

JUNE-JULY

Youth & 6

**Make
Things
Happen!**

**Discover the
Underwater
World!**

Words Can Hurt
By Dexter H. Faulkner

Youth 86

June-July

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Contents:

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By the Way . . . Words Can Hurt	1
Make Things Happen!	3
Patch the Leaks in Your Wallet	5
News That Affects You	7
What's Your Diet IQ?	10
Ouch-Free Fun!	11
Discover the Underwater World	14
What's It Like to Be a Teen in Mauritius?	16
The Secret World of the Bumble	18
Ideas Plus	20
Teen Bible Study: What's Your Hurry?	23
Dear Youth 86	25
Reader By-Line	26
"Fillaballoon" Humor Contest Winners	27
Youth on Camera	28

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COVER: Fins, face mask, air tanks — teens are discovering the underwater world! Along with scuba diving, the article on page 14 also talks about snorkeling. Photo by Warren Watson.

Letters

Alcoholic beverages

I am writing in response to the young adult who wrote in to "Dear Youth 86," February issue [about alcohol].

I agree with your answer that it is better to steer clear of it altogether, especially if there is alcoholism or drug addiction in the family somewhere down the line. They claim it may be a hereditary disease.

I am 20 years of age and experienced much pain and agony, remorse and guilt in experimenting with drugs and alcohol at age 11. I am a recovering alcoholic today and never thought that drinking a few beers here and there would ever harm me, but I became dependent upon it and got caught in the grips of a progressive and deceiving illness. Some people never recover from it. Most end up in jails, institutions or death.

Name withheld
Pennsylvania

Made me laugh

I really enjoyed the article by Bernard W. Schnippert, "Could You Be Growing Old Before Your Time?" When I first started to read the article, the first two paragraphs made me laugh. ("He was tough — no one could push him around. He wanted everyone to treat him like an adult. And when he was arrested, that's how he was treated. They put him in prison — just like an adult.")

The reason I laughed at your words was because I thought I was tough — no one could push me around. I wanted everyone to treat me as an adult. And when I was arrested, I got treated and sent to prison at age 17 1/2.

I like your approach to writing. Your suggestions are thought-provoking and what you said in your article is "for real." I wish I had read your article many years ago. A lot of people today try the scared straight method — take teenagers to prisons to have convicts introduce them to prison life. This does not work.

What does work is people like Mr. Schnippert who are honest and the intention of their advice is to help and be very firm and warn of the dangers of growing up too fast. To make somebody scared won't stop them — it will challenge them if they are playing the tough guy role. But somebody who has the fear of the Lord will always be free from the school of hard knocks.

Name withheld
Michigan

By the Way...

Words Can Hurt

By Dexter H. Faulkner

Bickering hurts families and can handicap you throughout life. But words used properly can open doors to winning.

Usually, when I write this column, I'm addressing a problem some of you teenagers have asked me about.

I guess turnabout is fair play. One of you teenagers' mothers wrote to me about a problem she is having with you.

Now, I don't know the teenager she wrote about personally, and neither do most of our readers, but the problem she mentioned is familiar. If we don't have it, we all know someone who does.

The problem is arguing, talking back, mouthing off — whatever you want to call it.

This mother was at her wits' end. The constant bickering about any little thing she asked her teen to do was creating an unhappy home atmosphere.

It's a problem in some families more than others, mainly because of differing family backgrounds. Some families are more vocal and expressive, while others are of a quieter nature.

But no matter what kind of family environment, all family members must recognize and follow certain principles if there is to be peace in the home.

A word to parents

First, a word to the parents.

It's your responsibility to see that harmony and peace reign in the home. You have to take the initiative to be sure that all family members are treated with proper respect, and that means that you must set the right example as well.

How can you expect your children to talk to you politely when they don't hear you speaking to one another with respect?

It's easy to become careless in how we talk to others in the fa-

son cannot get along with his or her own family, he or she is going to have trouble with teachers, employers and even other young people.

Children should be instructed from the earliest age to always speak to and treat their parents with proper respect. This is the foundation for all future social training.

Parents make mistakes

Now, to you teenagers: About



miliar home environment. But we shouldn't.

How we treat family members is reflected in how we treat those outside the home. If a young per-

Words are often used to tear down and injure others. These problems may show up on the job and at school, but they start in the home. (Photo by Nathan Faulkner)

The easy-to-get-along-with person will get the most opportunities — not only on the job, but in life.

the time you reach your teenage years, you begin to develop additional reasoning powers, and you realize that your parents aren't God. They make mistakes. Many of you, especially if your parents haven't insisted on your respect before, find it easy to try to reason around anything your parents tell you.

You begin to question family rules and values. Why can't I date whenever and whomever I please? I know my friends better than my parents do. Why, I know the name of every rock group and the lyrics of all the top-10 songs by heart, and my parents don't know any. I can take care of myself. I can make my own decisions.

The problem is, even though you have acquired quite a bit of knowledge, maybe in some areas even more than your parents,

they are still way ahead of you, especially in wisdom and experience.

Successful people's example

Did you know that successful business people — you know, the ones who make all the money and drive the expensive cars — wouldn't think of making a major decision without talking to people who have the wisdom and experience to help them?

That's how they got to be successful people in the first place, by making more right decisions than mistakes.

Resenting your parents' help and advice is a sign that you are still not yet mature enough to realize you need the help of others to succeed in life. It takes maturity to admit you don't have all the answers.

Now you may think by this

thority. Nobody likes to be told what to do, or to be corrected.

Don't be a loser

Whether you like it or not, there will always be a time when you will be told what to do or corrected by someone. If you don't learn to respond properly to orders and correction in the home, you're going to be handicapped throughout life.

You'll be the loser — the one always losing friends, promotions, raises, jobs.

Think about it for a moment. Who would you rather work with and be around? A person who cheerfully carries out instructions, who can admit it when he or she is wrong, or a person who is difficult to talk to, who sullenly resents any directions, who can't be corrected without a big argument?

Believe me, and you can because I have about 50 people working for me, the cheerful, easy-to-get-along-with person is the one who will get the most opportunities — not only on the job, but in life.

So, take stock of yourself. How well are you learning these lessons in the home? Your parents aren't going to be around forever, you know. Why not start now to appreciate what they're trying to teach you? All they want is for you to be as successful and happy in life as you can be.

Why not ask them to read this article? That will let them know you understand, and appreciate and want to learn what they have to teach you.

Then, stop and think every time before you speak to or answer your parents. Try to answer them calmly and respectfully, no matter what. Even if they are angry and upset. If you are wrong, say so. If they are wrong, they'll find out soon enough.

You'll be gaining the self-control and maturity you need to face whatever comes your way. And you'll build a relationship with your family that will bring you rewards for the rest of your life.

Take my word for it. □



Peace in the home is possible, even if bickering has been the rule. The self-control and maturity you gain will open doors to winning! (Photo by Nathan Faulkner)

time that I've completely gotten off the track of the original problem. No, the underlying reason young people smart back to their parents is resentment against au-

Make Things HAPPEN!

By George M. Kackos

Did you know that you can be a good leader — someone who makes good things happen? In fact, you should be!

So much could have gone wrong!

You've probably been to a party or activity where things did go wrong: The food wasn't very good, the games were boring, the surroundings were unpleasant. Things like that can really bother you.

But the organizers of a camp-out I went on didn't want things to go wrong.

They spent long hours in behind-the-scenes work and planning, thinking of all the things that could go wrong and trying to avoid them.

All their hard work paid off.

Imagine yourself in the setting we enjoyed: A gentle breeze refreshes you as you appreciate the beautiful shade trees.

Protecting your privacy is a thick wall of shrubbery. Underneath your feet is a luxurious carpet of grass. Nearby is an open field for playing games and a lake for swimming.

Surrounding you are your friends. As a group you are equipped with tents, stoves, food, tables, utensils — everything needed for a successful camp-out. Activities to entertain, educate and relax you have been carefully arranged.

Sounds great, doesn't it? It was a lot of fun! Together, we enjoyed the scenic beauty of the campsite, the games we played, the talks we had, the food we ate and much more.

What made this camp-out possible? It was leadership — good leadership — that not only made it possible, but also highly enjoyable.

Leadership affects the quality of activities in everyone's life, including yours. It can bring results that are good or bad. This is why it is such an important subject — it affects everyone.

But what is leadership? Can you define it? The best simple definition I have heard is, "The ability to make things happen."

So the question is, how do you make things — the right things — happen? To answer that, we need to consider some of the basic ingredients of good leadership.

Helping others

Does your school have student body officers? If so, what motivates them to be leaders? Is it first and foremost the desire to serve and help others?

Attaining an office is often just a popularity contest. It can be simply a way of impressing others. Serving is either less important or forgotten.

It shouldn't be that way. Those

who lead should strive to serve. That is the attitude that Jesus Christ teaches.

In Luke 22:25-27, He told His followers not to be like the governmental leaders of the day — getting all they could out of those under them. Jesus Christ set the example of a leader totally concerned with serving and helping His followers.

Do you have this attitude of service? Are you concerned about others? If so, it will be reflected

in your willingness to lead and in the way you lead. You will seek and accept leadership opportunities. (Remember, of course, that the best leaders have learned first to be good followers.)

For example, you might organize a party for your friends or volunteer to serve on a youth group outing. When you undertake your task, you will do what is needed, not what will give you some personal advantage.

This important principle of service is the underlying ingredi-

Preparing for a camp-out takes hard work, organization and leadership to make sure nothing goes wrong. When everything goes right, it's all worthwhile!



Photo by Hal Finch

The principle of service is the underlying ingredient. Don't perform any leadership role without it.

ent to all good leadership. Don't perform any leadership role without it.

Know the needs of others

What do others around us need? This is an important question to ask ourselves. The answers determine the goals that should

What if you went on a camp-out and part of the tents — or the food — was left behind? That's why organization and leadership are so important. By being a good leader, you can help make things go right! (Photos by Hal Finch)



be set. Those who planned our camp-out were frequently asking questions to determine the needs and interests of the group.

These were some of the questions: What kind of campsite is needed? How costly should the outing be? What kinds of equipment are needed? How should we use our time on the camp-out?

These efforts produced a list of needs that determined the goals for the camp-out. Your efforts in planning an activity should also include uncovering needs. Don't be afraid to ask questions! By doing this, you can establish a list of worthwhile goals. Wisdom is needed to best meet the sometimes conflicting needs of the group.

Draw from your past experiences. Think about why other activities have succeeded or failed. Analyze the needs that were involved. Use books on the subject. Talk to people with knowledge about the activity you're plan-

ning. Why learn everything by experience when others have already mastered that knowledge and made it available to you?

