspace to hide from them.

Be careful, though. When you fire at a large oncoming asteroid, it breaks up into smaller rocks that can ram your ship and explode it instantly.

While repeated blasts diminish

the number of asteroids on the screen, you scramble to evade an approaching enemy ship. Watch out for that asteroid! Now you only have two ships left . . .

Worldwide invasion

Take a break. You just played *Asteroids*, a popular coin-operated video game. Speaking of popular — video games as a whole devoured about 20 billion quarters last year in the United States alone. (A quarter is a coin worth one-fourth a U.S. dollar.)

It's hard to find a shopping mall, convenience store, motel or restaurant that doesn't have buzzing, blinking video games, whether in Hilden, West Germany; Hatfield, England; Johannesburg, South Africa; or Stockholm, Sweden.

In Australia, one man drives his

bus-turned-arcade to vacation spots. After parking, he sells game tokens, then extends hearty invitations to step aboard the "spaceship" and play to your fingers' content.

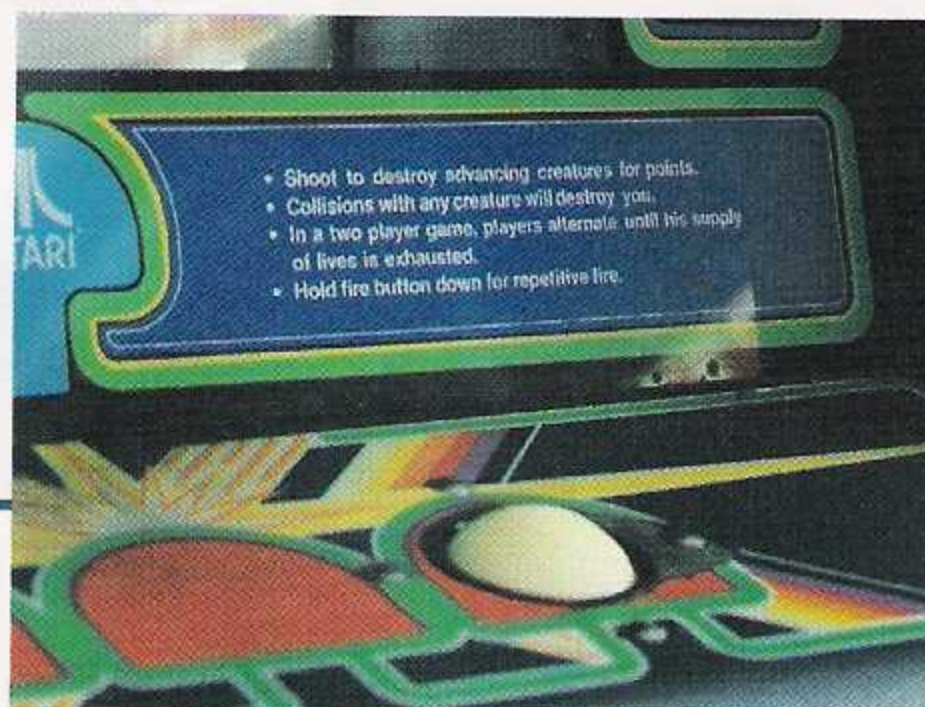
Preschool children in Washington, D.C., have learned metric measurements by playing a computer game that eats centimeter lines with a cartoon worm. Even the U.S. Army uses a modified *Battlezone* game to teach recruits about military weapons.

In the Philippines, however, people said the games were damaging their society, so President Ferdinand Marcos banned video games in November, 1981. Singapore also banned video game centers in 1982.

Last year, children under 16 in Bradley, Ill., were barred from playing video games. "Children

are putting their book fees, lunch money and all the quarters they can get their hands on into these machines," said Mayor Kenneth Hayes.

Video games have been around



"Shoot to destroy advancing creatures for points." This is a common theme of many video games — destroy or be destroyed.

Let's take a behind-the-scenes look into video games. How are they developed, and how do they work?

Long before the design stage, manufacturers conduct tests like videotaping arcade players to see what games they like to play.

The perfect video game, designers say, has 1) a clear goal, 2) defines how to reach it, 3) gives feedback on how well you're doing, 4) is visually attractive and 5) makes a rewarding squish, crunch or firing noise.

But how do the games work? Inside the machine, a tiny microprocessor, composed of memory chips no larger than your fingernail, stores each fragment of sound and each line of a graphic image for the TV screen, ready to display them at the right time.

The tiny memory chips are incredibly intricate. On a large schematic drawing, logic engineers analyze thousands of circuits carefully before the entire diagram is miniaturized and engraved onto the tiny chip. The chips, each containing many

circuits, together form the brain of a video game.

Attach a television screen and some joysticks, buttons or levers, and you have a video game that gives you a tough time for a coin.

When a player moves his controls, impulses flash to the microchips. The machine instantly processes calculations for a countermove, keeping score all along.

The longer you play, the faster you're thrown new hazards — all designed to hasten the inevitable two words, *Game Over*. □

Have you ever wondered about the effects video games have on you? This self-test can help you determine their effects.

1. Do you feel frustrated when you don't score high enough, and feel compelled to play again?

2. Do video games keep you from getting schoolwork done?

3. Do you at times keep playing after you'd planned to quit?

4. Have you spent money that you needed for something else on video games?

5. Do you hide from your parents the amount of time you spend playing video games?

6. When people say you're playing too much, do you get defensive?

7. Do the games you play stress violence or other negative themes?

If your answer to any of these questions is yes, you might be receiving negative effects from video games. Here are some guidelines that can help you keep the games in control.

Decide in advance the amount of time you will play. Make sure you leave time for schoolwork, your family, friends, other activities and that you take advantage of new challenges.

Set a limit on the amount of money you will spend as well.

Video games, like all games, can be lots of fun. But like any activity in life, you've got to keep them in perspective. If you find yourself out of control, enlist the help of your parents and friends to regain mastery of the machine. □

for more than a decade. But the first one wasn't Pong, like most people think. It was Computer Space, developed in 1971 by Nolan Bushnell. Computer Space was a primitive game with flying saucers and rocket ships.

Only 2,000 units were constructed, but Computer Space inspired Mr. Bushnell to design the electronic paddle game Pong, often called the granddaddy of computer games. It sold well for awhile, but interest declined.

Though Atari, Inc., had produced 52 different games by

1976, the video scene was basically dormant until the 1979 breakthrough game Space Invaders. "Now we have challenge!" players said. The appeal? A player can't win — he can only get better.

This game's colorful columns of monsters marching toward a controllable tank suddenly opened the way for video games of every variety.

By 1980, Asteroids, created for Atari by 29-year-old Lyle Rains, all but replaced pinball machines in the amusement game sweepstakes. The next year, video

games in Australia alone brought in \$182 million.

By 1982, 70,000 Asteroids machines, 96,600 Pac-Man games and 60,000 Space Invaders were produced.

But fads come and go so quickly that the Bally Corp. doesn't even make Space Invaders anymore.

Studies show that nine out of every 10 U.S. teenagers has played an arcade video game at least once. All of a sudden, teens who hate to pay attention in school are spending hour after

hour in front of buzzing video screens. What are they learning?

The pros and the cons

Many parents say children are wasting allowances and study time on video games that promote violence, gambling and escape from reality. Though not much research exists on the effects of video games, some sociologists and psychologists say young people playing video games are developing hand-eye coordination, sharpening reading and math skills and making a smooth entry into the world of computers.

A university professor of child psychology believes video games provide an easier transition into approaching computers.

"I think children who play games will eventually want to find out more about computers, once they begin to master the games," he said. "We all have to lose our awe of this tool, the computer. We are no longer in awe of the telephone or the electric drill."

A sociologist in Massachusetts believes players learn how to do a lot of geometrical thinking.

Players themselves admit they frequent arcades to fight loneliness and to feel the same excitement as athletes feel. Others claim that tapping buttons and slapping joysticks provide a vent for frustrations and anger built up at school and at home.

But for parents trying to raise nonviolent children, many video games present a problem. These parents quickly point out that most games are based on confrontation, violence and destruction.

Destroy the obstacles before they destroy you in *Asteroids*, chomp or be chomped in *Pac-Man*. Even games not bent on destruction usually contain a menacing element. "In short, [they are] war games," as one New York City player said.

Some parents say manufacturers could have created games that would let the player paint colorful graphic designs, compose music or build things.

Besides the rough-and-tough aspect of video gaming, doctors have diagnosed players as suffering from stress, America's second-leading killer.

Kinesiologist Brent Davis, D.C., found higher stress levels in people who played video games. His tests have "consistently shown a pattern of noxious influence to the human body with weakening of the stomach related muscles," said Dr. Davis. "Many other systems in the body can also be harmed."

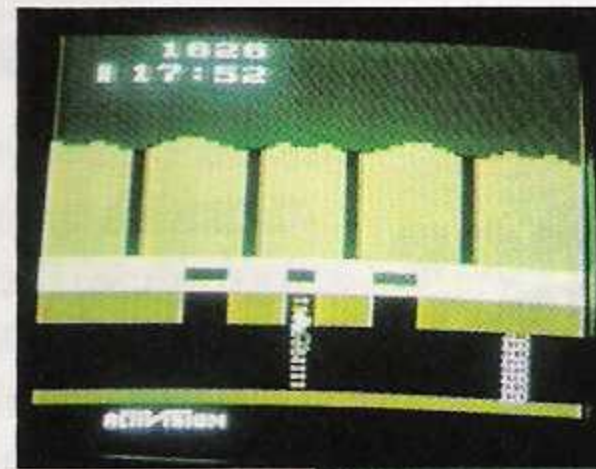
Gamblers' Anonymous warns that playing the games creates compulsions or addicts. "I guarantee it will become a problem," said a Gamblers' Anonymous spokesman.

Some psychiatrists say disturbed youths play games to dodge reality and

As many as four persons can play each other on *Eliminator*, a complex space battle in which the last surviving player combats the computer itself.

Another game will allow a player, who sits inside a movable cockpit and zaps aliens in space, to wear a helicopter gunner's helmet that automatically tracks his eyes to aim a weapon wherever he looks.

Manufacturers are de-



Video games are everywhere today — shopping malls, motels, restaurants. Now the home market is also booming with home versions of arcade favorites as well as games designed especially for home use.

signing a speech-recognition system on machines that would fire a weapon immediately after a player orders "Fire!"

But attached to the new games may be higher prices for playing them. Already, after the inevitable words *Game Over* flash, the game *Berzerk* sneers: "Coin detected in pocket."

What have you discovered about the effects of video games? We'd appreciate your input — write and let us know.

The box on the previous page gives additional information about the design of video games and also a self-test to see what part video games play in your life. □

human contact. Children obsessed with video games will only be hindered in adapting to adult life.

Despite the controversy, manufacturers have definite plans for more ping-pong, beeping, flashing machines.

On the video horizon

Realistic three-dimensional games are now possible with the help of videodisks that play actual sounds and film footage.

NEWS *THAT AFFECTS YOU*

Smart Machines Get Smarter

- Amazing as they are, computers can only do what you specifically program them to do. Until now.

Now there is growing interest in designing thinking computers — computers that can make judgments, reason and learn — or even talk with you.

One country in particular, Japan, is very interested in taking the lead in artificial intelligence. The Japanese have launched an \$800 million project to build an intelligent computer by 1990. It has become a national goal.

At a conference in Tokyo, the Japanese announced that this new computer will have common sense, a general knowledge about how the world works and some insight into human nature.

According to the official planning document, this computer will “be able to make judgments about matters in which it had not been instructed.” It will speak naturally in Japanese and English with a vocabulary of 10,000 words as well as have the ability to listen carefully.

What’s motivating the Japanese to try to build this artificially intelligent machine? One reason is their need for a quick, easy way to translate their complex language into other languages. Their thinking computers will be able to do that job, they hope.

Illustration by Matthew Faulkner

Besides translating languages, these computers could open awesome new possibilities in offices, factories and homes before the end of this decade. And so the country that develops artificial intelligence will take over leadership of the world’s computer industry.

Thinking computers will understand everyday spoken language and will do things without having to be addressed in special computer language. In our lifetime we could see man and computer carry on “intelligent” conversations. You will hear much more about thinking computers in the next few years. You may even be talking to one soon! — *By Victor Kubik* □

The Long and Short of It

- Summer’s here! We all know what that means: school’s out, vacation begins, summer camp, the longest day of the year. . .

Unless you happen to live in Australia, South Africa or anywhere in the Southern Hemisphere. There, summer camp is a dim memory and the days are getting shorter, not longer.

What’s going on here? How can the days be getting longer in Britain and shorter in New

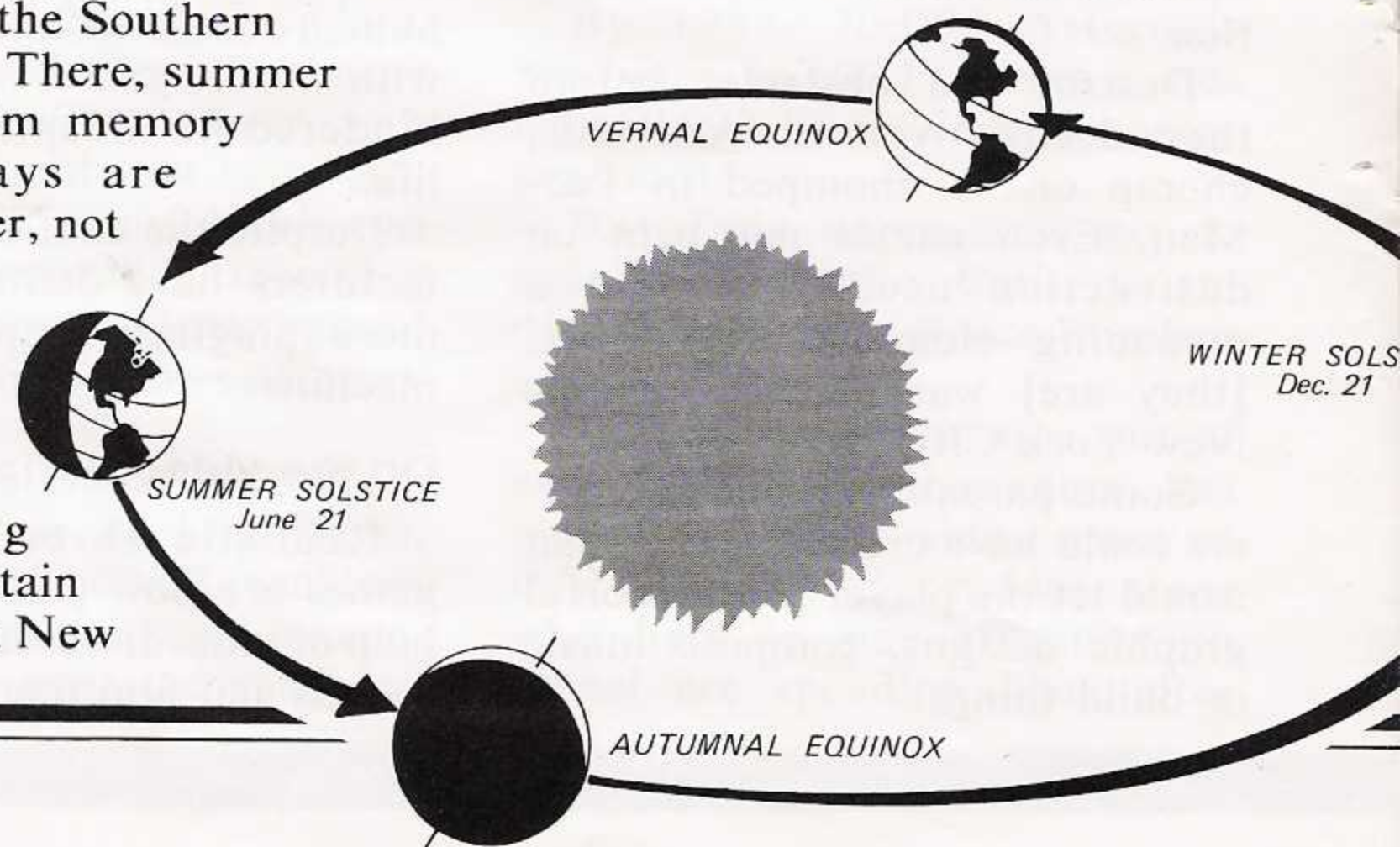
Zealand? The answer is that the earth is approaching the solstice.