Since the goal of leadership is to properly satisfy needs, don't lose sight of the importance of determining those needs.

Your list of needs will help you determine the right goals. But your goals must be turned into accomplishments. This is often the weak link in leadership.

Will you turn your leadership goals into accom-



plishment? You can by being committed to getting the job done.

Reach your goals

Do you work hard and stick with it? Do you put enough time, thought and effort into getting things done? Or do you let things slide, hoping they will get done? What happens when something doesn't go right? Do you give up or keep trying?

A vital principle to consider is delegation. Often the job is too

big to do alone. Don't make the mistake of being so vain you think you must do it all yourself! You need the help of others.

On the camp-out various people were selected for the different jobs. The saying "many hands make light work" was practiced so the work load wasn't too heavy on anyone.

By coordinating everyone's efforts, teamwork prevailed. Enthusiasm was maintained by seeing the results of our efforts and giving each other encouragement.

Another key to success was prayer. Those involved asked for God's guidance and intervention throughout the camp-out. You can accomplish your goals by applying these and other principles. For further understanding, call or write for our free booklet, *The Seven Laws of Success*.

As I look back on that camp-out and think of the smiling faces, beautiful setting and enjoyable games, I realize why good leadership is such a vital skill.

By developing your leadership ability, you can look forward to many enjoyable activities. But the question is, will you put forth the effort needed to become a good leader?

Consider this contrast between good and bad leadership: "When the righteous [good leaders] are in authority, the people rejoice: but

when the wicked beareth rule, the people mourn" (Proverbs 29:2, Authorized Version).

What will the people around you do — mourn or rejoice? The quality of your leadership will determine the answer. Not only will it determine their happiness, but it will affect your happiness.

So why not commit yourself to developing your leadership ability? It can't hurt! You'll be amazed at the opportunities available to those who learn to be good leaders! □

Patch the Leaks in Your Wallet

By Mike Bennett

Here are some tips on making the most of your money.

Does your wallet have leaks in it? Does it seem, no matter how much money you put into it, it ends up empty only a few days later?

If you have this problem, you're not alone. Thousands of adults and teens alike find it difficult to stretch their money far enough. For many of the adults, it has become a frightening experience to try to meet the bills each month.

Do you have some big plans — going to summer camp, traveling, buying a bike or a car, going to college? Chances are, if you don't patch the leaks in your wallet, you won't be able to reach your goals.

Let's look at an example of how someone can learn to keep his or her money from leaking away.

Jim is a typical 15-year-old guy without a lot

of money, but with some worthwhile goals.

Jim really wanted to go on the snow-skiing trip this winter, but he didn't have enough money. So he has decided to save up the money so he will be able to go next winter.

He would also like to buy a new backpack, some record albums, some new clothes . . . not to mention the college savings plan he wants to start! He can't pass up the matching money his parents have offered: Every time he puts money in his college fund, they will put the same amount in!

Where did it all go?

But when Jim looks back at the money he made last summer, he gets discouraged. It doesn't seem like he got anything he really wanted with it, but somehow it had disappeared from his wallet anyway. And it seemed like he was always paying back his parents and his sister for money they'd loaned him.

So this year Jim has decided to use a version of what his parents use to keep their money in control: a budget. Though his parents' money is

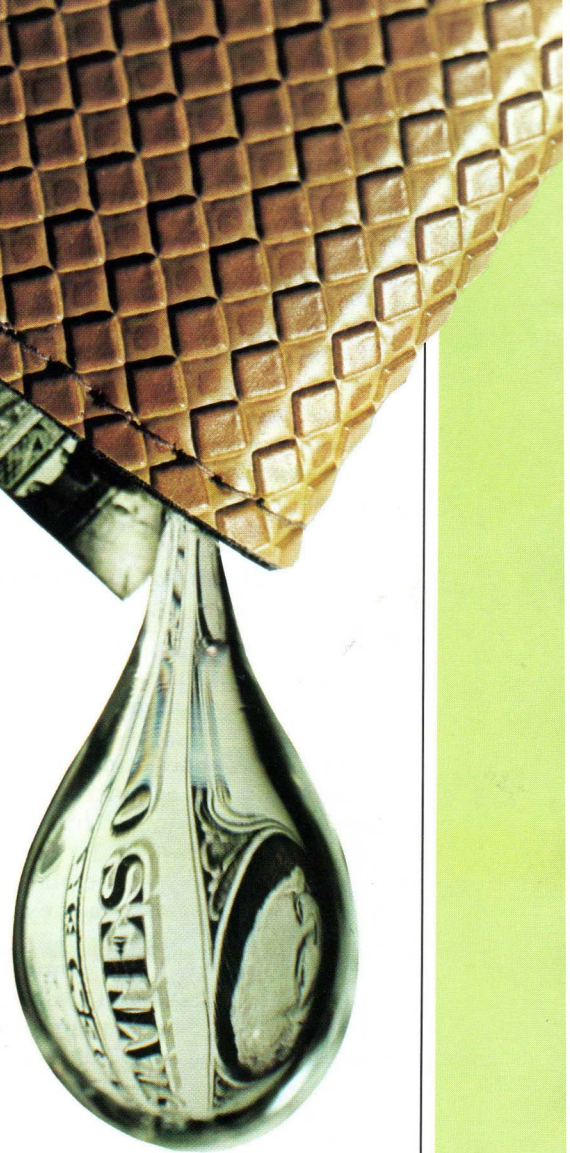


Photo by Hal Finch

actually in a bank, they keep track of it and what it is to be used for in a book at home.

Jim's parents suggested that Jim start out by keeping his money in separate envelopes at home, then later they would help him start an account at the bank.

Having the money he was saving for the ski trip in a separate envelope helped Jim keep track of his goals. That made it easier for him to say no when his friends wanted him to go with them to a movie he'd already seen (and didn't like anyway). He didn't want to miss out on the ski trip again.

Simple steps for budgeting

It seems most people get uncomfortable when someone mentions budgeting. But it's not the complex, high-finance subject many people think. And you don't have to have a lot of money to do it.

You see, budgeting is simply dividing your money up in advance between the various things you want to save it for or spend it on. It's a game plan for making your money work for you.

Most of you have some big plans that will take money, or realize that you'll need to know how to budget later in life. Why not get the habit started now?

The first step is to figure out how much money you will reasonably be given or make. For example, if you receive a certain amount of money each week for an allowance, you can know how much allowance money you'll receive that year — just multiply the weekly amount by 52.

If you have a summer job, try to figure out how much you will make for the whole summer. By adding all your sources of income together, you'll know your expected annual income.

Next, make a list of your expenses and goals for your money. List things you know will be coming up and things you want to do — everything it will take to meet your expenses for some time to come. Don't forget the money you'll spend on recreation and odds and ends. If you forget them, these little items will add up to break your budget.

Discuss this list with your parents (they might even offer to help with some expenses!). If you have a long-term goal like college, they can suggest how much you should try to save toward

it this year. Then you can add up all your expenses and savings goals for this year.

For most of us, this is where the hard part comes in. Generally our expenses and goals add up to more than our expected annual income. Since we can't spend more than we make, we either have to cut back some expenses or goals, or figure out how to come up with some more money.

Even though this is hard, remember you'd have to do this even if you didn't have a budget. When the money runs out, you have to give up something. By budgeting, though, you know in advance and can decide which item to cut, instead of being forced to cut something like the ski trip and regretting it later.

Once you know your expected annual income will cover the amount you'll spend or save, you can figure out how much to put aside from each allowance or paycheck. (Here's where the envelopes come in. You'll need a separate envelope for each type of expense and savings goal.)

Let's say your goal is to save up, by next year, \$300 (or pounds, rand, francs, marks or whatever is used in your country). If your income is the same each week, you can divide this by 52. That would mean you should put nearly \$6 in the envelope each week.

If you don't make the same amount each week, it might be better to figure out what percentage of each paycheck will go into each envelope. If you expect to make \$1,000 between now and summer camp next

year, and you estimate camp will cost you \$400, then you should save 40 percent of each paycheck or allowance for that purpose. Don't try to save it all up at the last moment — it just doesn't work.

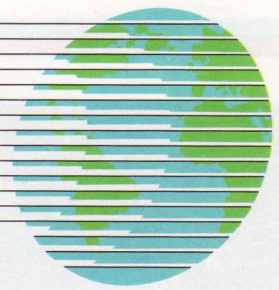
Sure, budgeting takes discipline. But it also gives you the confidence and security of knowing how much money you can spend and how much you'll need to save. You'll be in control of your money — rather than the other way around. And, you'll have something to show for your hard work, instead of just a leaky wallet!

If you'd like to learn more about this subject, be sure to call or write for our free booklets, *Managing Your Personal Finances* and *Ending Your Financial Worries*. The toll-free telephone numbers and addresses nearest you are listed on the inside of the front cover. □



Does your money begin to stack up, or does it just leak away? You can patch the leaks!

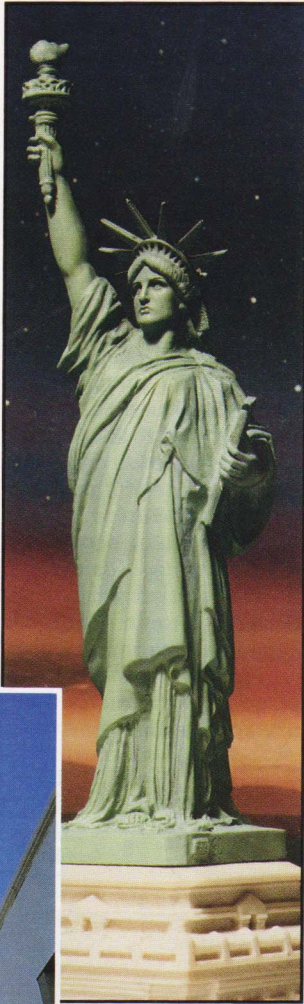
NEWS *THAT AFFECTS YOU*



She Still Stands Tall

It can get pretty rough on a lady, standing out there in that cold harbor for 100 years. But thanks to a massive restoration project, the Statue of Liberty is looking better than ever — and just in time for her 100th birthday.

The statue was a gift to



the United States from France in 1886. It has since become a symbol of freedom to people from around the world.

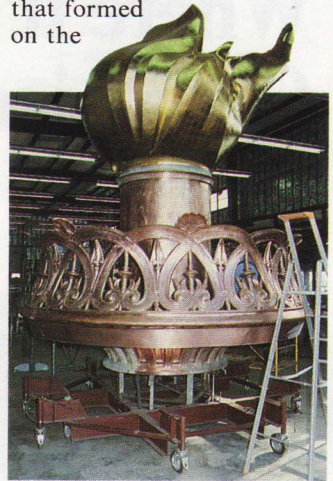
During the great migrations from Europe to the United States in the late 1800s and early 1900s, the Statue of Liberty was one of the first sights many immigrants had of the New World.