What is a solstice? Well, the word *solstice* comes from the Latin words *sol* (sun) and *sistere* (to come to a stop). In other words, the solstice is the day when the sun stays out longer (or shorter) than any other.

There are two solstices during the year. One falls on Dec. 21. The other occurs on June 21 — the beginning of summer in the Northern Hemisphere and winter in the Southern.

Here’s how it works. (The illustration will help you picture this.) The earth is tilted on its axis at a 23 degree angle. The seasons change gradually as the earth journeys along its 365¼-day, 600-million-mile orbit around the sun. As it does so, the angle of the earth’s axis allows different parts of the globe to receive more or less sunlight, depending on the earth’s position in its orbit.

On June 21, the earth’s position is such that sunlight falls directly on the Tropic of Cancer. This makes it the longest period of light experienced by those in the Northern Hemisphere all year.



The sun will not even set at the North Pole. But for those in the Southern Hemisphere, June 21 is the shortest day and longest night of the year.

So, there you have it, the long and short of the summer solstice.

— By Dan C. Taylor □

'It Really Does Hook You'

• "I could quit anytime I want to."

That's what millions of people who smoke would say about their habit. Others have quit, they reason, so it can't be all that hard.

But a pamphlet released recently by the U.S. Public Health Service would seem to indicate otherwise. The pamphlet, "Why People Smoke Cigarettes," is the first U.S. government publication to say that nicotine causes physical dependence — in other words, that cigarette smoking is an addiction.

Dr. Jack Henningsfield of the Addiction Research Center in Baltimore, Md., says, "Nicotine shares many features in common with other . . . drugs — morphine, amphetamines and cocaine."

The U.S. House of Representatives Subcommittee on Health and Environment has begun work on a law requiring cigarette pack warnings to tell smokers that nicotine is addictive. Tobacco companies are opposed to it, saying the claim is a scare tactic.

Judy Murphy of the Public Health Service's Office on Smoking and Health explains why the pamphlet was published. "We decided to stop mincing words," she says. "It is not just a habit. It really does hook you." — By Tom Delamater □



COUNTRY IN FOCUS:

Poland

What do you think of when you think of Poland? Peasant farmers? The Nazi German concentration camps of World War II? The Polish composer Frederic Chopin? Solidarity strikes? Or perhaps the Polish pope, John Paul II?

Poland is all these things — but it is also a lot more. Poland sits in east-central Europe. It is mostly low and flat with the Carpathian mountains in the south. Its main rivers are the Oder, Vistula and Bug.

It was in these river valleys, before the time of Christ, that groups of the western Slavs first settled. By the A.D. 800s, these Slavic tribes were united and by the late 900s they were converted to Roman Catholicism.

In medieval times, Poland was a powerful kingdom. But during the 1700s Poland was divided among its stronger neighbors. After World War I, Poland became an independent country again.

Some historians believe that during the Middle Ages 80 percent of the world's Jews lived in Poland. During World War II, the Nazi Germans killed six million Poles, half of them Jews. Later, "anti-Zionist" drives sent many of the few remaining Jews to Israel and other countries — leaving only 10,000 Jews by the middle of the 1970s, and those mostly older people.

World War II was triggered by the German attack on Poland. After World War II Poland again emerged as an independent state, though under a

communist-controlled regime. Poland, however, is not a typical Eastern European communist bloc country. For instance, more than 80 percent of the farmland and thousands of small businesses are still privately owned.

The capital and largest city of Poland is Warsaw. The major port city is Gdansk (formerly Danzig).

Poland is about the size of New Mexico and is just larger than Italy. It abounds in mineral resources and rich farmlands. It



is one of the world's top 10 producers of coal, cement, copper, electricity, steel and zinc. But most of the people are employed in farming.

About 95 percent of Poland's 36 million people are Roman Catholics. Though the Polish communist government is officially atheistic in outlook and discourages religion, there is greater religious freedom in Poland than in other communist states.

It is even possible to be both a member of the communist party and a Roman Catholic. Poland is also the only communist country with army chaplains.

Keep an eye on the news in the next few weeks. You should see a great deal about Poland as Pope John Paul II makes a momentous journey to his native land. — By Rose Bennett □

Prepare Now-

There is

Life After

High School

By Vince Szymkowiak

So you've graduated from high school (or can't wait till you have).

Suddenly the world has taken on new meaning. The freedom you've been wanting for so long is now here.

Yet there's that persistent question that won't go away: "Just what am I going to do with my life?"

Too many people make a terribly costly mistake — they don't plan, prepare or organize for the future. Then one day they wake up realizing that the future is upon them and they are bewildered as to what to do with it.

God feels it is important for young people to use their teen years to prepare for their futures. He placed an entire book in the Bible to help teenagers in their planning. The book of Proverbs was written so that the young person could learn early enough in life the basic principles of success (Proverbs 1:4).

Here are some guidelines that will prove helpful long before high school graduation.

Become goal oriented

If you don't know where you're

going, you won't get anywhere!

In Proverbs 4:26 we read of the importance of setting proper goals: "Ponder the path of your feet, and let all your ways be established." Good advice! You don't have to allow your life to drift aimlessly along.

Why not jot down on paper some things that you would like to do with your life? Notice Proverbs 4:27: "Do not turn to the right or the left [of God's way]; remove your foot from evil." Deciding as a young person to stay with God's laws is a practical and positive goal that will aid you greatly in the years to come. God's laws automatically bring good results when kept — God designed it that way!

Think about some physical goals, too. Write down what seem to be the two or three most interesting careers. Start thinking about the possible trade school, vocational-technical institute or other training that you would need in your career.

The Proverbs again contain wisdom in this regard: "Wisdom is in the sight of him who has understanding, but the eyes of a fool are on the ends of the earth" (Proverbs 17:24).

The last part of this verse is particularly instructive. It is an

admonition that we set practical, not foolish, goals.

Some people decide that the best way to make their fortune is to leave home, buy some gold-panning equipment and search for their treasure in remote regions of the earth. They are positive they will find vast wealth within the first week of their expedition.

Other people — captivated by the glitter and glamour of Hollywood — are convinced that stardom is looming in their future.

Thus the tragedy unfolds: Too many young people waste their lives in a continual daydream about some impractical fantasy rather than focusing on logical, tangible goals that are sure to bring good results.

God's book for young people gives this advice: "He [or she] who gathers by labor will increase" (Proverbs 13:11). In setting your goals, don't sidestep the concept that anything worth achieving has a built-in price tag: hard work! You are well on your way to success when you determine to put forth whatever effort is needed to reach your goals.

The sky is truly the limit in setting goals. In addition to putting on paper your career goals, write down other goals as well.

Virtually any teenager could learn to play a musical instrument and become proficient in at least one athletic sport. Setting specific goals in these fields, then achieving them, will not only widen your horizons greatly, but help you build such attributes as concentration, confidence and poise. These qualities will stay with you the rest of your life and help you in whatever career you finally settle upon.

Be a learner

It can be quite useful for the guys to learn how to take care of the physical things that dominate 20th-century living. Why not spend time going through a basic automobile repair manual? It is

(Continued on page 27)

EXPOSING THE MARIJUANA MYTH

Is marijuana really harmful? Let's honestly investigate this serious question!

By Michael Snyder

How much do you know about marijuana?

Since one senior high school student in nine smokes marijuana each day, according to the U.S. National Institute on Drug Abuse (NIDA), you probably already know something about the drug.

But did you know that each day, more than 130,000 pounds of the *cannabis sativa* dried leaf are consumed in the United States?

And did you realize that the U.S. National Coordinating Council for Drug Education (NCCDE) conducted a thorough review of drug education films and found that 80 percent of them contained factual error?

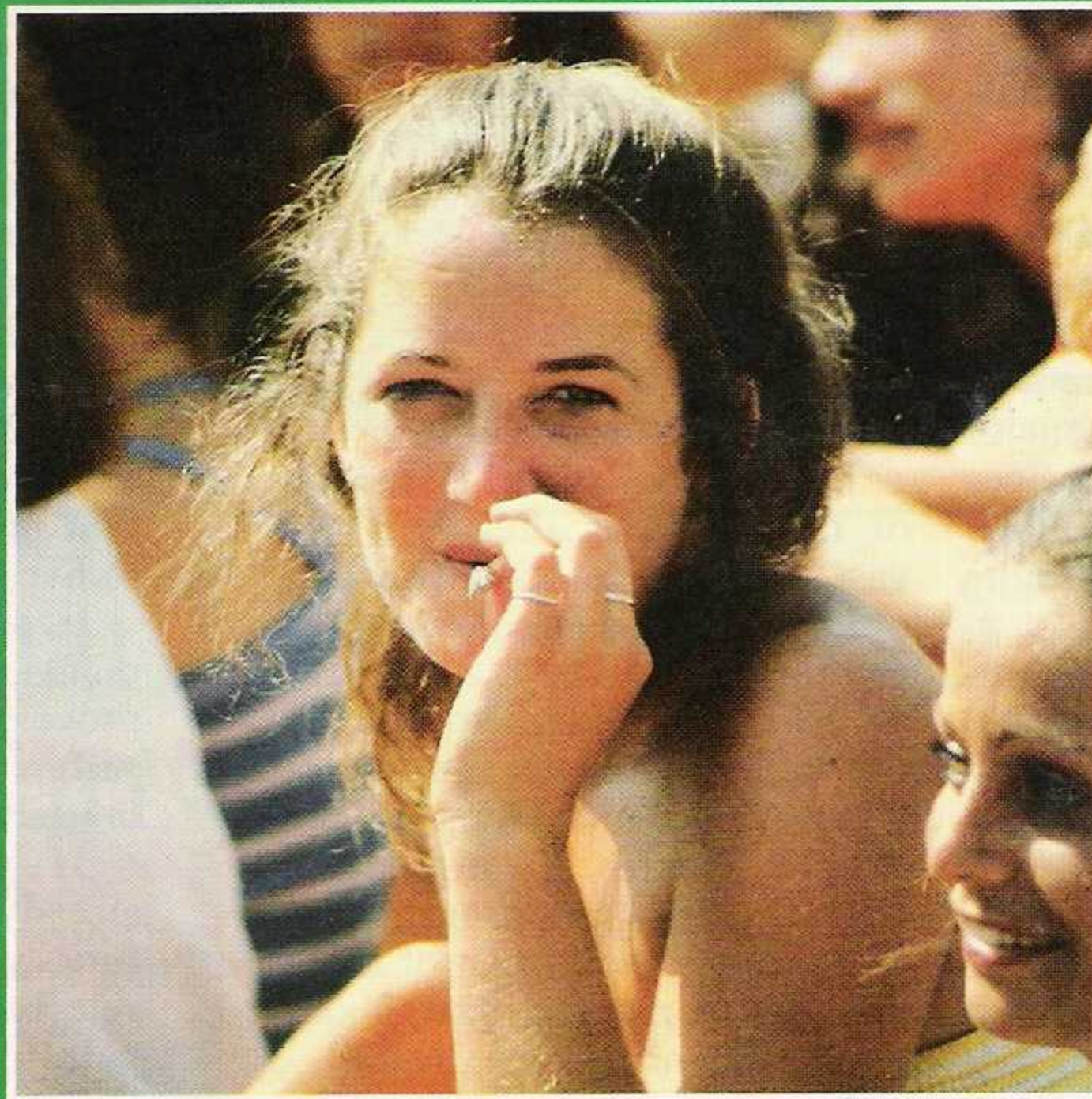
With so much error around, how sure are you of your facts? Let's examine the issues concerning marijuana frankly.

Finding the truth

How many people smoke marijuana? The NIDA estimates that at least 43 million Americans have tried it, with 16 million regular users. In London, England, it's estimated that more than 40 percent of teenagers have

tried the dried leaf.

Worldwide, it's estimated that marijuana has a minimum of 300



million devotees, with consumption of the weed up four times what it was in 1974.

So what do these statistics have to do with you?

Marijuana use is growing — and that means you may have to make decisions daily about whether to join this growing group of smokers or to abstain.

And to make such decisions, you'd better arm yourself with facts, instead of myth.

You may have already heard some of the myths. How would

you react if you heard a teacher or someone else say: "Smoking marijuana will kill you"? Especially since you probably know dozens of teens who smoke it frequently?

Or, what would you think if you heard someone assert that "marijuana will drive you insane," when all the people you've seen smoking it seemed to be having a pretty good time?

Do the charges against marijuana have substance?

To date, despite a \$380 million drug prevention program, drug education has not been fully effective. Why? Because of inaccurate information, the wrong use of scare tactics, one-sided and biased information and the setting of unrealistic goals, says the NCCDE.

What then can we accept as truth?

Let's see some facts!

In 1967, when marijuana popularity was blasting through the roof with young people, Dr. David Harvey Powelson, director of a medical school psychiatric department, boldly proclaimed:





A Harmless High?

Proponents of marijuana have long claimed that the dried weed provides a harmless high, with little or no negative long-term effects.

However, authoritative clinical studies now proclaim several physical dangers, in addition to the psychological pitfalls of regular marijuana use.

In its ninth report on marijuana to the U.S. Congress in 1982, the U.S. Department of Health and Human Services (HHS) pinpointed the following known or suspected results of regular marijuana use:

- Impaired short-term memory and slowed learning.
- Impaired lung function similar to that found in cigarette smokers.
- Impaired immune systems.
- Possible adverse heart effects.
- The active ingredient of marijuana can remain stored in body fat for up to seven weeks. Consequences of this are as yet unknown.

The U.S. Strategy on Drug Abuse reports: "Research has proven that marijuana intoxication clearly impairs motor coordination, reaction time and visual perception, which would affect driving or operating machinery."

Dr. C. Everett Koop, surgeon general of the United States, adds: "I am especially

concerned about the long-term developmental effects of marijuana use on children and adolescents, who are particularly vulnerable to the drug's behavioral and physiological effects. The syndrome [of declining motivation] is characterized by a pattern of loss of energy, diminished school performance, harmed parental relationships and other behavioral disruptions."

In addition, since possession of marijuana is illegal in the vast majority of countries, to obtain it requires contact with criminals.

Other evidence acquired by the U.S. National Institute on Drug Abuse (NIDA) from the World Health Organization (WHO) and other authoritative sources shows that of those who try marijuana once, about one half continue its use.

Further, of that number, about 23 percent will eventually experiment with up to 20 different drugs, including heroin, barbiturates and hallucinogens.

For the record, we must point out that much evidence from marijuana studies is still being analyzed. But the evidence already points to additional high physical and mental costs for using marijuana as a recreational pastime.

Marijuana, by any estimation, is far from harmless! □

"Marijuana is harmless."

But by 1972, Dr. Powelson wrote, "I knew I was wrong."

"I get a very sick feeling in my stomach when I hear talk about marijuana being safe," adds Robert L. DuPont, former director of the NIDA.

Is marijuana safe? Dozens of disorders are now known to be fostered by marijuana and others are suspected. These include disorders ranging from lung and heart problems to serious memory lapses (see "A Harmless High?", this page).

But the chief threat of teenage marijuana use is even more important than these physical dangers, odd as that might seem. When looked at from the perspective of your future, smoking marijuana at an early age takes on ominous possibilities.

Why? Not from going insane or even possible premature death. The threat we're talking about is not just a myth. Let's see why.

While a teenager, you lay a foundation for your adult life. You undergo what sociologists call the socialization process. All that means is that you learn how to live in this world.

It sounds easy on paper, but many people don't complete this process very well. As adults they suffer — grumbling, complaining, always unhappy.

If you're a teenager, you already know that from time to time you hurt terribly if you're rejected by a friend. You may feel painfully shy or inadequate at times. Depression or anxious feelings may plague you.

Believe it or not, these are common feelings among all people! But in teenage life, they can seem invincible and overwhelming. You may feel that you'll never get over them.

But this is all part of growing up. And to the degree you learn to cope with life and to meet situations with mature decisions, you'll later experience a fuller, happier life.

Again, this sounds so easy, but it's a long process that really extends the rest of your life.

Note this: The emotional pain

you experience is really a necessary part of life — a blessing in disguise! Without learning how to cope with it, we'd suffer a lot more in the long run. It tells you when you need to take the time and think things out. Sometimes you have to get counsel from your parents, minister or teacher to get all the facts, but it can be done.

We must mature to enjoy adult life. If your body matures physically but your mind remains childlike, you ensure a life of emotional pain for the rest of your days. It is just that serious!

Now where does marijuana figure in all this? Dr. Donald Ian Macdonald warns that once young people "begin to use drugs for producing good feelings at a time of stress, they are in trouble. As they become chemically dependent . . . their disease progresses in a remarkably predictable downward path" (*Marijuana and Youth*, NIDA, page 45).

Once you're in this cycle, you can't even recognize what's happening to you!

Marijuana completely demol-

ishes the maturing process — instead of using emotional distress as a catalyst for growth, marijuana smokers anesthetize themselves.

With numbed senses, they become turned off to intellectual stimulation — books and conversation become uninteresting. They become poorly equipped to make mature decisions.

It doesn't happen all at once, and the process can be reversed. But it often takes years before a



serious marijuana smoker finally figures out what's happening — if he or she is lucky enough not to be arrested or murdered while buying or selling drugs.

Do you still believe the myth that marijuana is harmless? Looking at the physical dangers ("A Harmless High?") will prove the point even more.

But just realizing that marijuana is not the alternative to emotional pain won't make life in these confusing times easier. You've got to go further and examine the underlying factors.

If you think you're ready to face up to some of the major issues of life, we have two free booklets that will show you the incredible purpose and potential of your life, and a proven way to reach that purpose and lead a far more fulfilling life.

If you're interested — and you should be — write for the booklets *Why Were You Born?* and *The Seven Laws of Success*.

As you will see, life is far more than inhaling the vapor of a charred leaf! □

Marijuana: A Drug You Can Overcome

If you're already experimenting with illicit drugs and you want to stop, you *can*.

Drug prevention experts agree that the family is often the best source of help. If you're using drugs and want to stop, seek first the advice and help of your parents. They may be shocked and hurt that you're using drugs, but their positive help is essential.

Talk it out and show them your determination to stop.

Second, you must follow the advice of a 1,900-year-old command to "make no provision for the flesh, to gratify its desires" (Romans 13:14, Revised Standard Version).

This means that you must destroy all drug paraphernalia such as pipes, papers, stash boxes, clips — everything!

It also means — this is a tough one — that you must break off friendships with people who use drugs.

Realize that you're making a long-term commitment, and that this requires the building of character. It's easy to give up, and often hard to stay the course. But it's worth it!

Remember that your parents will be a little suspicious of your activities. Regard this as an expression of love for you. Drug use by children is terrifying to parents and difficult to

understand. Set a goal to win their trust back.

If your parents can't help you, get professional help. Your school counselor can probably recommend confidential help. But don't delay — it's your life that is at stake.

Don't neglect the spiritual side of solving problems. Awesome spiritual weapons are revealed in the Bible to help overcome your problems and demolish wrong habits.

Everybody needs this kind of help (Romans 3:23), so don't be afraid or hesitate to boldly ask for the power to overcome (Hebrews 4:14-16). If you'd like to know how to use this awesome power, write for our free article, "How to Be an Overcomer." (See inside cover for addresses.)

You can be free of the burden of drugs — even in a drug-filled world! □

China has long been a mystery to the West. Come join us in a brief visit to the southern port city of Canton (Guangzhou).

By Jeremy Rapson

It's 8:30 on a bright but sultry Hong Kong morning. Here we are at the dock waiting for the hydrofoil to take us into the People's Republic of China.

What will it be like? What new experiences await us 90 miles up the river delta in the city of Guangzhou (better known to us as Canton)?

China has long been a mystery to Westerners. In this vast, 3.6 million square mile country lives nearly one quarter of the world's population — men, women and children with the same basic needs, thoughts, hopes and dreams as people everywhere.

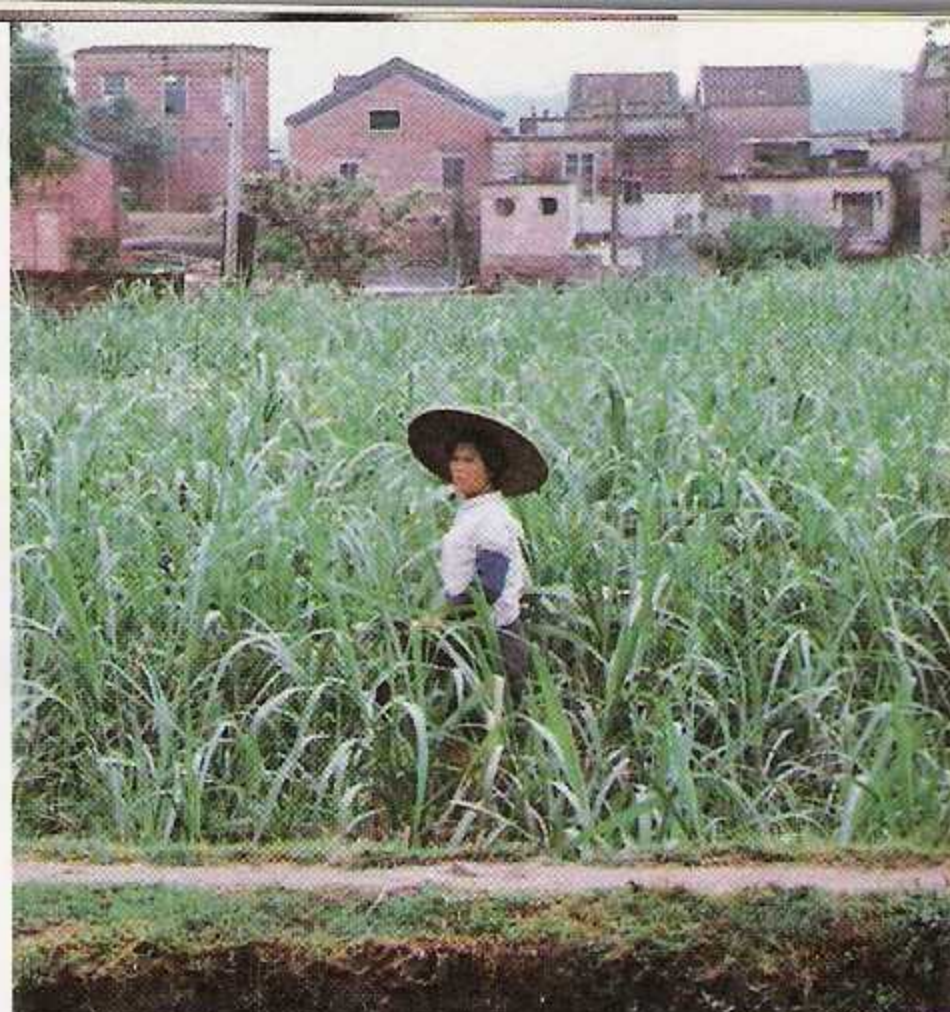
I was here to find out, on my brief, four-day visit, a little about what it must be like to grow up in a part of the world that, until recently, had not been accessible to tourists from the West.

Leaving the bustling, crowded waterfront of Hong Kong, we head upriver for three hours of skimming over the mud-colored waters of the Zhu Jiang River, known in English as the Pearl River.

Old and new

Nearing Canton, we see oriental boats called junks and sampans jostle alongside oceangoing container ships. As we approach the city, the wide delta narrows as the rivers that empty into it go their separate ways.

The area of Canton was settled more than 2,000 years ago, and



A Fast Boat to CHINA

some of the magnificent buildings we see date from the early centuries A.D.

But Canton also has a kind of European old world charm about it. Many buildings date from the last century when the city was an important center for trade with European nations such as Portugal, the Netherlands and especially Great Britain.

Now, however, the appearance of a foreigner on the streets of Canton causes quite a stir. This is somewhat surprising since tourists have been permitted to visit the country for several years. Even so, we still find crowds of curious Chinese gathering in the streets to stare at tour buses, and in restaurants we get used to looking up and finding Cantonese



children peering at us around the edges of the doorway.

Eating out in China is an unforgettable experience. It's quite common for a meal in a restaurant to consist of anywhere up to 14 or 15 courses, but watch out for unfamiliar items. If you find that there's a dog listed on the menu, don't assume it's a hot dog!

You'll be expected to know how to balance your food on chopsticks, but no one seems to mind if you ask for a spoon until you've mastered the art of oriental dining.

Many people in China live in a commune. This is a collection of farms, factories and homes ruled over by a committee. Committee members decide what work needs to be done and assign the members of the commune to the various tasks. These mainly agri-



cultural communities reach right up to the outskirts of Canton.

Children of commune members attend school right on the commune. The tiny ones are looked after in a kindergarten or day-care center so that both parents can go to work. Afterward, they attend the primary school for five years followed by middle school. In one class we visited we saw that learning arithmetic includes the use of an ancient form of Chinese adding machine called an abacus.

The cost of living in China is, by the standards of a Westerner, low. We were able to buy a drink in a Cantonese roadside cafe for little more than the equivalent of six or seven U.S. cents! However,

Our brief visit to Canton (Guangzhou), China, exposes us to some of the variety in the world's most populous country. Classroom studies are followed by games of table tennis and other sports and by chores. At a ceramics factory we see skilled workers producing beautiful ceramic wares, and the factory accountant using an efficient ancient adding machine, the abacus. Motor traffic is rarely seen, but bicycles and tricycles carrying heavy loads are visible everywhere. Agricultural communes surround the city producing a variety of crops. (Photos by Jeremy Rapson)

wages are also low and so luxury items from outside the country are virtually impossible for a Chinese person to afford.

Another thing we noticed was that radio broadcasts are relayed by loudspeaker on street corners or in the fields so that people can keep in touch with what's happening while they work. We also found that everyone seems polite and also honest. If you lose something you can be sure that the person finding it will do all he or she can to ensure the item's safe return.

One striking thing about the streets of Canton is the virtual absence of motor traffic. Only a few government-owned trucks, cars and buses rumble along the tree-lined roads.

Millions of bicycles

Everyone in Canton travels by bicycle. In addition to two-wheeled bikes there are tricycles with flat-bed bodies constructed behind the rider on which are stacked enormous loads of every conceivable kind. Each pedal-cyclist must have a license for his machine, and Canton, with a population of two million people, also has nearly two million registered cycles.

Life for the young person in Canton is usually busy. In between studying schoolwork and helping out with family and commune chores, games of table tennis (which is actually called Ping-Pong in Cantonese) are played with great energy and enthusiasm.

Another favorite pastime is to
(Continued on page 28)

Be Prepared to Get Lost *(and You Probably Won't)*

By Dan Dragt

The call of the wild. Unspoiled beauty. The thrill of nature.

When you set out on a wilderness adventure, your mind is on enjoying the experience — not on what might happen.

But in order to stay healthy and be happy when it's all over, you need to be prepared for anything.

And even if you're not venturing far from home, it's good to think ahead. The unexpected can occur anytime, but the unexpected won't be a disaster if you know the principles of survival.