To prepare for its centennial celebration, the statue is being completely renovated. According to George H. Evans, a project manager of the restoration project, one of the main goals of the restoration is to replace the iron internal ribs that support the statue's copper skin. They had begun to rust so badly that the skin was in danger of falling off.

The upper part of the torch and flame were also replaced, following the original design and engineering of Frederic Bartholdi and Alexandre Eiffel (he built the Eiffel Tower in Paris) as closely as possible.

The goal, Mr. Evans said, is to restore the statue, not modernize it.

"Some ask if we are removing the green coating on the copper skin so the statue will shine like a new penny," Mr. Evans said. "The green coating is actually a natural protective covering that formed on the

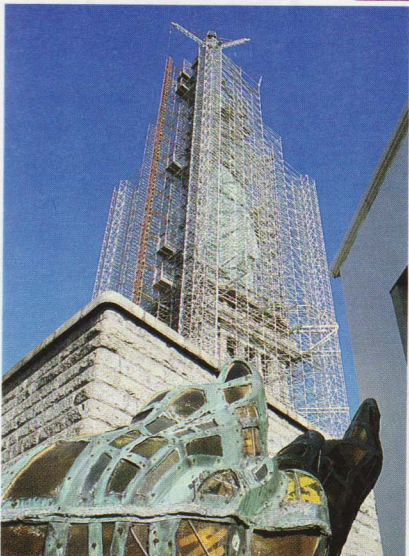


statue. We are trying to maintain it."

The restoration is scheduled to be finished by the statue's anniversary in July. It will be officially rededicated on the Fourth of July, American Independence Day. President Francois Mitterrand of France and U.S. President Ronald Reagan plan to attend the ceremony along with other world leaders.

Organizers of the festivities promise that it will be a huge, colorful celebration, with 1800s-style ships filling New York Harbor and a massive fireworks display filling the skies.

Not a bad party for a 100-year-old lady! ■



For several years, the Statue of Liberty has been hidden by a veil of scaffolding. Repairmen are restoring her from the top of her shiny new torch to the bottom of her copper-covered toes.





Photos by Kevin Blackburn

Where It's Hard to Get a License ...

Having a driver's license can bring a sense of freedom for a lot of teens. In Japan, obtaining that freedom doesn't come cheap or easy.

Government officials, in an effort to lower the fatality rate on Japan's roads, require that drivers pass one of the world's toughest driving exams.

It is so difficult that most Japanese enter privately owned driving schools rather than take the exams. A driver who makes it through one of these schools is exempt from taking all but the government's vision exam.

The schools, though, are definitely not an easy way to a license. Students are expected to learn not only the rules of the road and how to handle a car, but also the mechanics of the engine and car, including how to make basic emergency repairs.

Many drivers find the course so difficult they have to repeat some parts several times. One 19-year-old girl living in

Nishi-Mabashi, a city about 40 miles east of Tokyo, told a *Youth 86* writer that she has been struggling just to pass the driving portion of her driving school's exam, let alone the written exams.

The average cost of the course is 200,000 yen —

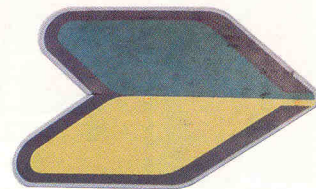
Why is it so tough to get a license in Japan? This Tokyo traffic ought to give you a hint. Magnet (right) that new drivers must place on their cars.

about US\$1,000 — assuming that a student passes all parts of the course the first time. The price can go higher for students who need to repeat parts of the course.

In 1983, there were nearly 2.5 million graduates of these schools, representing 93.1 percent of all newly licensed drivers.

The tough standards for getting a license seem to be paying off. Between 1970 and 1979, Japanese traffic fatalities were cut from 16,765 to 8,461, according to the government's *White Paper on Transportation Safety in Japan*.

But getting a driver's license isn't all a new driver has to do. The Japanese government also requires all new drivers to place large magnetic markers on their cars



whenever they are on the road. These stickers serve as multicolored warnings to "beware: there's a new driver inside."

Considering what new drivers have to go through to get a license, the signs should also say, "I made it!" ■

Fast Food Changes Its Pace

Dick and Maurice McDonald notice something interesting one day: 90 percent of the orders at their San Bernardino, California, restaurant are for hamburgers, French fries and a cold drink.

The McDonalds take a gamble on their instincts. They fire their carhops, close down their barbecue pit and, three months later, reopen a new assembly-line restaurant that sells nothing but hamburgers, French fries and cold drinks. They call their place "McDonald's."

Since that day in 1948, McDonald's has sold more than 55 billion* hamburgers from its 8,000 restaurants around the world. In the process,

...But Easy to Get a Car

While Japanese cars may still be selling well overseas, the market at home is saturated. This has led to some fierce competition among new car salesmen in Japan.

When one man wanted to buy a car, the top salesmen from each dealer came to his house. When the man decided on a model, the salesman delivered it and a mechanic came along to assure that the controls were adjusted the way the customer wanted.

When the new car's

cooling system developed a leak several weeks later, the salesman rushed over with a spare car for the man to use for free while his was being repaired.

This kind of service is common. Some dealers even note customers' anniversaries and send presents while others have even suggested taking flowers to sick customers.

So while car buyers around the world are lining up to purchase Japanese cars, salesmen around Japan are lining up to sell them. ■

*Thousand million, British usage.

McDonald's and its fast-food cousins have changed the way the world eats.

In the United States, McDonald's alone claims to serve 6 percent of the American people every day. Fast food is now a \$45 billion* a year business, capturing 40 percent of all the restaurant business there. From Bangkok to Berlin, Mexico City to Manila, fast food has gained worldwide popularity.



Illustration by Ken Tunell

But fast food hasn't won everyone's praise. In recent months, some serious complaints have been raised about fast food. Michael F. Jacobson, executive director of the Center for Sciences in the Public Interest, writes that fast-food restaurants

"jeopardize the public's health."

"Unless something is done," he continues, "we can look forward to unnecessarily high rates of stroke, heart disease and cancer."

His group claims that some fast-food chains cook some of their food in oils believed to promote heart disease.

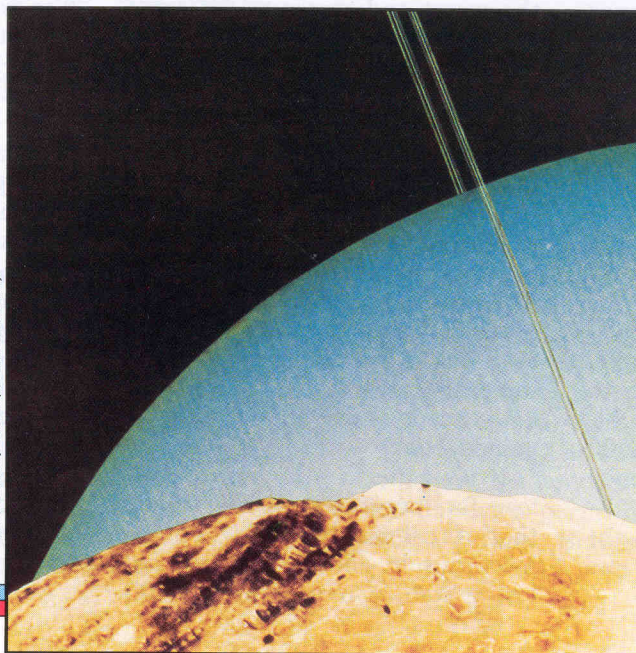
These oils add to the already high fat content of many fast foods. For example, one restaurant's triple cheeseburger contains more fat than should be eaten in an entire day.

In response to criticism like that, the chains have started changing their menus. Many of them have begun serving food that is healthier.

Still, many critics feel most people eat far too much food that isn't good for them. Most people, they say, know too little about nutrition to eat a good diet.

What about you? Do you know what your body needs to be its best? Call or write today for the free booklet, *Principles of Healthful Living*, to find out. ■

Photo courtesy Jet Propulsion Laboratory



TRENDS

TO TALK ABOUT

Comeback for the Kilt.

Sparked by a renewed interest in Scottish traditions, the kilt is making a comeback among men in Scotland. You won't see a lot of them being worn to school or on bicycles, but they are showing up more often at ceremonial occasions like weddings.

"It's not good for sitting behind a desk or driving a car," kilt maker Bernard Lawson told the Associated Press. "But it's fine for walking and dancing. Men often tell me they prefer the kilt to a tuxedo. They say tuxedos

make them look like penguins."

Electronic Blackboards.

Have you ever had trouble copying down everything a teacher puts on the blackboard? Well hang on, help may be on the way.

The latest blackboards can make copies of what is written on them.

An electronic scanning device behind the board records what is written on the board.

With the touch of a button, a teacher can ask a computer to print out what was written on the board on regular-sized paper. ■

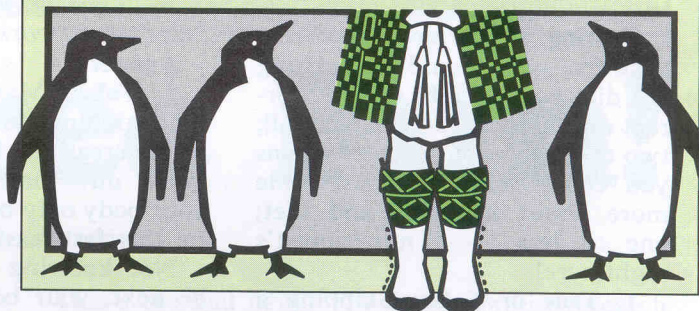


Illustration by Wendy Lagerstrom

A World of Fire and Ice

Voyager II's flyby of Uranus in January revealed some surprises about the planet (background with ring) and its moons (foreground). Among the discoveries: Scientists expected the planet to be as icy as its moons. They now think it is covered with a 5,000-mile-deep superhot ocean. ■

What's Your DIET IQ?

By Becky Bennett

Maybe you should be writing the diet books!

So you've read every diet book from *The Astronaut's Weightless Diet* (also known as the "Empty Space Diet") to *Dr. Esophagus' Exotic Polynesian Lose 20 Pounds a Week for Life Artichoke Diet*.

But how much do you *really* know about losing weight?

Why not test your diet IQ with this 10-question quiz?

Scoring: If you have 10 correct answers, *you* should be writing the diet books; eight or nine correct means you nearly know it all; two through seven correct means you could stand to learn some more about nutrition and diet; one or less — a nutritionist's nightmare!