Survival is simply preparation to stay alive, come what may. It begins with realizing that things will not always wind up as you planned. You may not stroll into camp with a pan full of fish on your stringer. Your transportation may not make it all the way across the desert. You may not make it to the ski lodge by nightfall. You may not be casually exiting the plane.

Survival starts with taking into account the unforeseen. The fish may not be biting. A blizzard might close the roads to the ski lodge and leave you stranded. The



plane may be forced to crash-land.

Most of us, even while doing fairly ordinary things, are close to disaster at one time or another. Usually things work out, but what about when they don't? How will you react when you are all alone, miles from civilization's ready-made survival? Will you live to tell about it?

If you are not prepared, you may panic, get yourself deeper into trouble and probably not survive.

Preparedness brings confidence — confidence that you can conquer any survival problem you face. An expert in survival in the polar regions once said, "Morale is the single greatest factor in survival." Your attitude will be a built-in survival kit if you are

prepared and confident.

Before embarking on a trip, you have a simple decision to make: to prepare or not to prepare. It takes a matter of minutes to leave word with others where you are going, to ask for weather conditions and to make sure your survival kit is intact. If something unexpected happens, it could be a matter of hours or days before rescue. During this time, guilty feelings about lack of preparation

will not help your morale.

Realize that your chances for early rescue improve if someone knows where you are going and when you will get there. The sooner someone knows you are missing, the sooner you will be found. Do this even if others scoff at your concern or try to minimize the dangers.

Always check weather conditions in the areas you are traveling through. Heed weather alerts. They are not to be looked on as challenges to your daring. One survival school has a mock tombstone with this warning: "On many graves the headstones glisten/ of those who heard but wouldn't listen."

Now add to these precautions a small, compact survival kit, and you will have some especially

useful equipment in any emergency.

What should you include in your survival kit? Will a bar of soap and a toothbrush do? The major key in putting together a survival kit is choosing the items that will prepare you to be in control of the unexpected. Most agree that at least seven items are absolutely essential in any such kit. (Other items may also be advisable depending on where you will be going.)

All these items (shown at right), along with the things around you (caves, trees, edible plants), can help you create quite a comfortable environment. The trick is to fit them together so that the things you find fit your needs.

This part of survival is often more fun to read about or practice than to do in earnest. But that's exactly what you will have to do in order to prepare fully for the unexpected. Check out a book. Take a survival course. Ask someone who knows. Read. Practice.

Few people in a survival situation have had any training for it. But if you are prepared enough, you can tip the odds in your favor.

Survival isn't wandering off somewhere to see if you can exist with only the bare essentials. It isn't an ongoing challenge between you and nature. Survival is preparedness in the face of the unexpected, preparing to get lost, then making sure you don't. □

Getting out in the wilderness can be a thrilling experience, but it's best to be prepared for emergencies. The seven items pictured at right can form the basis of your wilderness survival kit. (Photos by Nathan Faulkner)

Your Survival Kit

1. *Matches with sandpaper in a waterproof match case.* A fire can be the most important element in many survival situations. It is critical for warmth, food preparation, signaling and security.



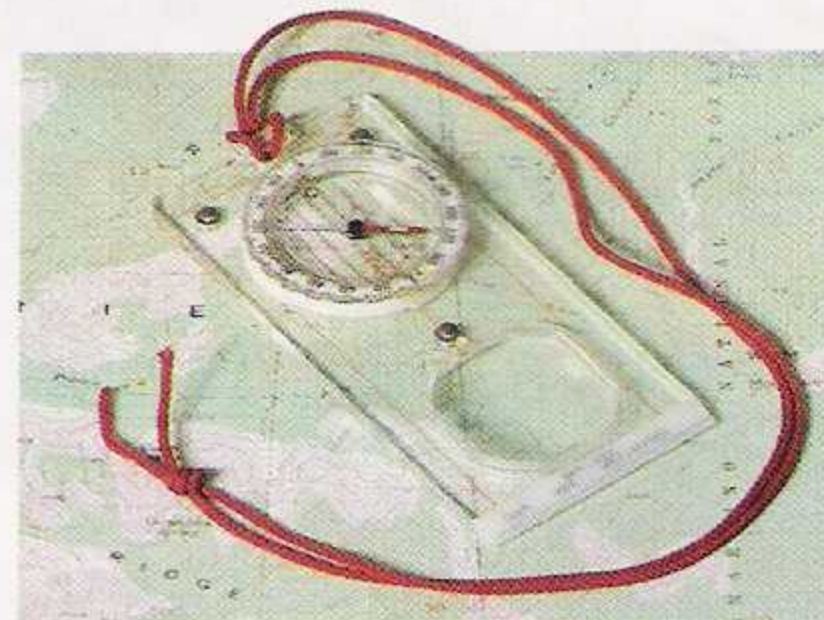
2. *First-aid kit.* When in a survival situation, bodily injury is always a possibility. Injuries do not wait to happen in convenient places. It may be a long time before professional treatment can be had, so be prepared. (It's also good to take first-aid classes so you know what to do in various emergency situations.)



3. *Knife with whetstone.* A knife can be your most useful wilderness tool.



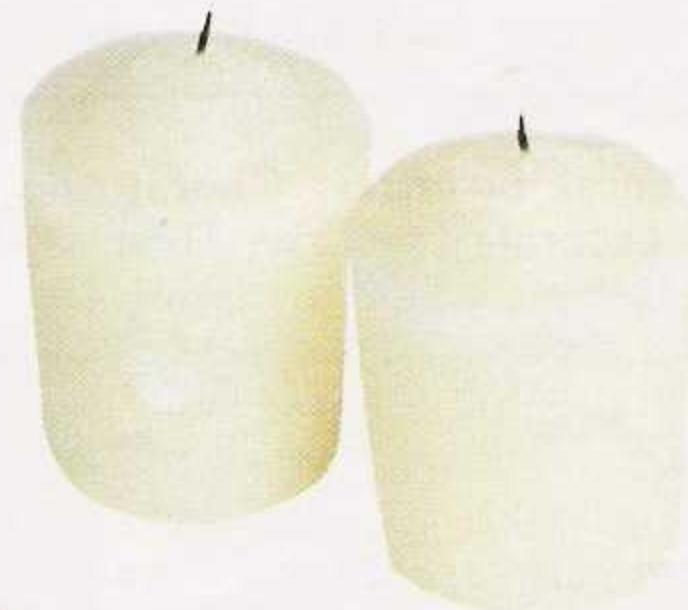
4. *Compass.* Outdoors, knowing which direction to go could be the key to your survival.



5. *Stout cord.* Carry 50 feet of cord. Be aware of how easy it is to climb up where you can't climb back down. It may be necessary to tie yourself off and lower yourself back down.



6. *Candles.* Once you have a fire started, you must keep it going. In these days of pilot lights and push buttons, most people have a hard time keeping a newly kindled fire from going out. Anyone, however, can light a candle and use it to get a full-fledged fire going.



7. *Shrill whistle.* This is especially important in group survival situations when there is the possibility of one member of the group getting separated.



Expanding Your Musical Horizons

Music — it's one of life's greatest pleasures. You can expand your enjoyment by making some musical discoveries!

By Eugene and Ruth Walter

Changes are constantly taking place in music. It varies from culture to culture, from year to year.

Music comes in such variety that it's even hard to define what it is! A definition based on Western music, which by itself comes in incredible variety, may not apply to music developed in the Orient.

But you don't have to be a comparative musicologist to discover and enjoy music from other times and places. With the variety of music available today, you can travel the world, learn about different cultures and even travel through time.

In this article, first let's look at some of the reasons music is so

important, then look at how to discover good music from other times and places — and expand your musical horizons.

Magical qualities

Did you know that music affects you physically, mentally and emotionally in noticeable and measurable ways?

Music directly affects the nervous system, the circulatory system, the digestive system, the muscles, the glands — virtually every part of the human body.

Music can temporarily change the pulse rate and blood pressure. It can increase the secretions of the adrenals and other energy-producing and pain-fighting glands. It can affect the outpouring of gastric juice, thereby having a bearing on digestion. It can reduce and delay fatigue and

increase muscular strength.

How does this work? The book, *Doctor Prescribes Music*, by Edward Podolsky, states that because the roots of the auditory nerves — the nerves of the ear — are “more widely distributed and have more extensive connections than those of any other nerves in the body . . . there is scarcely a function of the human body which may not be affected by musical tones” (page 18).

And Dr. Max Schoen adds, “Music is made of the stuff which is in and of itself the most powerful stimulant known among the perceptual processes . . . Music operates on our emotional faculty with greater intensiveness and rapidity than the product of any other act” (*The Psychology of Music*, page 39).

Since music has such a significant impact on us and since music surrounds us constantly, it is important to understand how the Maker of both mankind and music looks at music. Then when we expand our musical horizons, we can know how to pick the best from each musical category.

To evaluate what is good music, we would first measure it with respect to God's law of love. Is the music we hear in harmony with the great principle of love toward God and neighbor?

In the February issue several articles showed that some music, and especially some lyrics, can have negative effects, whether the music was written hundreds of years ago or yesterday. But, on the other hand, music from many times and cultures can be positive,

Choral favorites: Choral and/or solo excerpts from the *Messiah*, by George F. Handel; choral and/or solo excerpts from *Elijah*, by Felix Mendelssohn; choral and/or solo excerpts from *The Creation*, by Josef Haydn.

Popular symphonies and concerti: *Symphony No. 5*, by Ludwig van Beethoven; *Italian Symphony*, by Felix Mendelssohn; *Rhenish Symphony*, by Robert Schumann; *Piano Concerto in B flat minor*, by Peter Tchaikovsky; *Violin Concerto in E minor*, by Felix Mendelssohn.

Program music (tells a story or depicts a scene): *The Moldau*, by Bedrich Smetana; *Symphony No. 6 (Pastoral)*, by Ludwig van Beethoven; *American in Paris*, by George

Gershwin; *Grand Canyon Suite*, by Ferde Grofe; *Victory at Sea* (movie sound track).

Solo piano: Waltzes, polonaises, etudes, scherzi or sonatas by Frederic Chopin.

The baroque sound (high trumpets, strings, harpsichord, recorder): *Water Music*, by George F. Handel; *Brandenburg Concerti*, by Johann Sebastian Bach.

Shorter orchestral pieces: “Blue Danube,” by Johann Strauss; “Fingal's Cave Overture,” by Felix Mendelssohn; “Bolero,” by Maurice Ravel; “1812 Overture,” by Peter Tchaikovsky; “Eine Kleine Nachtmusik,” by Wolfgang Amadeus Mozart; “L'Arlesienne Suites,” by George Bizet; “Polevtzian Dances,” by Alexander Borodin.

uplifting and enjoyable. It takes conscious choice to discern the positive from the negative.

Just think for a minute. What effect does it have on you to be around people who constantly take God's name in vain or tell off-color jokes? After a while you find yourself almost slipping and saying some of the same things they do — even if you don't want to.

Constantly listening to the words of some music — words that express self-pity, revenge, wrong desire or infidelity, will have the same effect. It becomes a part of the way you think, and it is in your mind whether you want it there or not.

In sharp contrast, King David, one of the greatest musicians who ever lived and a man after God's own heart stated, "Your statutes have been my songs." The book of Psalms is a collection of songs David wrote and sang as a means of keeping his mind on God's ways. We can do the same today using the Psalms as well as listening to uplifting music of other types.

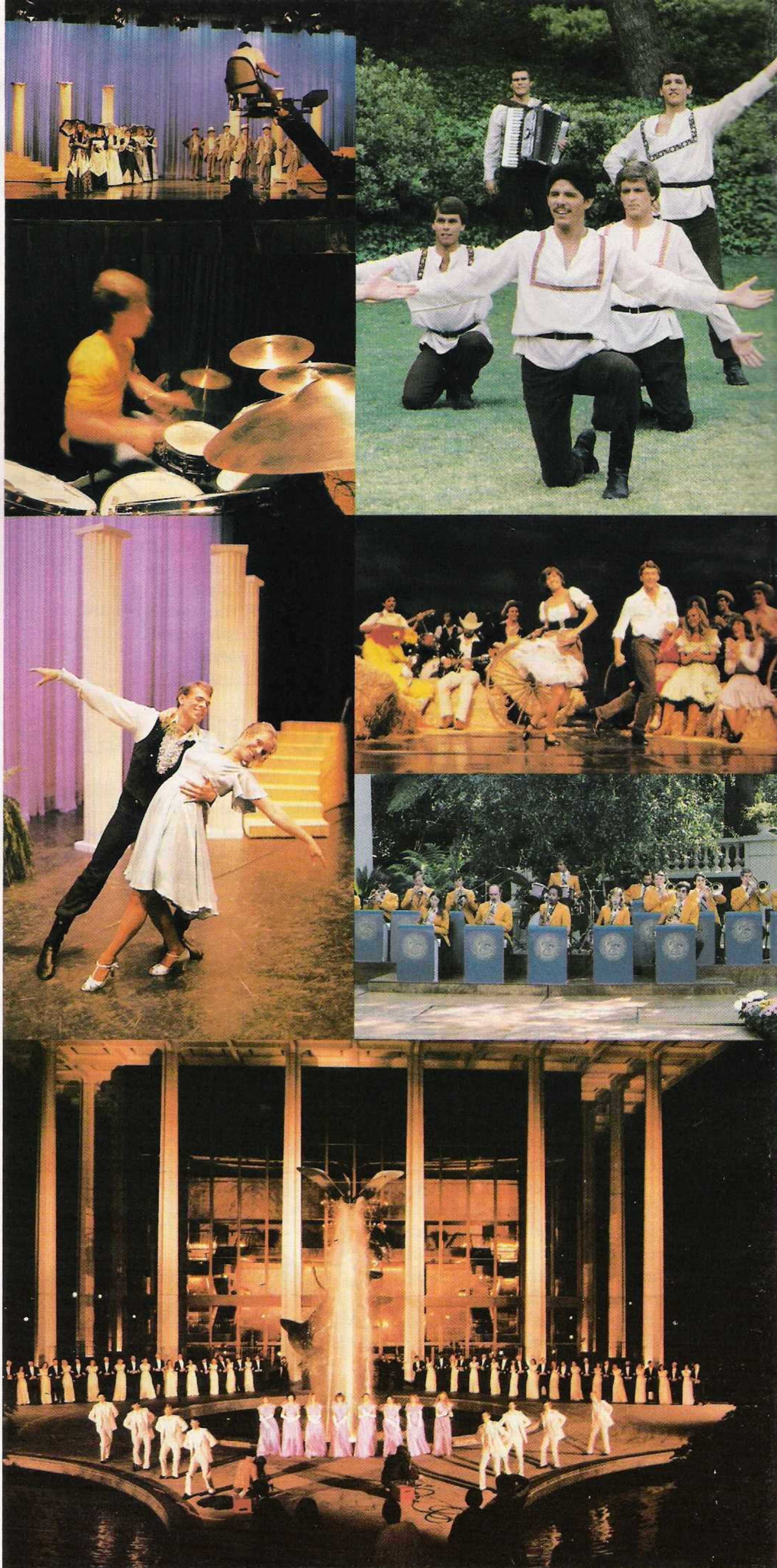
Expanding horizons

Now that we've seen the importance of music and how to discern the positive from the negative, we're ready to discover the music of other times and places. Where should you start?

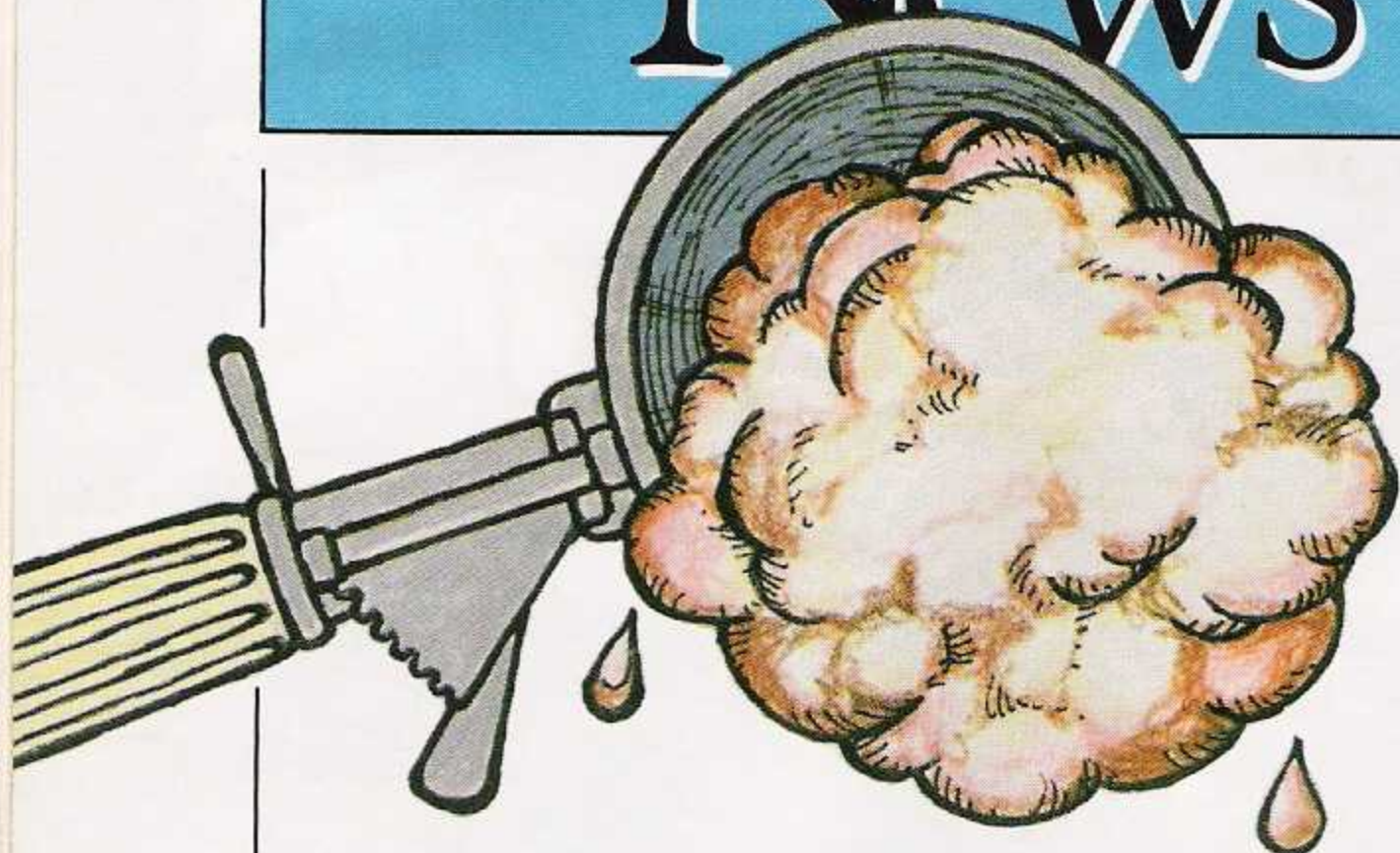
One place to start could be your library. Many libraries have records and tapes available for checkout, so you can explore different kinds of music without spending a fortune. Libraries also often have songbooks so you can play and sing songs from the past.

Do you play an instrument or sing? Joining the school band,
(Continued on page 27)

High-spirited or relaxing — music has many moods. While shooting a musical film, Ambassador College's Young Ambassadors ensemble shows how exciting this variety can be — Broadway show tunes or Hungarian folk dances, ballet or bluegrass, today's pop rhythms or the big band beat of the 1940s. (Photos by Nathan Faulkner)



News & Reviews



The Scoop About Ice Cream

Ice cream — it's a universal taste treat! Whether you're eating spoonfuls of it or slowly licking it, ice cream can cool your tongue while warming your heart.

Have you ever wondered where ice cream came from or how it came to be in the form we now know it?

Ice cream is one type of iced dessert. The earliest ices — snow, flavored with the juices of various fruit — are believed to have originated in China.

In the 13th century, world traveler Marco Polo returned from the Orient with a recipe for a frozen dessert. This dessert is believed to have been a variation of what we call sherbet today.

News of this new treat spread from Italy to France. A delight of the French court in the mid 1500s was a frozen mixture of rich milk sweetened with honey.

King Charles I of England (1600-1649), according to legend, greatly enjoyed a creamy ice. At the time, this special treat was considered a luxury reserved only for royalty.

George Washington delighted in this tasty treat and had several "ice cream pots" in his kitchen at Mount Vernon. Most Americans didn't know much

about ice cream, however, until First Lady Dolley Madison began serving it to her guests in the White House.

Today, people all over the world enjoy this historic treat. The United States leads the world in appreciation of ice cream by consuming 15 quarts a person a year. Australia is in second place, followed by New Zealand and Canada.

The next time you delve into a scoop of ice cream, remember the people down through the ages who also enjoyed this wonderful treat! —
By Ann Hays □

Cycling Safely

Bike riding with family and friends is a fun way to spend a day, a weekend or a vacation. With a little planning and a knowledge of the laws affecting a cyclist, your ride can be even

more enjoyable.

By being aware of the rules of the road listed below, bicycle ventures can be virtually free of injuries.

1. Obey all signs and signals just like you were driving a car.

2. Avoid busy streets and highways.

3. Make yourself easily visible. A brightly colored vest or a flag will help and, if you're riding at night, in many places the law requires lights and reflectors to make you visible to motorists.

4. Use hand signals before making a turn or stopping. Make sure they are seen and understood before changing direction.

5. Wear the proper clothing. Choose clothes that allow you to move freely, but that aren't so baggy and floppy that they get caught in the spokes or chain.

6. Beware of changing road conditions. Sand, loose gravel, sticks and glass can be hazardous. Always keep an eye out for and avoid drainage grates set parallel to the line of traffic.

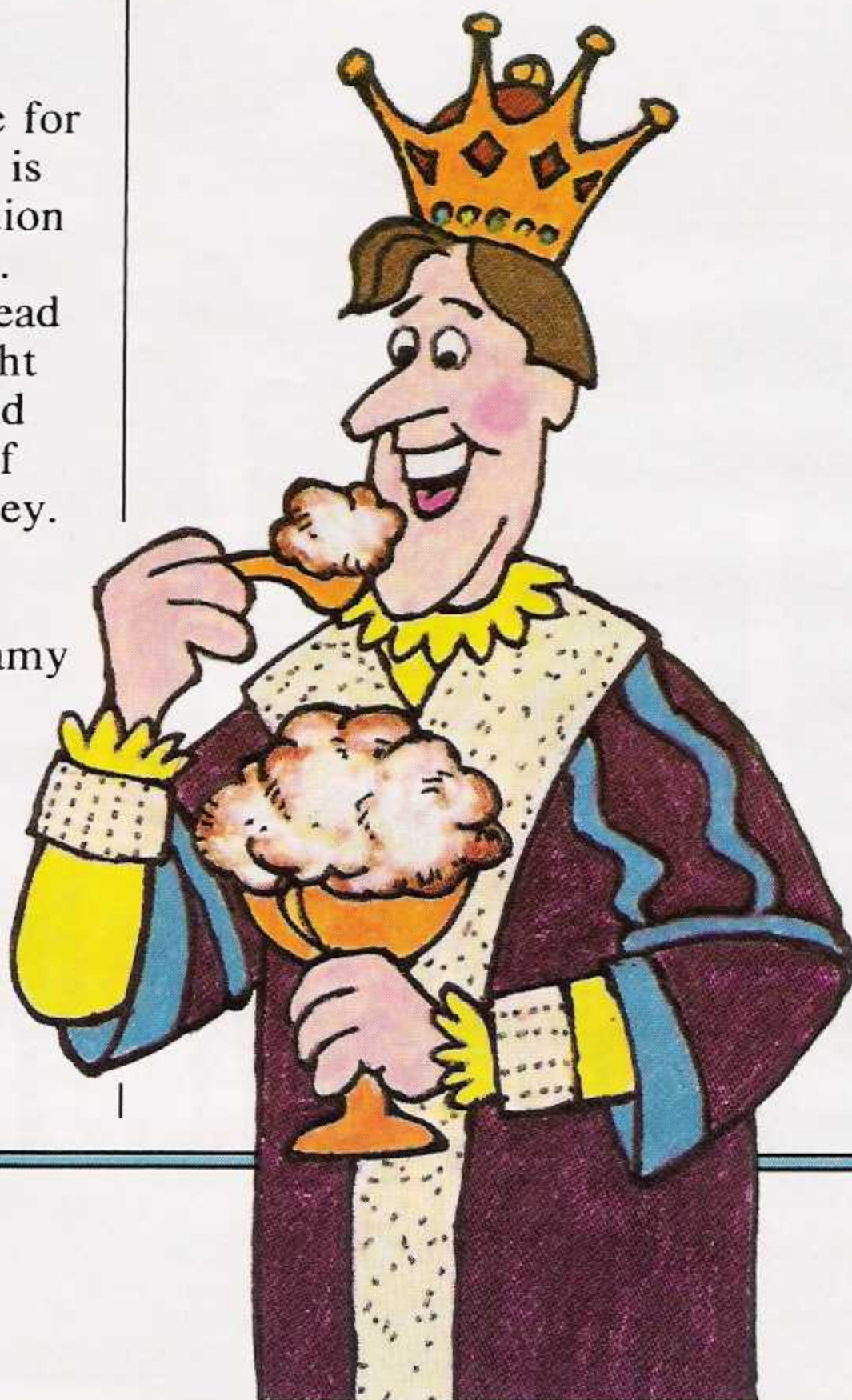
7. Stay alert and be ready to react in any situation. Enjoy the beautiful scenery, but don't let it take your mind off safety.

There might be further laws for cyclists in your area. Have a safe and enjoyable ride! — *By Wilma Niekamp* □

Discover the Underwater World

Here's an exciting and different way to experience the water — snorkeling!

Snorkeling allows you to view a strange, often beautiful underwater world. If you are



visiting a lake, river or ocean, this is an easy, inexpensive way to have fun and experience this often unseen world. You will be amazed at the variety of life that lies beneath the surface.

The best place to snorkel is in the ocean at a place where the

Proverbs for Today: The Know-It-All

"Don't pay any attention to him. He's just a know-it-all!"

Are these familiar words?

Probably we have all known someone who tries to give the impression of having all the answers. Perhaps we have tended to be this way ourselves at times.

Usually such people are

characterized by an unwillingness to accept advice or correction. They have a great deal to say. Have you noticed that the biggest talkers are often full of the most worthless words?

King Solomon contrasted two types of character in Proverbs 10:8: "The wise in heart will receive commands, but a babbling fool will be thrown down" (New American Standard Bible).

A foolish person thinks he has nothing to learn — that he knows it all. Feeling self-sufficient, he won't listen to anyone and tries to impress others with his talk.

The tragic thing is that a person like this will normally achieve the opposite of his intent. Others are not fooled or impressed.

Editor-in-Chief Herbert W. Armstrong has told of how he himself at age 18 believed he knew more than his father. Some years later, he was surprised to find out how much his father

had learned! Mr. Armstrong realized he didn't know it all.

Young people do tend to forget that their parents' experience of longer life has taught them many valuable lessons well worth listening to.

Former college basketball coach John Wooden used to tell his players which knowledge really counted. It was what they learned *after* they knew it all!

It is wise to recognize our limitations and to always be willing to learn. This is how we can avoid the failure that awaits the babbling fool.

Keep listening and learning. This will prevent you from being categorized as a know-it-all. —

By Jim Roberts □

Calligraphy — The Art of Beautiful Writing

Somewhere in Italy in the 10th century, a monk sat bent over his work. He was copying a book by hand with a quill pen and ink, and he strove to make each letter a work of art. With graceful curves and alternating thin and thick strokes, he was practicing calligraphy, the art of beautiful writing.

Before the invention of movable type, all books were copied by hand this way, and calligraphy was a valued and practiced art. This art is making a comeback today, as more and more people become interested in learning to make beautiful handwriting for signs, poems, invitations and letters.

(Continued on page 22)



water is warm, calm and clear. It is here that you may find beautiful fish, brightly colored coral, unusual shells and varied plant life.

The only equipment needed is a face mask, flippers and a snorkel. The face mask, made of glass and rubber, prevents the water from blurring your vision. The flippers allow you to swim faster, but more important, they let you swim for long periods of time with little effort.

The snorkel is a short breathing tube. One end fits into the swimmer's mouth, and the other end protrudes above the water about 6 inches. This allows you to breathe and watch the bottom at the same time. As you swim along, if you see something of interest below, you can take a deep breath and go down to take a closer look.