1. True or False: Skipping a meal after eating a large dinner will prevent you from gaining weight.

2. True or False: Your new diet has helped you to lose three pounds (1.3 kilograms) in two days. You've just shed three pounds of fat!

3. True or False: If you're a big person, you need to eat more calories.

4. True or False: With a good weight-control program, a person may in time actually be able to eat more without gaining weight.

5. True or False: About 10,000 people each year enter emergency rooms because of diet pills.

6. True or False: Losing weight is only a matter of eating less food.

7. True or False: For most people, losing weight fast is no problem.

8. True or False: A friend says, "If I could only lose weight quickly, then I'd be able to eat normally again." Your friend wouldn't be able to keep the weight off.

9. True or False: You can know whether you need to diet by how you compare to model figures.

10. True or False: There is a "diet" that *works*!

Answers:

1. False. Many people think that skipping a meal will make up for overeating. But nutritionists point out that, unfortunately, your body only becomes confused by this fast-feast-fast cycle.

Not knowing what stage will be next, your body prepares for the worst and stores as fat some of the calories that would normally be burned up. This means if you slip off a diet, it's better not to try to punish yourself. Just go back to your diet and resolve not to do it again.

2. False. You may feel triumphant when those first few pounds are shed on your strict diet. However, fast weight-loss schemes cause you to lose more than fat. Lean tissue, water and minerals are also lost. Since your body needs these, they'll soon be gained back.

If your diet continues, you will lose fat, but research has shown that if calorie intake drops too low, muscle and lean tissue are lost as well. A minimum of 1,200

calories a day is recommended.

Losing weight too quickly is not only unhealthy, but it can actually make a person *fatter* than he or she was before — since the body has more fat compared to muscle. Remember, the goal of a good diet is to lose fat without losing muscle and lean tissue.

3. Not always true. Things like height, sex (guys usually burn up calories faster than girls), bone structure and how active a person is determine how much food is needed. Just because someone *weighs* more, doesn't mean more calories are required.

4. True! Dieting naturally means cutting back calories. But if dieting is accompanied by regular aerobic exercise (such as jogging, swimming, dance, rapid walking or tennis), the rate you burn up calories will actually increase and you'll be able to eat more without gaining!

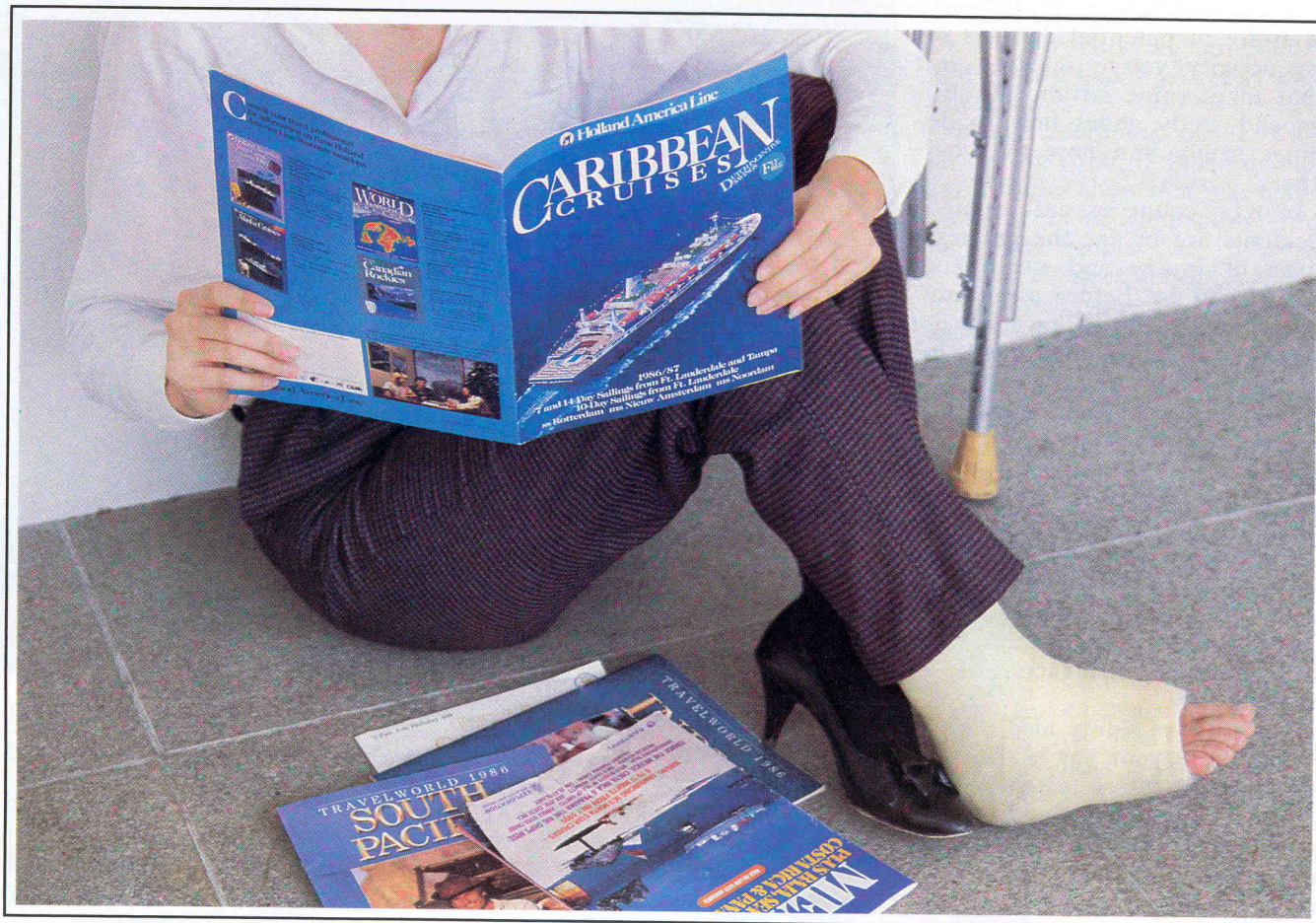
What's more, the muscles you build from these exercises burn up more calories than fat burns up, even while you are resting! Exercise is an important factor in good health, and in dieting it's really an asset.

5. True. It's unfortunate, but of the 10 million users of diet pills (promoted to help lose weight quickly without hunger) 10,000 end up in hospital emergency rooms each year. Diet pills can be a very dangerous way to lose weight.

Nutritionists Eleanor Whitney and Eva May Hamilton write: "These [diet pills] reduce appetite — but only temporarily. Typically, after a week or two, the appetite returns to normal, the lost weight is regained and the user then has the problem of trying to get off the drug without gaining more weight. It is generally agreed that these drugs cause a dangerous dependency and are of little or no usefulness in treating obesity."

6. False. Of course, eating less food is usually necessary in order to lose weight. But weight loss is simply a result of your body burning more calories than it

(Continued on page 29)



Ouch-Free Fun!

By Donald D. Schroeder

Vacation safety is no accident.

It's here! That school vacation break or holiday you thought would never get here finally arrived.

You're eager to get out and have some fun, or perhaps earn some much-needed money at a job.

Maybe you're itching to go driving, or swimming, boating, camping, hiking, skating, or to operate some new machinery around the house or at work.

Vacation time may be fun time or work time, but it's definitely not a time to forget good safety precautions.

Accidents are a painful and expensive way to ruin a holiday — or a life. A lot of people, both adults and teens, fail in this area. For young people, accidents are by far the greatest cause of serious injuries and they're the leading cause of death in the first half of life.

That's the bad news. The good news is, research has shown that most accidents don't have to happen in the first place.

Every accident is caused by an unsafe act, an unsafe practice or an unrealized hazard. In other words, carelessness on somebody's part.

Whatever activities you plan in the days or months ahead, you can guarantee that you'll have more fun again and again, and also be a more productive person, if you'll be aware of some of these critical rules of safety.

Recognize hazards and take precautions. One high school received a big jolt and disappointment when its year-end theatrical production had to be canceled the day before the performance after months of hard work.

The reason? The two leading performers went out for a spin in a new car one of them had just bought. The driver, experimenting with how fast it would go, lost control. Both ended up with serious injuries in a hospital.

This critical rule of safety means

be aware of potential dangers in any activity you're involved in. That takes some advance thinking and study about how to do things safely and how to avoid others' mistakes.

In many countries, auto-related accidents are by far the greatest cause of injury and death for those 15 to 24. Before using any motor vehicle, be sure you're licensed, insured and trained in safe ways of driving.

Safe driving means sane and defensive driving — obeying traffic laws, being predictable and watching out for mistakes by other drivers.

And even when you're not driving, staying safe means to avoid riding with someone who drives at high speed, recklessly or while under the influence of alcohol or drugs.

This rule of safety also means making sure your car is in good repair and is safety tested before a trip.

It means checking to see if the brakes work, and windows, head and tail lights operate and are

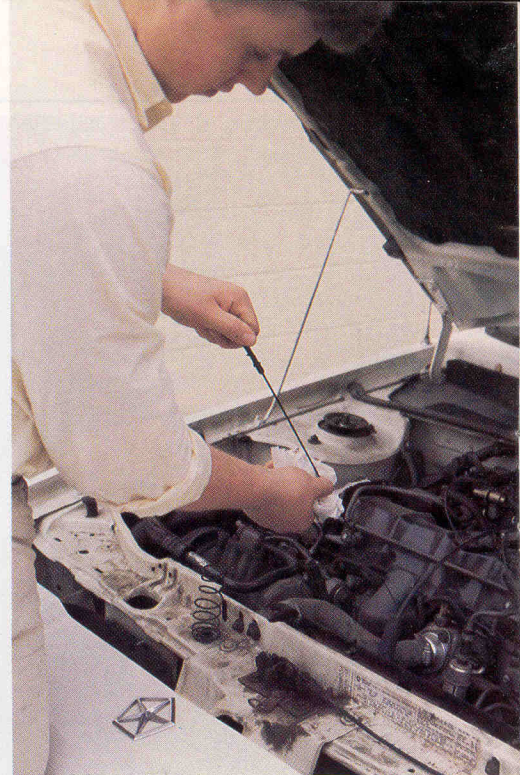
Before a trip, make sure your car is in good repair and is safety tested. And don't forget to use seat belts — they're one of the most proven lifesavers around. (Photos by G.A. Belluche Jr.)

clean. It means always using seat belts for everybody — they're one of the most proven lifesavers around.

If you go boating or swimming (drowning is another major cause of death for young people), this rule of safety means knowing your physical limitations, abilities and equipment (see "Before You Take the Plunge..." below). Know in advance the danger spots of the waters where you will swim or boat. And also test the reliability of the equipment you are going to use.

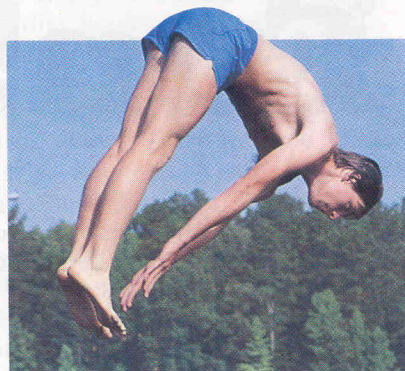
When you go boating, swimming or hiking, always use the "buddy system," having a partner with you. Don't get overtired, cold or overheated.

Get off water or high spots in lightning storms. Always check advance weather reports to be aware of changing weather condi-



tions. Be prepared with first-aid kits and equipment to handle emergencies.

Be alert. Just think of how many "close calls" you've had in your life. Maybe you knocked loose a sharp knife or a heavy



Did you know that 40 percent of the people who drown each year were swimming or playing in the water for recreation?

Drownings can occur to anyone anyplace there is water, so here are some safety hints you need to know before going swimming:

1. Learn to swim well. People who are poor swimmers or who can't swim at all account for most drownings. Get instruction from a qualified instructor.

Before You Take the Plunge...

2. Don't swim alone — swim only with someone who would be able to help you if it became necessary.

3. Obey the rules and regulations of the pool or beach where you are swimming.

4. Don't rely on inflated tubes, rafts or other floating objects. These cannot take the place of good swimming ability.

5. Avoid swimming immediately after eating. Don't go into the water when you are overheated or you'll risk getting cramps. If you do get a cramp, don't panic. Try stretching the area of your body that is cramped and call for help.

6. Don't dive into unknown

water — especially head first. Make sure the water is deep enough for safe diving.

7. Don't swim under diving boards or platforms. You can't depend on the diver seeing you first.

8. Don't stay in the water too long. When you become tired or chilled, get out of the water, warm up and rest.

9. Don't overestimate your ability. Know what you can and cannot do. If you want to learn something new, learn it from an instructor.

We hope that by following these rules, you have a fun-filled and safe vacation. — *By Peter Ditzel* □



In the process he touched a power wire and was nearly electrocuted.

Many accidents occur when people are tired, fatigued or hungry. Studies show that just before meals is an accident-prone time for young people.

Your chances for an accident spiral when you are emotionally upset — when you're angry, frustrated, moody or depressed. That means you're distracted, not alert to notice and not prepared to respond properly to dangerous situations.

So let these signs run up a red warning flag when they occur. Calm down, get your emotions in control before you drive, operate machinery or engage in some activity that takes alertness.

Being safety conscious means you're thinking big enough to show genuine concern for your life, friends, family and others around you. It

means that you care enough to plan ahead and think how to protect life and equipment. Lots of people would like to have friends or employees like that!

Chances are you're soon going to dash out for an activity, outing or some work. Whatever it is, if you consider the points in this article, you'll be able to make sure your activity is ouch-free. □



object you didn't see from a table. Or nearly injured someone you ran into when you were in a hurry.

Just a second or two of distraction is often all it takes to produce a serious injury or death. This is particularly true when driving on bustling highways or using some type of high-powered equipment.

Lots of young people earn money by mowing lawns or doing yard work. If you're going to be using power equipment, sharp tools or chemicals, know safe ways of using them.

If you're using a lawn mower, always wear your shoes and look out for objects in the grass that could get caught and thrown by the lawn mower.

If you're riding a bicycle, safety alertness means always looking for traffic and dangerous road hazards — and obeying rules of safe bike riding. Laws in many areas say these are the same as for car drivers. Also remember a helmet. And when biking or jogging at night, wear reflective clothing.

Have fun in whatever you're doing, but keep attentive. Situations can change fast in an active life.

Don't dull your mind. There's a good chance you know of young

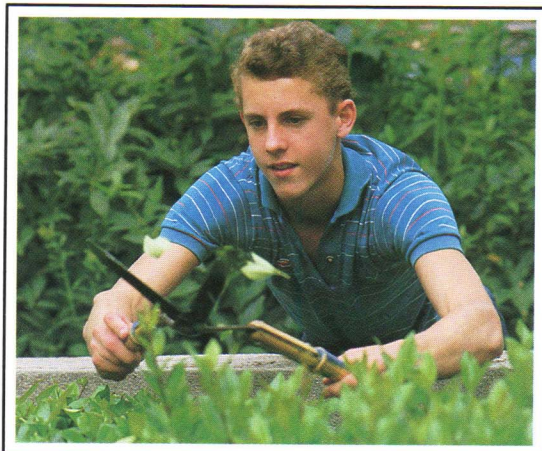
people who failed to respect this rule of safety and ended up in a tragic mishap. Using anything that clouds or dulls your alertness or your judgment is like asking for an accident.

Alcohol or drug abuse and safety don't mix. Never drink or take any mind-altering drug while doing any potentially dangerous activity or operating machinery.

Drugs and alcohol contribute to half of all auto accidents and cause a high percentage of other accidents such as falls, burns, firearm injuries and poisonings.

Watch out for fatigue, emotional upset. I know of a young man who did an excellent job of tree trimming, but, because he was tired and hungry after long hours of work, lost control of his cutting equipment.

Whether vacation time is work time or fun time, it's definitely not a time to forget safety precautions. Accidents often occur when we're tired or hungry. (Photo by G.A. Belluche Jr.)



Discover the UNDERWATER WORLD

By Susan Thomas

Snorkeling and scuba diving open up a whole new world!

I'd always wanted to do it, but fear still filled me the first time I tried scuba diving.

Although the instructor had taught us what we needed to know, I worried that I would forget something important.

My dive buddy and I held each other's hands tightly when we first went underwater. As we relaxed, we let go of each other. By then the exciting sport of scuba diving had us completely hooked.

Scuba (short for *self-contained underwater breathing apparatus*) diving and snorkeling open up a whole new world to explore.

Since more than 70 percent of the earth's surface is water, this new world is both an immense and an exciting one.

Divers for all reasons

Scuba divers and snorkelers dive for many reasons. You can combine diving with many other hobbies such as photography, shell collecting, hunting (spearfishing) and treasure hunting.

Underwater photography's popularity continues to grow. It gives photographers challenges not found on land. It requires different equipment and you need to learn about the way light reacts in water, but the eye-catching photographs can make it all worth it.

Shell collectors sometimes try diving to find undamaged shells. Rare shells in perfect condition are quite valuable.

Spearfishing may be for you if you want to try underwater hunting. Spearing a moving fish is quite challenging. The laws vary from area to area, so

check what they are in the area where you plan to go before you try spearfishing.

Wreck diving combines past with present. Sunken ships provide homes for many marine plants and animals, as well as providing clues to history (see "In Search of Sunken Treasure," in the March issue of *Youth* 85).

Treasure diving is a part of wreck diving. About a fourth of all the gold ever mined has been lost at sea, according to the British Admiralty. Few individual divers find treasure — most is found by professional salvage companies with special equipment. But the search itself can be exciting.

How to start

If exploring this underwater world sounds exciting to you, how can you get started?

The first thing to consider is your swimming ability and your overall physical fitness. Although you don't have to be an Olympic

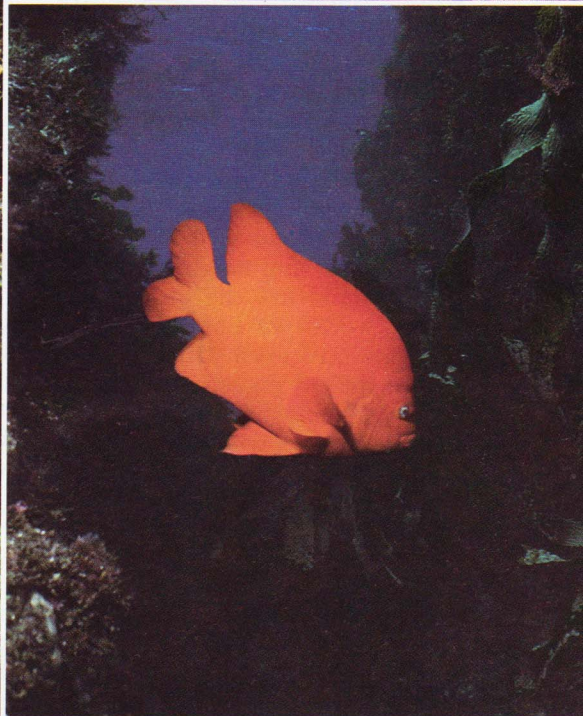
champion swimmer, you do need to be fit and be a strong swimmer.

Diving experts Hank and Shaney Frey suggest testing your ability by swimming 500 yards (460 meters) on the surface, 50 feet (15 meters) underwater and then floating or bobbing for an hour on the surface. (It's a good idea to let the lifeguard know what you're doing!)

If you can do these three (*Continued on page 29*)



Scuba diving (above and page 15, upper left) and snorkeling (lower right) open up a whole new world — the frontier of liquid space! (Photos: page 15, lower right, Barry Baker, courtesy "Baja Reef," swim-through aquarium at Marineland; others, Susan Speck — Pasadena Divers West)



By Shalini Sooknah

*Let 16-year-old
Shalini Sooknah show
you around
this beautiful
Indian Ocean isle.*

Clear blue sea, white sand and coral reefs surround our beautiful island in the Indian Ocean.

Even though our country is even smaller than the state of Rhode Island, it is home for more than a million people.

This makes our little country one of the most crowded countries in the world. But it wasn't always that way. Before European settlers came, the only inhabitants were animals and birds — like the dodo bird.