It is a good idea to swim in pairs in case one person should need help. It is also more enjoyable to share with someone this colorful world beneath the waters. — By Ronda Kelly □

News & Reviews

(Continued from page 21)

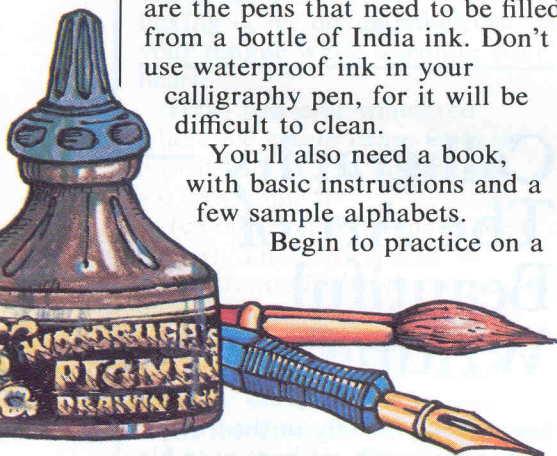
You can learn to fill pages with beautiful writing too. But first, you'll have to set aside your ball-point pen for a tool more like the ones copyists used — a broad-tipped lettering pen.

Of course, the monks' pens were made of a feather or a reed. Yours will more likely consist of a plastic nib holder and ink reservoir, with a broad metal nib. Such pens are available in hobby and art stores and are relatively inexpensive. Some come with an assortment of different-sized nibs, so you can vary them depending on the size of your lettering.

The type of pen you buy will determine the type of ink you use. Some pens use small cartridges of ink. More common are the pens that need to be filled from a bottle of India ink. Don't use waterproof ink in your calligraphy pen, for it will be difficult to clean.

You'll also need a book, with basic instructions and a few sample alphabets.

Begin to practice on a



sheet of lined paper.

Sit up straight to avoid muscle tension.

The most important thing to remember is to hold your pen with a 45-degree angle to the top of the page. By holding it at this angle as you move it to form the different lines and shapes, you will be able to achieve the varying thicknesses of line that make calligraphy so distinctive and graceful.

Work on moving your whole hand and arm rather than just the wrist. Try to develop rhythm and continuity for a free-flowing hand.

Be sure to clean your pen

carefully with soap and water after each time you use it to prevent the ink from drying and clogging it.

Calligraphy is an art — it takes time and practice to master. With patience, however, you will develop the skill to add a touch of elegance to those special things you write. —

By Colleen Gus □



Consumer Guide: Sunglasses

Sunglasses, sunglasses — everybody's wearing sunglasses.

Sunglasses come in many styles and colors and have many purposes. But what do you as a consumer need to know about sunglasses?

The gray lenses most sunglasses use are the best for blocking out the sun's harmful rays. These gray lenses don't throw off the color balance of the light reaching your eyes.

Green is the next best but will give everything a green tint when worn. Blue lenses are bad. This color lets in the harmful ultraviolet rays that sunglasses are supposed to block out.

How can you tell if you are buying a good pair?

Distortion test. Start with the lenses about a foot and a half away. Point them at a straight, vertical line and look through the glasses as you move them back and forth. Does the line distort, that is, waver, wiggle or

bend? If it does, it will cause your eye muscles to strain trying to correct your vision.

Darkness test. Are your glasses dark enough? Put your glasses on, and look in a mirror. If you can see your eyes, chances are they aren't offering the protection from the sun that you need. The only way to tell is by using them. Check out the sunglasses' glare protection in the sunlight.

Fit test. Do they sit on your nose straight? Are the frames constructed well? Too tight?

Sunglasses can be good for the safety of your eyes, especially anytime you're in the sun for extended periods of time. Sunglasses should not be worn inside because your eyes will become oversensitive to bright lights.

Remember: You only have one set of eyes, so protect them. See you in the sun! — By Nathan Faulkner □

FRISBEE'S FRIENDS



BY CAROL SPRINGER

Teen Bible Study

A Gold Mine in Your Home!

Prepared by Richard A. Sedliacik

The Homestake Mine in Lead, S.D. — the most famous gold mine in the United States — has yielded fantastic wealth. Since 1877, more than 1,000 tons of the most-sought-after, highly prized metal on earth have come from this mine.

Have you ever dreamed about owning a gold mine like this?

What would you do if you were told about a major deposit of gold nearby — just waiting to be discovered? Chances are you'd spend your entire savings as well as countless hours searching for it!

Believe it or not, you have a gold mine that's just waiting to be discovered! But it's not filled with this precious yellow metal. It's a gold mine of wisdom and common sense written by the wisest man who ever lived.

That gold mine is the book of Proverbs! It contains priceless wisdom that shows us how to live successful, happy lives — how to have and enjoy good health, a challenging career, a beautiful marriage and happy children. It also gives us keys to building meaningful and lasting friendships.

Before reading further, be sure to get your Bible, a pen or pencil and some paper so you can read and write out the Bible verses that answer the questions asked in this study.

1. Who wrote the book of Proverbs? Proverbs 1:1. Who was Solomon? Same verse and I Kings 2:12. Was he the wisest of all men? I Kings 4:30-34. How did Solomon obtain this wisdom? I Kings 3:5-13, 4:29.

After Solomon became king of Israel, God appeared to him in a dream and asked him what he wanted most. God granted Solomon his wish and gave him the greatest wisdom and understanding of any man on earth!

2. To whom did Solomon write the book of Proverbs? Proverbs 1:1-4. Does he repeatedly show that the book is primarily intended for young people? Proverbs 1:8, 2:1, 3:1, 11, 21, 4:1.

3. Why is the book of Proverbs addressed to young people? Proverbs 1:33, 2:1-12, especially verses 10-12, 3:2-4.

Solomon recognized the vital importance of the proper teaching a young person needs before going out to face the world on his or her own. He recorded his God-given wisdom so that we all might learn to lead happy and productive lives.

4. Are true wisdom, knowledge and understanding more valuable than material possessions — than even silver, gold and precious stones? Proverbs 3:13-18, 8:10-11.

Few people have ever had both wisdom and riches. Solomon did, and he realized that wisdom was his most valuable possession!

5. Solomon often spoke about the company one keeps. Does he caution us to choose our friends carefully? Proverbs 22:24-25, 24:1. What further advice does he give about our association with others? Proverbs 24:21-22, 20:19, 14:7.

People tend to imitate the traits, attitudes and values of those with whom they associate. This is why Solomon cautions us about associating with those who would cause us to compromise God's standards of morality, quality and excellence.

6. Will one who associates with wise men become wise himself? Proverbs 13:20. Is a good friend one who sharpens our wits and helps us to grow? Proverbs 27:17.



Could you be fabulously wealthy — and not even know it? (Photo by Hal Finch)

Teen Bible Study

We can be positively influenced by friends who are known for their wisdom and good judgment — those who are striving to do what's right and who are truly concerned for our welfare. On the other hand, we can be negatively influenced by those who do not have high standards of conduct and who seem to be concerned only about themselves.

7. What advice does Solomon have for building meaningful and lasting friendships? Proverbs 18:24. Does a real friend show love and concern for others and try his best to avoid offending them? Proverbs 17:17, 18:19.

The way to have friends is to show yourself friendly, going out of your way to encourage, help and serve others.

8. Solomon also has much to say about the end results of one's actions. Will a person ultimately pay the consequences of improper conduct? Proverbs 6:12-15. Will a wicked person's devices ultimately boomerang to ensnare him? Proverbs 5:21-23.

9. But will a person who walks uprightly reap blessings from God? Proverbs 3:33-35, 11:27.

There is a cause for every effect! Decisions and actions of today can lead to success and happiness, or to frustration and heartache in time to come. Solomon shows that we reap what we sow, whether good or bad.

Now let's notice what Solomon tells us about the value of correction and discipline.

10. Will a really wise person appreciate correction and instruction? Proverbs 9:8-9, 12:1, 13:18. How will wise parents deal with their children? Proverbs 3:12, 22:6, 29:17. And will a wise child heed his or her parents' correction and instruction? Proverbs 13:1, 15:5.

Though correction is often hard to take, it is for our own good. There are many people, including our parents, relatives and teachers, who are older, wiser and know more than we do. It is definitely to our advantage to heed their instruction and correction.

11. Why is it so important to listen to advice and take correction? Proverbs 14:12. Before making important decisions, is it wise to seek advice and counsel? Proverbs 11:14, 15:22, 12:15, 19:20.

Sometimes what we think is a good

decision is not necessarily the best course of action. That is why advice from our parents, teachers and elders is so important. In many cases they have gone through similar experiences and are more than willing to give us the guidance we need to make the right decisions. They want to help us avoid making mistakes that could prove costly.

12. It is becoming increasingly difficult to find people who are diligent in their work. Does Solomon show that diligent effort will always prove its worth? Proverbs 10:4-5, 13:4.

13. Who will become the leaders directing the rest of the workers? Proverbs 12:24. And what will be the fate of the slothful or lazy? Same verse.

"The slothful will be put to forced labor" is how the Revised Standard Version renders this verse. Those who work diligently and with zeal will be recognized. They will eventually be given higher pay and greater responsibility because they have become valuable assets to their employers!

If you are working at a summer job or already have steady employment, be the kind of employee who increases production. When the time comes for raises and promotions, this is the person who will be remembered.

14. Though hard work will lead to financial security, what should such a blessed person's attitude be toward money? Proverbs 11:28. Is it important to know how to use financial resources correctly? Proverbs 3:9-10, 21:26, 28:27. Does Solomon advise us to beware of deficit spending? Proverbs 22:7.

As we have seen from this brief study, each proverb condenses the meaning and power of thousands of words into just a few short and simple sentences. But we have only scratched the surface of this God-inspired gold mine of wisdom!

So be sure to continue studying the book of Proverbs. (Using a modern translation will be helpful.) Think about each proverb and how you can apply the principles you learn to your daily life. Talk about these principles with your parents, remembering that "iron sharpens iron."

Remember — now is the time to tap the priceless wisdom that will help you have a long, successful, happy and rewarding life! □

Dear Youth 83,

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

Q. I am 15 years old and like this boy who is 22 and wants to date me. My mom says that I cannot date this boy because he is too old for me. What difference does it make how old he is as long as I am old enough and we like each other?

A. Once a person is out of his teens and is a full adult, an age difference of a few years or so isn't too important. But the teenage years are years of big and important changes in a person's life. Although you have been a teen for a few years, and have therefore faced some experiences, you still have a long way to go before you are a full adult. Your friend, being now adult, has already faced more of life than the years between you might seem to indicate.

This means that the two of you could not help but be mismatched in terms of mental maturity and experience. Too often an adult who is dating a young teen is doing so only to take advantage of the teen's naivete, such as by making sexual advances.

In fact, there is such a large difference in maturity between a midteen and an adult that most adults would not even want to date a teen of that age. We believe your mother was trying to protect you. We think she is wise.

Q. I have lots of friends and enjoy being with them. When I'm around them, I feel natural and not nervous or scared. My problem is that when I'm introduced to new people, especially adults in a crowd, I get uptight and appear withdrawn and cold.

A. The problem you describe is not only common to teens, but it's a concern of almost all adults as well. We all fear meeting new people to some extent, especially

those outside our peer group.

This fear usually comes from anxious concern about ourselves ("How do I look?", "How do I sound?", "What do they think of me?"). This self-concern makes us freeze up.

Strangely, simply knowing the cause of nervousness doesn't seem to help. Neither does telling ourselves not to be nervous.

But take heart, because fears can be overcome by our actions! In other words, actually forcing yourself to talk will break down your fears and build a sort of confidence momentum.

At first glance, the solution to the problem seems to be the same as the problem. After all, how can you force yourself to be talkative when fear stops you from forcing yourself? But still, the solution to fear is pushing past it, in small steps at first.

Here is one of the most effective ways to get into action. When meeting new people, pretend mentally that you are the host rather than merely another stranger. And then do what a host would do. That is, introduce them to people you already know, get your new acquaintances some refreshments (if appropriate) and make *them* feel comfortable. By thinking about them and how they are feeling, you will get your mind off yourself

and begin to conquer your fears.

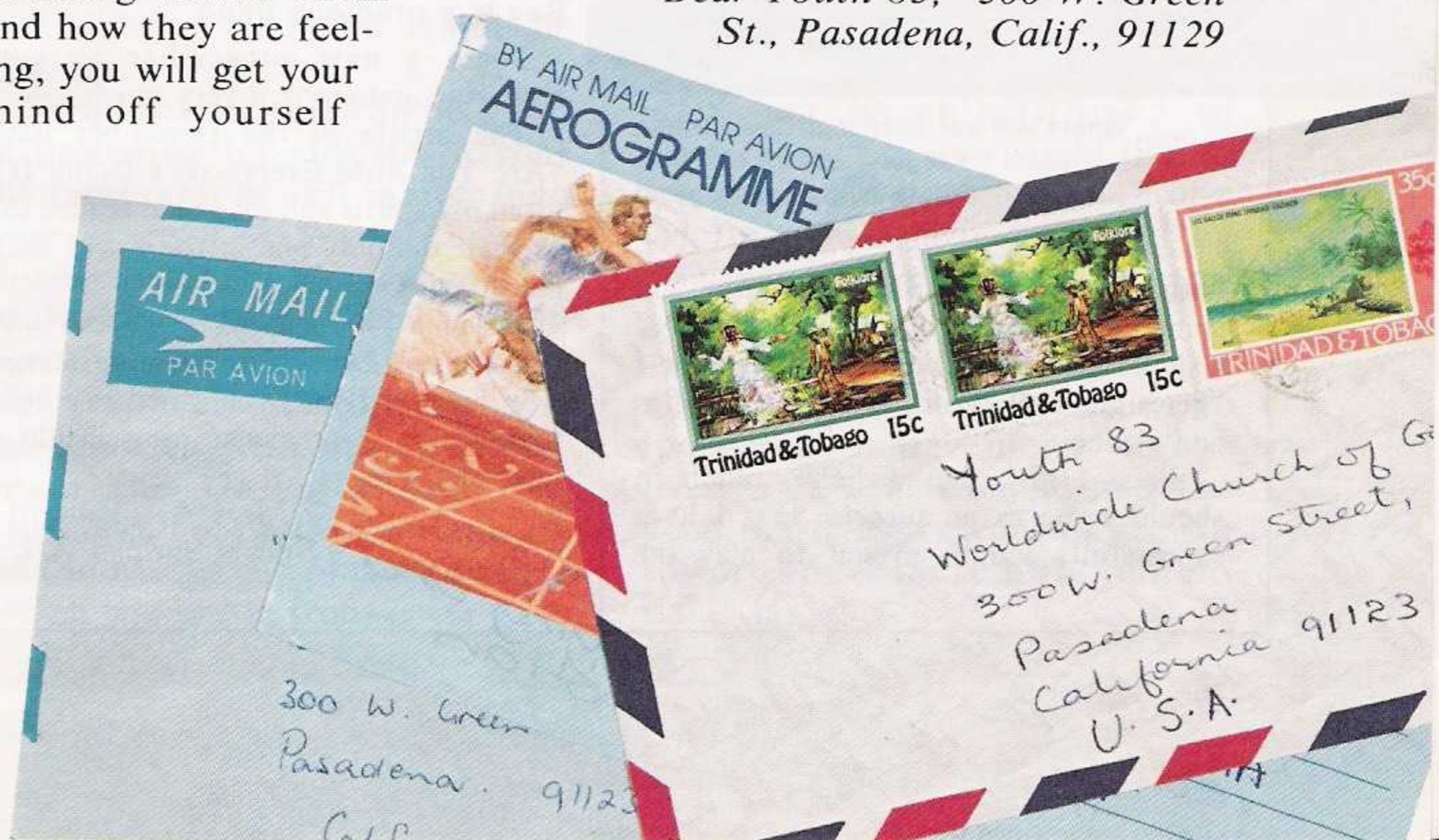
Q. One of my friends in school started smoking a while back and now is trying to get me to start also. I keep telling her that I don't want to, but she keeps nagging and saying it's fun and that I'm just scared of my parents. How can I make her stop pushing me?

A. Your decision not to smoke is a good one. With the mass of evidence we have showing its harmful effects, absolutely no valid justification exists for smoking.

The fact is that it is a smelly, dirty, expensive, harmful and selfish habit. And, while young people are added to the ranks of smokers daily, almost without exception they come to deeply regret the habit later and try to quit.

Most young people who begin to smoke do so not for the taste or pleasure but to act grown-up and look stylish and sophisticated. Tell your friend that you don't feel that smoking is sophisticated and that you value your health. Say that although you desire her friendship, what your parents think is more important to you. If she cannot accept your decision, you may have to find other friends. □

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



Letters

(Continued from inside front cover)

Clayton Steep and "Music's Magical Powers" by Donald L. Ward in the February issue of *Youth 83*.

I fully agree that music does something to your mind because when I listen to it, in a short while it starts to get on my nerves and it makes me feel angry and all I want to do is tear something up.

People in school are always telling me that I'm not "with it" because I don't like to listen to today's hard rock. After reading these articles, I am glad that I don't listen to it.

Darlene Smith
Colton, Ore.

Nothing like a strong beat

After reading your articles on music in the February issue of *Youth 83*, I thought you, and other teenagers, would enjoy reading about my feelings on the subject.

All my life I have learned to listen to and appreciate many different types of music. But I must admit that my favorite is rock... This does not mean that I'm endorsing the lyrics these records include, nor do I approve of the life-style that many of these bands lead. The characteristic of rock that attracts me, though, is the music itself. There's



Goats will eat anything! Could these goats be regular eaters of *Youth 83*? (Photo by DaAnn Rogers)

nothing like a song with a strong beat and spine-chilling guitar riff to pull me out of a depressed state. You could say that I "get high" on rock music instead of drugs and alcohol.

Since I love the music so much, it should come as no surprise that I have successfully taught myself to play the

electric guitar. I agree with Mr. T. Davis Wood in that I'm not "aligned with the devil" because I play an electric guitar. I have a great fascination and love for this instrument. Yes, a lot of rock music is noise, but a lot of it displays a great deal of talent.

To conclude, I hope to one day play my music, uplifting lyrics included, to the teens of the world tomorrow.

Mark Loudermilk
Atlanta, Ga.

"Good Ol' Boys"?

In the February edition of *Youth 83*, there was an article entitled "There's Music in the Air... (But What Does It Say?)." The article contained words from a variety of songs.

I was disappointed when you listed things from the song "Just Good Ol' Boys"... The song presents listeners with a lesson in good morals. To quote a few words from the song, "We mean no harm by things we do, or the trouble that we get into," shows the good nature of these fine young men. This song, along with most other country songs, lets the listeners realize that it is a person's good values and attitudes that count, not the small, unimportant events of everyday life.

Eric Smith
Gainesville, Fla.

A "lesson in good morals"? Being in jail for endangering other people's lives and property by driving 120 miles an hour on city streets, "messing 'round" with another man's wife, throwing someone out a window, stealing a truck, beating a relative "half to death," breaking various other laws? These have nothing to do with "good morals," nor "good values and attitudes," nor are they "small, unimportant events in everyday life." If you doubt that this is the case, just ask any of the victims of such activities!

Sex is a precious thing

I am a new subscriber to your magazine and enjoy it very much.

The article in the December issue, "Are You Sure Everybody's Doing It?" lifted my spirits and made me realize that I'm not the only one in the world that's not doing it.

I recently read Mr. Herbert W. Armstrong's book, *The Missing Dimension in Sex*. It has confirmed my belief that sex is a precious thing inside of marriage.

Mary Ann Howard
Siloam Springs, Ark.

"... Friends Are 'In' "

Thank you for the article "Cliques Are 'Out,' Friends Are 'In' " [March-April *Youth 83*]. It really helped me to understand why people leave me out. It helped me to understand and be aware about that so I won't do that to somebody else!

Karen Kellogg
Austin, Tex.

A great hobby

I am writing about the article "All Aboard — Tracking the Model Railroad Hobby" [February *Youth 83*]. My father, brother and I had a very big layout, and liked the hobby very much. We... later lost interest.

But now we are ready to go at it again. The hobby is a great one. Hope you all enjoy it.

Richard Prokesch
Manville, N.J.

Not knowing what to say

Thank you for your recent article entitled "Do You Fear the Opposite Sex?" by Jeff Zhorne in the January issue. It opened a few doors for me. Not really being shy, but simply not knowing what to say.

Roberta Manley
Bonanza, Ore.

"Is God Fair?"

I've just finished reading the February issue of *Youth 83*. I just have to thank you for the article "Is God Fair?" I hope people get and understand the message. Articles like "There's Music in the Air... (But What Does It Say?)", "Impressions of a Rock Critic," "You Did It Dad — Why Can't I?" and "Congratulations, You're a Girl" gave me an even wider view on things, and made me feel even better that I am and many of my friends are girls.

Andrea Weston
Brooklyn, N.Y.

Reading son's magazine

I have a teenage son who receives *Youth 83* and I find myself reading his magazine from cover to cover. I not only learn from the enlightening articles, but they help me teach my two younger sons many useful things.

I especially appreciated "You Did It Dad — Why Can't I?" by John Halford [February *Youth 83*]. It was a great help in explaining this age we live in and the wonderful things in store for us in the future.

Carol Jaeger
Hawley, Minn.

After High School

(Continued from page 10)

rather embarrassing to be on a date, only to have the car fail to start. And it is even more embarrassing not to know what to try to get the car going. All this could have been avoided if only you'd been using a few Sunday afternoons in learning something about the mechanical marvel that (sometimes) moves us.

Teen guys can gain a lot by spending some of their time learning how to fix things — cars, lawn mowers, washing machines and so on. Even a basic knowledge of how things work might prove to be invaluable someday soon.

I remember a sign that hung on the wall of one of my classrooms in school. It read: "I have six friends and here are their names: who, what, when, where, how and why." The point was a valuable one.

Good questions

People who ask good questions about life are bound to learn more and thus develop a clearer concept on what it takes to be a success.

Be wise enough to seek qualified adults for answers to questions that are important to you. Most people are only too happy to pass on advice that may have come to them at great price. They would be happy to save you some of the problems they had to endure, simply because they did not ask the right question at the right time.

A young man who asks his dad to teach him what he knows about fixing cars is a wise teen. Dad has learned some painful lessons he would be most happy to help you avoid!

"Hear, my children, the instruction of a father" (Proverbs 4:1). The Proverbs tell young people to listen to their parents. They've been teenagers, too, and they know the challenges life can offer. Getting answers right from Dad and Mom shows a lot of common sense.

"Every wise woman builds her house," wrote Solomon in Prov-

erbs 14:1. That building process must start long before she says "I do." To build her house, she must start early in life learning the secrets of the important profession of wife and homemaker.

A girl would be wise to read books and articles on nutrition, care of babies and child training. *The Plain Truth* magazine publishes articles in these fields regularly.

Take as many home economics classes as possible. Anything you can learn about sewing, food and nutrition and other basic homemaking skills is priceless knowledge that will serve you well in the years ahead.

Seek knowledge and experience from older women. They have a heritage to pass on to the younger generation. Talk to your mother, grandmothers and aunts about homemaking. Their enormous fund of knowledge is yours for the asking.

Start a notebook on homemaking. Begin collecting your mom's favorite recipes. If you take the time to follow these guidelines, you will be years ahead of your friends at school who do not know how to plan their lives.

Don't give up

"A desire accomplished is sweet to the soul" (Proverbs 13:19). Setting proper goals and achieving them brings a sense of worth that no one can take from you. Determine to give your goals your best effort, and you will be rewarded many times over.

Set your will to succeed — to really do something worthwhile — and life will take on a meaning you did not imagine could be possible.

Two booklets that can help you in preparing for success in your life right now, as well as after high school, are *The Seven Laws of Success* and *The Early Years*. If you've already read them, it could be helpful to review them while planning your future. If not, you can send for them free of charge, or in the United States and Canada call our toll-free numbers. The addresses and phone numbers are on the inside front cover. □

Musical Horizons

(Continued from page 19)

orchestra or chorale can bring both the enjoyment of discovering new music and the excitement of performing it for others.

Perhaps there are groups in your area that specialize in the music and dance of other times or regions (such as folk dance clubs). Some radio stations devote a few hours to traditional music from other countries.

Much of all types of music is well worth listening to. But what kinds of music are easiest to start with?

Some of the types you'll probably find most readily available are jazz, ragtime, patriotic songs, dance music, musical and movie sound tracks, marches, country and western and pop. Some selections of any of these can make good and uplifting listening, but, of course, you have to be discerning.

Another widely available and worthwhile type of music to explore is classical music. Classical music is music that has stood the test of time and has been the favorite of audiences worldwide for hundreds of years. According to the dictionary, *classic* means "of the highest class, most representative of the excellence of its kind; having recognized worth."

Classical music often represents the best work of those most gifted with musical talent. Although it may seem unfamiliar or strange at first, the best of this type of music reaches toward the heights of man's creative potential. Excellence of this kind can often help lift us up.

If you haven't listened to classical music, but would like to try, there is a list on page 18 of a few perennial favorites loved by concert audiences for many years.

Good music can be used as an effective tool to stimulate us to increased achievement in our lives. You can listen to and use good music as a means of growth toward our incredible potential. □

The Conspiracy

(Continued from page 1)

marriages, home and family life? These have given great encouragement to the conspiracy against marriage and the family.

The so-called new morality — which is actually nothing but gross *immorality* — has gained considerable public acceptance since the end of World War II. This crusade of the new morality has brought about, first, far more openness and frankness of discussion and conversation about sex and morals; and second, a much more lax behavior, especially among the oncoming younger generation. And one of its greatest dangers is the advent of a new and almost total PERMISSIVENESS.

I think it probably started in the Roaring 20s in the days of the "flappers." Those, especially the girls who were in their late teens and early 20s in the 1920s, became much more permissive. They married and became mothers, but they relaxed authority and parental guidance over their children. Then World War II produced another generation — still more permissive.

Discipline relaxed and virtually disappeared in almost all of the public schools. And now, in the past decade or so, most of the college and university campuses have provided coed dorms where men are free to visit women in their rooms, and women are free to visit men with almost no restrictions.

Of course, the worldwide conspiracy against marriage and the attack against the FAMILY institution has not, as yet, made any sensational dent in the number of marriages taking place. But it is becoming a THREAT that I feel our readers should know about. □

Mr. Armstrong's free booklet, *Why Marriage! Soon Obsolete?*, contains more information on this subject. See the inside front cover for the address nearest you.

Moods Ruin Day

(Continued from page 29)

problem may not send you running through the streets shouting *Eureka*, but it may start you toward a long-range solution.

- *Do something productive.* Moodiness somehow tries to convince us that sitting and feeling sorry for ourselves is the most enjoyable way to spend our time. Don't believe it.

One of the most effective ways to beat the blues is to get our minds off ourselves and onto somebody or something else. So, if you feel the storm gathering, teach your little sister how to do a cartwheel. Get absorbed in a good book. Work on your bike. Volunteer to fix dinner or do a good deed for someone in need.

The one activity to avoid, though (and this goes for the exceptionally good moods as well as bad ones), is making decisions that affect your future. If you quit the soccer team when you're low, you may regret it. When the mood has leveled out, you'll still remember how you felt, but you'll be able to make a more rational decision you will be able to live with.

- *Talk to somebody.* Having a friend around helps fight the loneliness that comes along with bad moods. And sometimes just explaining our feelings to our parents or to a close friend can go a long way toward relieving and controlling these moods.

- *Take your problem and frustration to God.* Which of your friends can help you the most if you go to Him first? Many teens have found that asking God to help them through a rainy day works wonders.

God, after all, is the One who gave us the capacity to have moods, feelings and emotions in the first place. Elijah, Moses, even David, a man after God's own heart (Acts 13:22), had their good days and their bad days. Reading through a few of the Psalms will convince you that David had as many intense highs and lows as any teen today.

When you feel you're having one of those days or sense a mood coming on, why not do what David wrote in Psalm 42? "Why are you cast down, O my soul, and why are you disquieted within me? Hope in God; for I shall again praise him, my help and my God (Psalm 42:5, RSV).

David discovered a key to overcoming bad moods through talking and praise to God. This biblical solution to depression or bad moods is as current as today's newspaper. Try it and you'll see.

The Bible declares that our "God is our refuge and strength, a very present help in trouble" (Psalm 46:1). Read some of David's psalms daily. I think you will find them helpful in surviving the moods that hinder us.

David survived his moods and made the best of them, trusting in God for help.