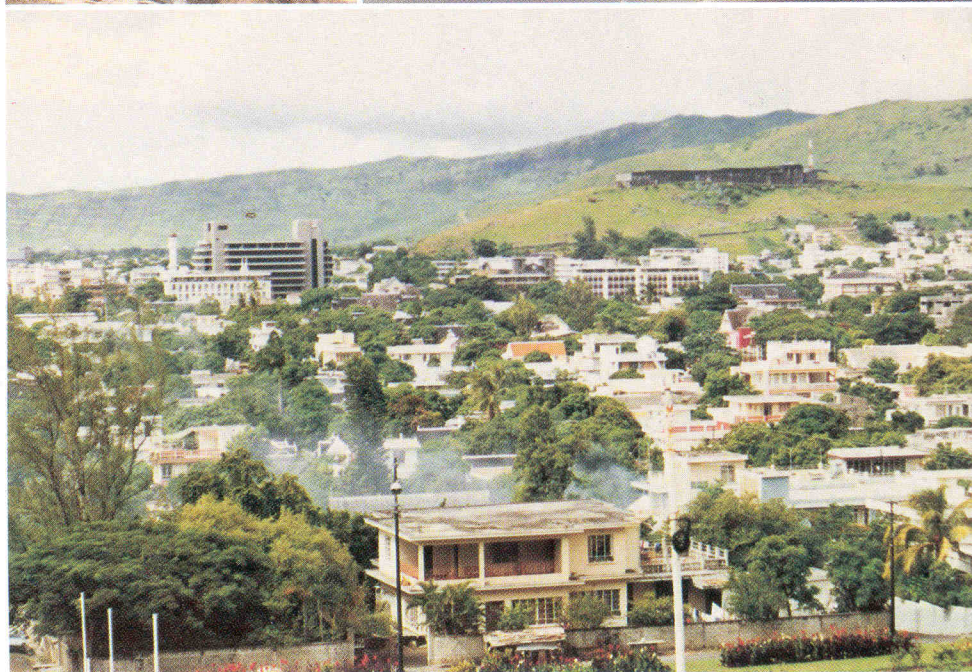
Mauritius and neighboring Reunion Island are the only places in the world we know of where the dodo bird lived. Dodos looked like oversized pigeons that could not fly. Since they could not escape the sailors who hunted them for food or compete with the domestic animals brought by settlers, dodos became extinct by 1681.

The first people to settle in Mauritius were the Portuguese, but they did not stay long. Then in 1598 came the Dutch who named the main island Mauritius in honor of Prince Maurice of Nassau. The Dutch, seeing they were not prospering on the island, left in 1710.

Afterward came the French who had a lasting influence on the country. Then came the English, who ruled the country from 1810 until March 12, 1968 — the day independence was granted.

People and places

Most of the people here today are descendants of people from India, China, Africa and Europe. Because this is a multiracial



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

country, we also have many religions, such as Islam, Catholicism, Buddhism and Protestantism. More than half of the people are Hindu.

People of Mauritius speak several languages — English, French, Hindi, Bhojpuri and Creole (a language that developed from French). The languages

taught in the schools are English and French, but several other languages like Arabic, German and Mandarin can be learned in the government schools.

The women of Mauritius wear various types of clothing. Some wear gowns and frocks, some wear saris and a few wear the Muslim dress called kameez and



Mauritius, a beautiful little island in the Indian Ocean, is the home of the author, Shalini Sooknah (pictured upper left and below). Port Louis, the capital, is shown here in two views: lower left, with citadel in the background; and upper center, Parliament House with a statue of Queen Victoria in the foreground. Lower right: Waterfall at Le Reduit. (Photos by Jen Sooknah)

mate and only two main seasons: summer (November to April) and winter (May to October). In winter the average temperatures are about 21 degrees Celsius (70 Fahrenheit) in the lowlands and 16 Celsius (61 Fahrenheit) in the plateau area. Summer temperatures may rise to 33 Celsius (91 Fahrenheit), especially in Port Louis.

Cyclones occur often in summer and can cause serious damage. Gusts of wind reaching 120 miles an hour (192 kilometers an hour) have been recorded. Telegraph lines, power lines and water supplies are disrupted.

Our house is made of concrete and so it is almost cyclone proof. Nowadays most of the houses are concrete, but before 1960 many of the homes were made of wood and corrugated iron sheets. Many of these have since blown away.

Agriculture is the main economic activity of Mauritius. Sugarcane is grown in all parts of the island and occupies 90 percent of all farmland. Therefore it is no surprise that we have the third largest sugar-bulk terminal in the world. Other crops include tea, tobacco and aloe plants. As you could probably guess, most people work in agriculture.

Our government is promoting many new industries to decrease unemployment. Industries are grouped together in the Export Processing Zone. Most of these manufacture clothing.

Teen activities

Of course young people in Mauritius, especially the students, do get leisure time when schools go on holidays. We have about five months of va-

cation every year. Some spend their time at the beach, others visit the mountains. Some go to the movies. And a large number of teens practice sports, including relays, hurdles, javelin throwing, long jump, volleyball, basketball, tennis and squash.

Theaters, discos, cinemas and television are popular among young people in Mauritius. Many of our films come from America, England, China and India. Some films are produced locally. We can also view French films from Reunion Island 140 miles (224 kilometers) from Mauritius.

The average Mauritian attends more than eight cinema movies every year — the 17th highest rate of attendance in the world.

The main problems facing people in Mauritius are inflation, overpopulation and unemployment. Many of those who go abroad for further studies come back unable to find jobs. Regrettably, some try to escape their discouragement through drug abuse.

Though our country is small, you wouldn't be able to walk around it in a day. If you wanted to plan such an adventure, better allow yourself about 15 days.

And, by the way, if you're having trouble finding us on your map, take a look at a world globe. We're the farthest country from the *Youth 86* offices in Pasadena, California! □

salwar. Men wear shirts and long trousers, and some wear Western-style suits to their office jobs.

One of the most picturesque spots on Mauritius is the Royal Botanical Gardens at Pamplemousses. Its lovely trees, flowers and ponds make it one of the most beautiful gardens of Asia and Africa. It's a favorite for tourists.

Another interesting spot to visit is an extinct volcanic crater called Trou-aux-Cerfs. It is about a quarter mile (400 meters) across and an eighth mile (200 meters) deep. Looking into this crater helps us realize how powerful a volcanic eruption is.

The island is mountainous, but the soil is fertile. The highest mountain is Piton de la Petite Riviere Noire, at 2,711 feet (826 meters).

Mauritius has a tropical cli-



The Secret World of the BUMBLE

By Penelope Goudie

Come explore a world that's abuzz with excitement!

How do you react when you see a large, buzzing bumblebee? Do you run?

Or, after getting out of the way, do you watch and wonder about the amazing things this fascinating creature does?

I guess I'm in the watch and wonder category. When a bumblebee in our garden kept buzzing around a cluster of blue flowers, I was intrigued.

If I walked up the garden path and stopped it from feeding, it would be buzzing around the flowers just a few minutes later. For days it was only attracted to this particular cluster of flowers. I kept thinking she had to stop soon. But no — instead she brought friends (more worker bees) along with her!

It didn't seem to make sense. Just what was so fascinating about these particular flowers? They didn't smell sweet and they weren't that attractive to the human eye. But to the bees they were like gold dust — No. 1 on their list of favorites.

It seemed that nothing would distract the little creatures from their job of gathering nectar and pollen, no matter how many times they were disturbed. I learned a greater respect for the worker bumblebees through this experience. Their instinct and persistence to the job were remarkable.

The bumblebee (genus *Bombus*) has long been considered to be the poor relation to the more spectacular honeybee, probably because man gets both beeswax and honey from the honeybee. But queen bumble and the bumblebee family (called bumblebees and humblebees because their wings hum when they fly) now deserve to come out of the shadows of their smaller brothers and sisters for a couple of pages!

The secret world of the bees is mysterious and amazing.

At home in the bumble nest

Bumblebees live in many countries in Europe, Asia, North and South America and Africa north of the Sahara. There are several species of nest build-

ing bumblebees in Ireland where I live. And there are even species of bees that take advantage of all the hard work of the bumblebees — they're called parasite or "cuckoo" bumblebees.

Bumblebees live in groups like honeybees, ants and other social insects. In places where winters get cold, a new colony is started each spring by a single queen bumble that hibernated through the winter.

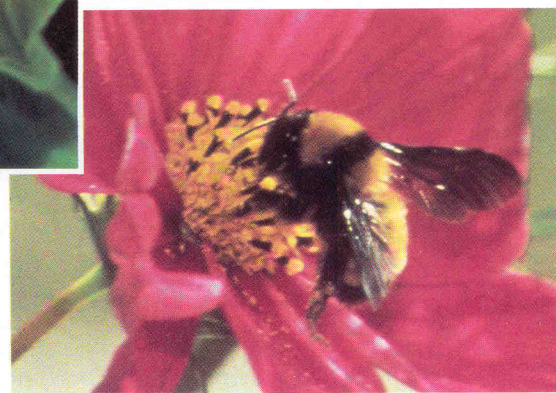
The queen bumble makes a nest in holes or near the ground, not in hives like the honeybee. First she

produces some wax and builds a honeypot for storing food. After putting some food away, she builds tiny rooms (cells) for laying her eggs.

After the first set of eggs is laid, the queen incubates this first brood, like a bird keeps its eggs warm. After the first set, the heat of the colony makes it



Gathering food is the job assigned to most worker bumblebees. These bumbles visit flowers to gather nectar and pollen to take back to the nest.



unnecessary for her to incubate later broods. Bumblebees are actually able to keep the temperature quite constant — even cooling the nest off by beating their wings if it gets too hot.

The eggs hatch into larvae, which grow and spin cocoons around themselves, becoming pupae. After three weeks, bumblebee workers emerge.

So far you can't say the queen has been living royally — actually she's been working hard. But soon her children are out hunting for nectar and pollen and doing other chores to take the burden off her. The queen will then go on with her job of

producing more bees now that she has some help to take care of them. In the one season the colony exists, the one queen may produce hundreds or even a couple of thousand workers!

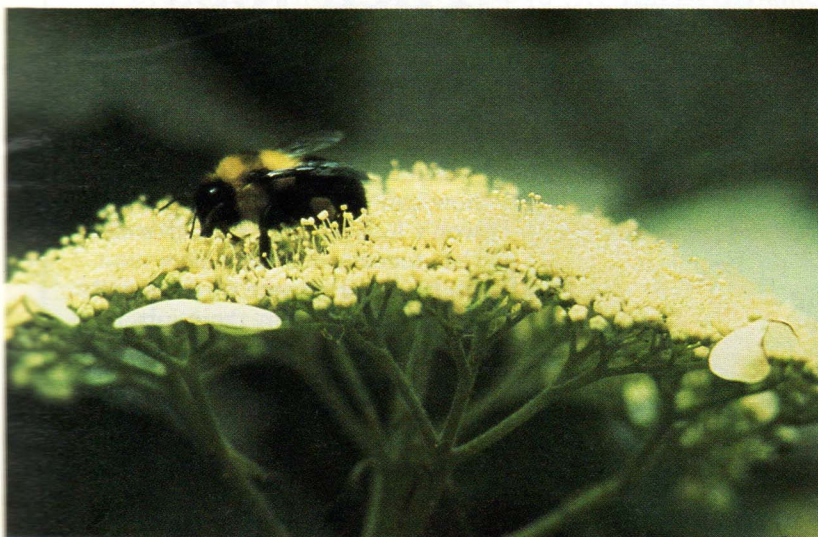
The last children she produces are drones (males) and queens. Mating occurs and then only the new queens go into hibernation until the next spring to start the whole process over again.

Bumblebee society

A lot of work has to be done to keep a bumblebee colony going. As with the other social insects (and man!) this work is organized so that different individuals do different jobs. We've already looked at the many things the queen does. What about the workers?

Worker bumblebees are females who won't have children (that's left to the queen). These bees work hard to fulfill their

Many flowers are cross-pollinated by bees. Their future survival depends on visits by bees.



part in society. Like members of a well-organized team, each must do its part for the rest to function properly.

Some workers help build and clean the nest and care for the young. In a thriving colony, some workers may even specialize as guards, although all the workers will defend the nest when danger arises. (They may not be aggressive creatures, but they do use those stingers when their nest is threatened.) Gathering food, though, is the job assigned to the most workers.

It's been said that bees work on a constant energy crisis — they have to collect their energy product (nectar) as they go from flower to flower. As they suck the nectar from flowers, pollen collects on their fuzzy bodies. The worker bumbles then brush the pollen into bulging yellow baskets on their legs for the trip back to the nest.

Have you ever seen a bumblebee's back legs close up? Since you probably don't want to get that close

to a stinger, a photograph is probably the best way to discover this interesting sight.

Although the worker may be trying to collect the pollen grains, some do get passed from its fuzzy body to the next flower she lands on. This is the way many flowers are cross-pollinated, making it possible for them to reproduce. These flowers' future survival depends on visits by bees.

And we depend on them too, because they help pollinate plants we use or feed to our animals. For example, some plants such as red clover can only be

pollinated by long-tongued bumblebees. These bees were actually taken to Australia for this purpose.

Being a bee isn't easy. Worker bees face many dangers as they fly from flower to flower. Potential dangers include other insects, birds and man.

Sadly, even though bees are the farmers' friend, modern pesticide sprays often kill bees along

with the unwanted pests.

Little marvels of design

Scientific research shows that bumblebees may have a special way of marking a suitable flower so their sisters can follow. They have a keen sense of smell and can navigate well. The bees can even see ultraviolet colors that we can't see!

And, yes, they do have some favorite flowers. Some plant species are more favored than others for their nectar, shape and depth, as I discovered in our garden. It's a good thing, too, or perhaps many of these flowers wouldn't be cross-pollinated with pollen from the same plant species.

Bumblebee society can be dangerous and worker bees have a high mortality rate. Even the queen isn't safe. Sometimes a queen from a species of parasite (or cuckoo) bumblebees will come along and try to overthrow the resident queen. There are no workers among these parasite bees — they let the bumblebee workers provide their food!

But, in spite of the dangers, most bumblebee colonies do survive long enough to produce new queens to carry on their species the next spring.

The bumblebees' extended family society, with its dedication, teamwork and its division of labor, is just one interesting example from the vast insect world. With more than a million known species, insects are the largest animal grouping and one example of the rich variety in creation.

Could such organization have come about by chance? Shouldn't we rather credit the Creator God for His amazing architectural ability? He has used a large drawing board, plus a subtle sense of humor to create insects like this fuzzy, buzzing little creature that's so vital to the cycle of life. □

IDEAS PLUS

Get Ready for a Wilderness Adventure!

It sounds like such a great time — just head off into the wilderness, your pack on your back, fantastic new adventures waiting for you around every turn of the trail!

That may *sound* good, but without some preparation, your great adventure in the wilderness can all too quickly become a miserable mess.

Like most other sports and outdoor activities, some basic knowledge of the right way to do things can make all the difference between a trip that's a delight or a disaster.

So before heading for the nearest forest or mountain, take a trip to the library or bookstore. There are dozens of books about hiking and backpacking that can be helpful to you.

In my years of backpacking, I've found the three books below to be among the best. They are widely available and well liked.

They cover everything you need to know to make your backpacking trips a success. They also offer ratings of specific backpacking products.

• *The Hiker's Bible*, by Robert Elman (published by Doubleday and Co., Garden City, New York). Part of a series on outdoor sports and activities, this

up-to-date guide is 148 pages long and well illustrated. It contains several appendixes with information on hiking trails and equipment suppliers.

• *The Complete Walker III*, by Colin Fletcher (published by



Alfred A. Knopf, New York). Mr. Fletcher's books are fairly lengthy, but also quite thorough. They are spiced with interesting and humorous accounts from his own experiences. Although he sometimes preaches his own brand of philosophy, his years of wilderness experience make this a classic among backpacking books.

• *Backpacking: One Step at a Time*, by Harvey Manning (published by Random House, Inc., New York). Written by a pioneer of backpacking, this book is excellent for those who seek greater challenges than brief weekend trips. It has good

information on proper outdoor etiquette and its paperback version is small enough to take along on a hike.
— By Ed Stonick □

Why Teens Lose Their Jobs

"You've got the job!" your new boss says and smiles. You can hardly believe your ears.

But now that you've got it, how can you make sure you won't lose it? The statistics show that teenage workers have a pretty good chance of eventually getting fired from their jobs.

In most cases, employers have problems with their teenage workers in several basic areas. Let's take a look at these areas and see how you can help keep yourself from being fired.

Attitude. What is your attitude toward your job? Are you in it just for the money? Or do you give every job your best? A good boss will notice when an employee is really giving a job his or her all. And a good boss



will do all he or she can to keep an employee like that around.

Not only will this help your present job, it will help you in the future. A good referral from your boss may help ensure a job next summer with the same company or another one.

Ability to learn. Your employer knows you have questions about your job, so ask them! Have a desire to learn new things. If you don't, your boss will be disappointed in you. Become a valuable employee by having the desire to learn all you can about your job.

Cooperation. How well do you get along with your boss, your supervisors, fellow employees and customers? Do you work as part of the team or are you the thorn in everybody's side?

For a job to get done and done properly, the whole team must have unity and work together.

Quality and quantity. Employers have to be concerned with quality or their customers won't return. But they are equally concerned with quantity.

How do you produce both? The rule to follow is to do your best as fast as you can. But don't go so fast that you get sloppy.

Reliability. When you are given a job to do, do you do it? Bosses are funny people: If they can't rely on an employee, they soon find a way to replace that employee. Be someone your boss can count on.

Punctuality and attendance. Are you always on time? Can your boss count on you to be there when you say you will be? This is important to your boss. If you don't show up for work when you say you will, it creates problems for your boss. Most bosses don't like this. They won't put up with it for long.

By using these points, you can become a highly valued employee. Your boss will want to make sure you keep your job. —
By Rick L. Shallenberger □

Things to Do When There's Nothing to Do

Hooray! It's time for summer vacation (in the Northern Hemisphere, that is) and you have a beautiful summer's day stretching ahead of you. You've helped Mom with the dishes, read the newspaper and walked the dog. Just like you did

you've been indulging in the last idea a little too often. Ride a bike, go for a jog, jump rope, go for a swim or just turn on the radio and dance.

Plan a garage sale. With your parents, go through your garage, attic, closet or basement and look for items for a sale. Put an advertisement in your local newspaper and make some signs to let everyone know about the sale. (Check to find out if there are any laws about garage sales where you live.)

Write. Start or update a journal, write a letter, try your hand at a short story or speculate on what you'll be doing in 10 years. Why not send in an article to the "Reader By-Line" section of *Youth 86*? Who knows — you might get to see your name in print!

Take pictures. Get out your camera and take pictures for the "Youth on Camera" section of *Youth 86*. Some ideas: your vacation, summer camp, your pets, humorous items, still lifes, scenic places near your home — let your imagination go!

Go through old photo albums.

Especially good are ones your parents have from their younger years. It's a great way to learn what their teen years were like. To really get the flavor of those years, see if you can listen to your parents' old records while you look through the photos.

Design. On paper, design your dream home, redesign your room, sketch ideas for clothes, inventions or toys. Exercise your imagination.

These are just a few

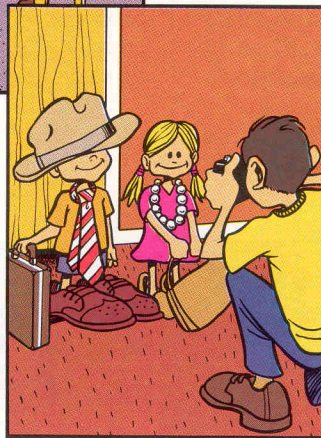


yesterday. And the day before. And the day before...

You check out the television and there's nothing interesting on. Just like yesterday. And the day before... So now what? What can you find to do when there's nothing to do? Try a few of these summertime fun makers, that's what!

Cook. With your parents' consent, of course, try out a great recipe for brownies, nachos, zucchini bread or whatever tempts your taste buds. The best part about it is that you get to eat your creative efforts. And that gives you something else to do when you've finished cooking...

Exercise. This one's great if



suggestions for you to try when boredom hits. Can you come up with others? Write and let us know how you bash your summertime boredom. — *By Kathy Burch* □

Proverbs for Today: Don't Slack Off!

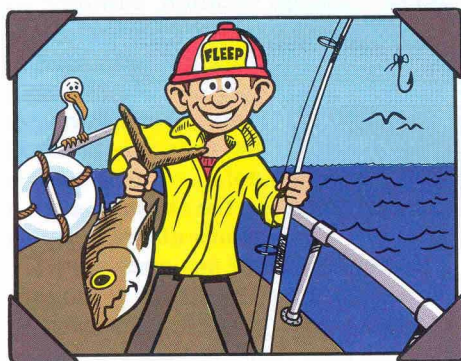
Zzzzzzzt!

The line whizzed off my fishing reel as the albacore attacked the bait and made his first run. Would he stop before all my line was gone?

I fought that powerful bundle of muscle for 15 minutes, pumping my rod to wear him down. Finally, I worked the fish near the boat. About the time I thought I had him . . .

Zzzzzzzt!

He took most of the line out again! Round two began. During the struggle, I remembered to keep my rod tip up so no slack developed in the line. That made him fight the rod tension, keeping this strong fish from



getting away from me.

After 10 minutes more, the fish tired and I hoisted up my 16-pound (7.25-kilogram) prize to the deck of the boat. I had managed my line well enough to keep the slack out.

It takes a diligent fisherman to wear down and catch a strong

fish like the albacore. It's a good illustration of the diligence needed in both learning and working at a trade to develop a career that will pay off.

"A slack hand causes poverty, but the hand of the diligent makes rich" (Proverbs 10:4, *Revised Standard Version*). This proverb talks about the perseverance that success demands.

It's fine for us to relax and have fun, but not while we should be working. Slacking off

Did Your Mother Ride a Motorcycle?

"What are your parents like?" someone asked.