You can survive them, too — and enjoy them as the natural part of living that they are. □

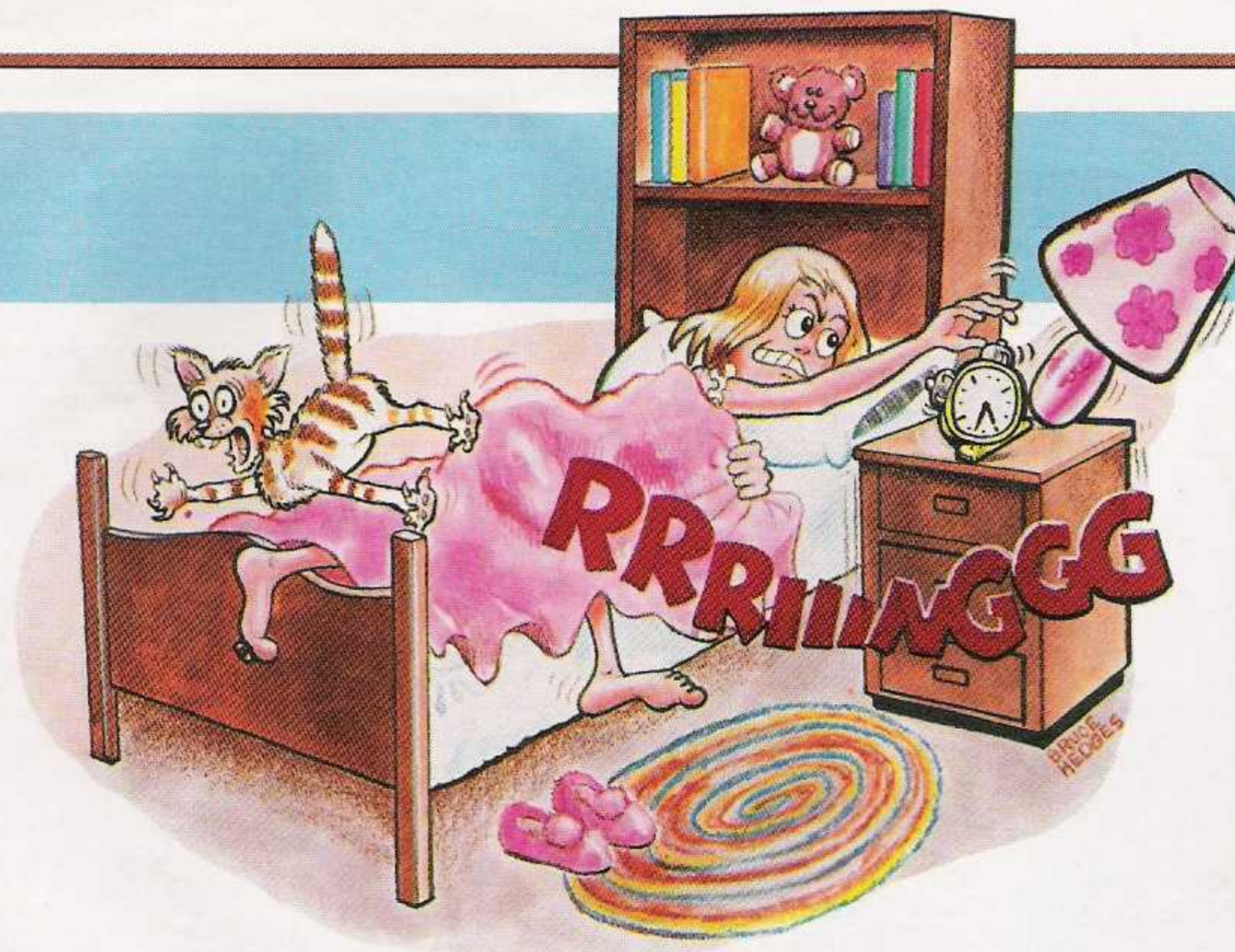
CHINA

(Continued from page 15)

visit the Guangdong Botanical Garden and the city zoo. Here may be seen giant pandas from the forests of western China. In the evenings, gymnastic and acrobatic shows draw large crowds, and the delighted audience applauds each act wildly.

Our brief visit to Canton — or Guangzhou as we have by now learned to call it — is nearing an end.

We've toured the city, sampled its restaurants and cultural life and found out a little about what life is like on the suburban communes. We pause to say thank you and good-bye to our interpreter, Mr. Deng, and our courier, Mr. Yung, as we climb aboard the train. As it rattles along the track of the Canton-Kowloon Railway, through the rice paddies of southern China and over the border into Hong Kong, we reflect on all that we have learned in the past few days of life in the People's Republic of China. □



BY THE WAY...

Don't Let Moods Ruin Your Day

By Dexter H. Faulkner

The minute Judy opened her eyes and reached for the alarm clock, she knew it was going to be one of those days.

It wasn't that she had not studied for a test today (she had), or that she'd disappointed her team in the game last night (she hadn't). It was just that, for no good reason Judy could think of, she didn't want to face the world today.

Later, after having snapped at a good friend, broken a dish accidentally and ignored her little sister, Judy sat down to think about her moderately miserable day. It had fulfilled all her expectations. But why?

Moods. What causes them, and how and when should we do something about them?

A mood is simply a state of mind — the way we feel over a period of time. Thoughtful, frustrated, lethargic, playful, carefree, cheery — these feelings may last from a few minutes to a few months. In

most people, however, moods usually pass after a few hours or days at longest.

Moods add variety to our personalities and our lives. Often, the low spells help us to enjoy and appreciate the highs more.

"Moody Judy" might feel on top of the world one morning, tired and a little depressed by midafternoon and content again by evening. "Stable Mable," on the other hand, never seems to get depressed, but she may rarely experience the bubbly ecstasy Judy feels on her best days.

Occasionally, however, Judy, Mable and the rest of us hit a blue phase that just won't quit. We can't seem to get ourselves over a feeling of disappointment, anger or self-pity. When this happens to you, here are a few helpful ideas to remember.

- *It won't last forever.* A swift slide from the peaks of prowess to somewhere below

sea level may leave you confused and a little frightened.

Although it's hard to believe when you're down, you know you are making progress when you can say to yourself: "I've felt this way before, and it has always gone away. This too will pass."

- *Look for a cause.* During the teen years, many mood changes can be caused by changes within your body. You don't have much control over these mood-movers, but it's comforting to at least understand what's happening.

Your health is a factor you *can* control. Though we may not like to admit it, the way we treat our bodies can powerfully influence the way we think.

Lack of exercise, for example, can contribute to feelings of anger and frustration because of excess energy. Fatigue makes the world look gray to the most optimistic person. An inadequate diet or imbibing drugs, alcohol or certain foods can drag us down in an amazingly short time.

If you suspect that one of these factors may be adversely affecting your moods, try keeping a log of your daily moods along with your sleep, exercise and diet.

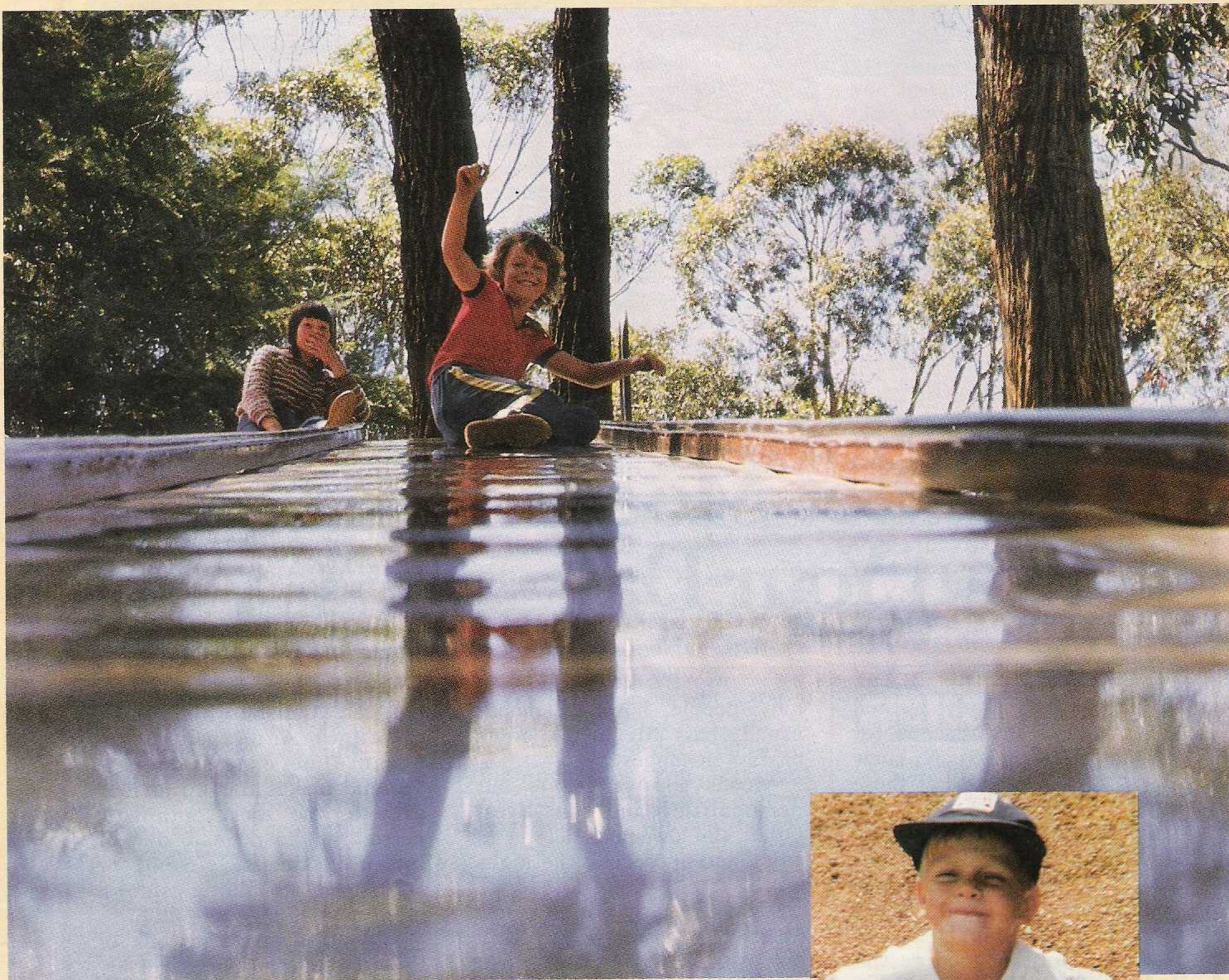
Sometimes an external factor is a cause of a mood, of course — you're grieved at a loss, you're disappointed in yourself or you're worried or afraid of something very real. Sometimes life is so complicated, it's impossible to pinpoint the problem. Still, thinking it through may help you sort things out.

Try to imagine what change in your life would make you feel better. Discovering the

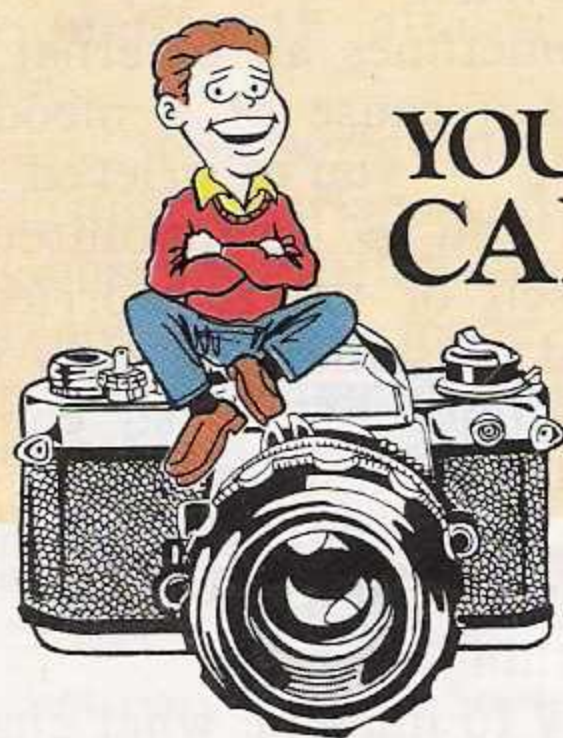
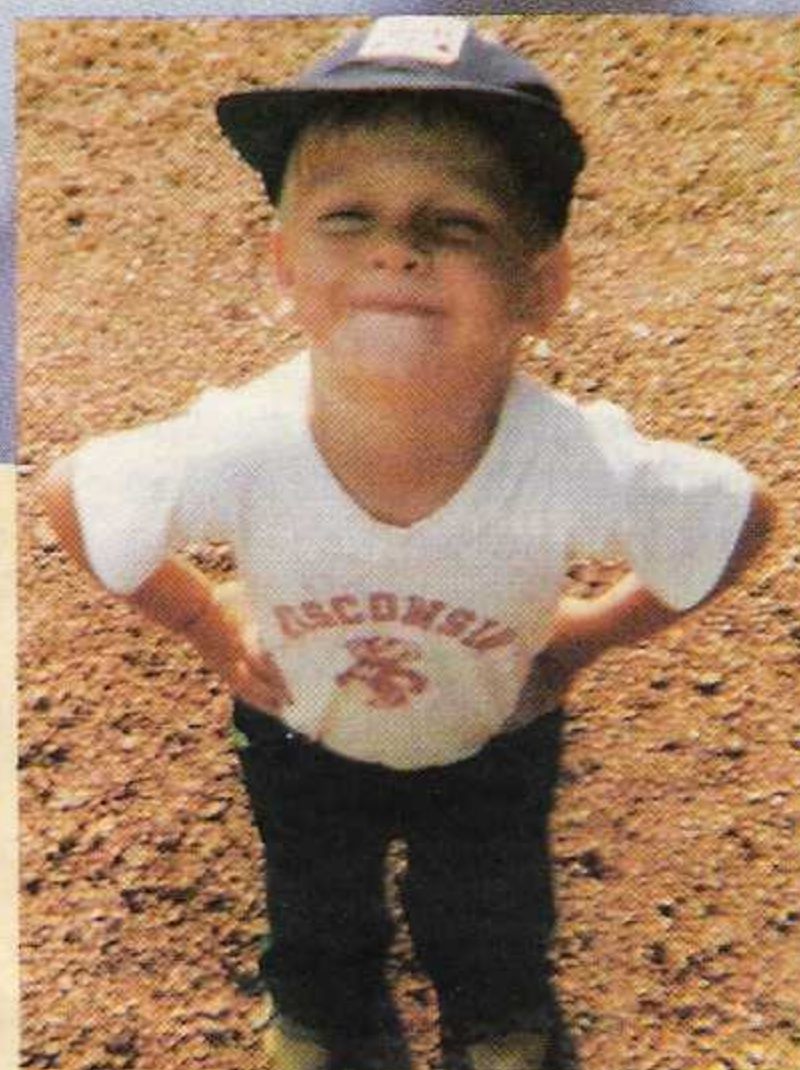
(Continued on page 28)

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