"Umm, well. I think Mom came from a family of 12 children. And, let's see, she liked to play softball in the street."

"What about your dad?"

"Well, hmm. He used to like to fish, and he loves photography. I don't know. I guess I don't know my parents very well."

What about you? How well do you know your parents? If your mom tells you about how she bombed a chemistry test on purpose because the other kids teased her about being so smart, or your dad reveals the weakness he had for pulling practical jokes, you may find you have all sorts of thoughts and experiences in common.

Getting to know your parents can be a lot of fun. Make a game out of it by asking another family member a question about one of your parents. After he or she gives an answer, let your mom or dad tell the real story.

There are all kinds of questions to ask about all kinds of subjects. The list we've provided at the end of this article is a good start.

is easier than applying ourselves, but it will also let that big one get away. If we don't keep some pressure on ourselves to produce, we'll miss both the boat and the catch.

There are enough obstacles to success without creating your own. Whether you are albacore fishing or preparing for a fine future, don't permit slack in your line. Set the hook, keep your rod tip up and begin the tenacious effort to land the success you want. — *By Jim Roberts* □

You'll be surprised at how much fun this game can be.

But it's more than just a game. You will be building a family bond that may turn out to be one of your greatest assets. We all need to know there are people who really care and who accept us no matter what happens. Getting to know your family well can create a warm, loving atmosphere that will always be there for you.

To Get You Started . . .

Here are some things you may want to learn about your parents:

What did they want to be when they grew up?

What were their best and worst subjects in school?

Did they ever ride motorcycles?

Have they ever played musical instruments?

What activities were they in when they were in school?

How did they meet?

What were their most embarrassing moments?

Did they take any vacations with their parents? Where did they go?

Do they have any dreams they still want to fulfill?

What did they do when they came home from school?

Did they have any pets?

Did they have any jobs when they were in school?

What were some of the popular phrases when they were in school, and what did they mean? — *By Kerri Miles* □

Teen Bible Study

What's Your Hurry?

By Richard A. Sedliacik

Patience! It's a quality we admire and want others to have — especially toward us. But there seem to be so many things that make us rush, hurry and feel impatient.

We in the Western world live in an "instant" society — we have instant coffee, instant tea, instant film and we want instant success.

Life seems to be a constant rush from one activity to another. People are in a frenzied hurry to do things, to experience all they can — to have it all, *now!*

Are you always in a hurry? Are you impatient in lines? Do you become upset in traffic jams or at friends who keep you waiting? How often do you say, "I want it now!"

Why the hurry? Why don't we slow down and really *enjoy* life?

In this study we'll examine some of the pitfalls of haste and learn about the benefits of exercising patience. We will come to understand why we need to have patience and how to begin developing this important characteristic.

1. What basic principle about patience does Solomon reveal in Ecclesiastes 3:1? What happens to those who ignore this advice? Proverbs 21:5.

During your lifetime, you will be able to do, experience and possess many things. You may acquire an education and the skills for a successful career, own a car and perhaps a home, travel to faraway places, be married, have a family.

As Solomon went on to show in Ecclesiastes 3, verses 2 through 8, there is a *right time* for everything we do. Some

people, however, attempt to acquire and do all they can almost immediately, without considering the proper timing. In their haste to have it all now, they end up paying a stiff price.

In life we should take things one step at a time. We need to be patient — to slow down and do the right thing at the right time in the right way. Those who do so have a

much happier life than those who are always in a hurry.

2. One important area of life many people rush into is marriage. Should we be patient, however, and first prepare for the responsibilities that come with marriage? Notice the principle found in Luke 14:28 and Proverbs 24:27.

Not realizing that marriage is serious business, many young people rush into it much too soon. Unfortunately, they realize their mistake after it's too late. The principle of counting the cost means it is much wiser to wait and get married *after*

you have gained the necessary skills to fulfill your responsibilities.

For men, that means waiting until you have completed your education and training for a lifelong career. Proverbs 24:27 uses the example of a farmer preparing his fields — his livelihood — first. Only after you are financially secure, with a stable job, is it the right time to seriously consider marriage.

For women, that means taking time to complete your education, to prepare to fulfill the demanding role of a wife, mother and homemaker. Don't rush into the lifelong commitment of marriage. Prepare first.

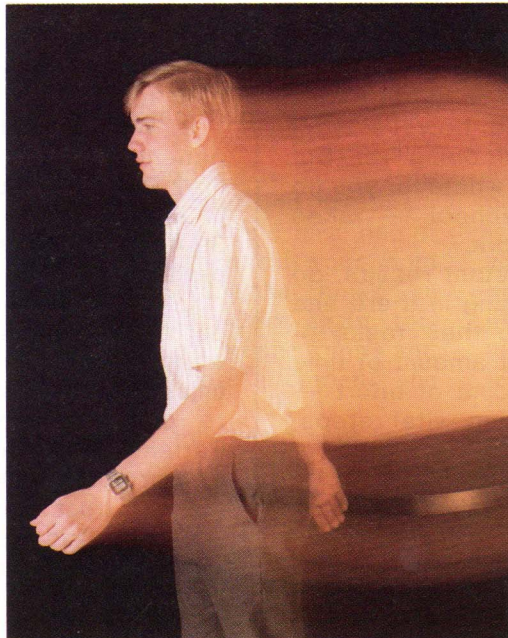


Photo by G.A. Belluche Jr.

3. Should we wait and keep our bodies sexually pure for a future mate? I Corinthians 6:18, II Corinthians 12:21, Ephesians 5:3.

Sex belongs in marriage! God, who wants the best for us in life, tells us to wait to enjoy the pleasures of sex with our future marriage partner. Those who in haste do not wait until they are married, end up hurting themselves and their prospects for real happiness in a future marriage.

Fornication — premarital sex — not only can snare someone into marrying the wrong person, it can result in the spread of sexually transmissible diseases, an unwanted pregnancy and a generally miserable and unhappy life.

Those who exercise patience and wait, who ask God for guidance in finding the right mate at the right time, will experience the many joys He wants us to have in marriage.

4. Should we take time to put quality into everything we do? Ecclesiastes 9:10, Colossians 3:23.

People are usually in a hurry to get things done. There is an old saying, however, that anything worth doing is worth doing *well*! But that takes time. To excel in whatever you do — sports, hobbies, job, school — takes time, patience and hard work.

Some people, wanting instant results, do not have the patience to hang in there and succeed. Others try to do their tasks or assignments in the shortest amount of time possible with the least amount of effort — cutting corners and omitting vital steps, hoping they will barely pass inspection or receive a passing grade.

Resist the temptation to take shortcuts. Take time to put quality into every project you set your hand to do. Take time to do a first-rate job all the time! Be patient, realizing it takes time to do a really good job.

5. Should we strive to be patient with others? I Thessalonians 5:14, last part.

We all want others to be patient with us when we make mistakes or have difficulty understanding something. Let's be the same toward others. When someone cuts in line or irritates you in some way, patiently endure it. Work on not getting angry or frustrated if the line you are in isn't moving along as fast as you might like.

6. What does the Bible say about those who are hasty with their words? Proverbs 29:20. Also notice Ecclesiastes 5:2 and James 1:19.

Wait! Think before you speak. Don't just say the first thing that pops into your mind when responding to someone's remarks. Try not to be hasty, jumping to conclusions and snapping back with a remark you'll be sorry for later.

It takes patience, as well as wisdom, to choose the right time and place to speak. Some things are best discussed later, at a more appropriate time and under more favorable conditions. As Solomon said, "A word spoken in due season, how good it is!" (Proverbs 15:23).

7. Does God want us to patiently wait for Him to answer our prayers? Luke 18:1-7, especially verse 7, and Psalm 37:7, first part.

Jesus showed we should be persistent in our prayers. God wants to know how important the things we ask Him really are to us, and often expects us to ask more than once. So keep praying to God even though He may not answer right away. God has the supreme wisdom to answer our prayers in the way and at the time that's best for us.

8. Was Joseph an excellent example of patience, trusting God to intervene in his life? Read and summarize the major events in Joseph's life as recorded in chapters 37, 39-41 of Genesis. Did David also have to patiently wait on God? Psalm 40:1.

Like Joseph and David, no matter what our circumstances in life, God wants us to wait patiently on Him. If you are treated unjustly by others, don't be revengeful or try to pay them back (Proverbs 20:22). Patiently wait for God to intervene and deliver you, for He has promised to do so if you will trust Him.

9. Will God give us the help we need to be more patient in all areas of life, if we ask Him in faith and are striving to do what is pleasing in His sight? Matthew 21:22, I John 5:14-15, 3:22.

God, who is extremely patient, wants us to be more like Him (Romans 15:5, Matthew 5:48). He wants us to develop this important characteristic of His nature, and will help us do so. But we must first ask Him for that help!

So why not resolve to be more patient, trusting in God to help you? Try not to be in such a hurry about everything. Slow down and enjoy the beauty of God's creation and the companionship of family and friends.

You'll experience a much happier and productive life, with greater peace of mind! □

Dear Youth 86,

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

Q. Something happened to me the other day that I don't think is fair, and I want your opinion. Some guys I was with broke into a car and stole a camera off the front seat. Somebody called the police and all of us got arrested. The thing is, I didn't do any of it. I was just at the wrong place at the wrong time.

A. We agree. You were at the wrong place at the wrong time — and most definitely with the wrong kids! But the lesson you need to get from all this is not that the police aren't fair, but that it is not wise to spend time with kids who get into trouble.

All parents know that even a good kid can get into trouble if he or she is hanging out with the wrong friends. (How do parents know this? Too many learned the hard way themselves.) It is simply easier to do something wrong if your friends are doing it.

Also, as in your case, you can get into trouble as a group even if not everyone was involved.

So, beware! Anytime your friends start to do something wrong, leave right away. Don't be part of it! If you do, you are just asking for trouble yourself.

And here is a question for you. If these guys would even do this type of thing in the first place, why are they your friends? Could it be that you are attracted to them because you have some of their faults? Think about it, and then make some changes in your life if you need to.

Q. My problem is that my mother is always telling me that I can't do this or I can't do that. She is so strict that it frustrates me terribly. The other kids are allowed to do a lot of things I am not allowed to do. How can I make her ease up on me a bit?

A. Our problem is that we can't tell if your mother really is too strict, or if you merely think she is because you are comparing her with some parents who are always too lenient.

It is possible, of course, that your friends have mothers who quite frankly are not properly guiding their children. Then it would be those parents who are in the wrong, not your mother.

On the other hand, what if your mom is too strict? What can you do? A number of things come to mind. For one, respectfully show her that most other parents allow the activity you desire. It would help to give as an example the parents of children she likes and respects.

Perhaps you could have one of the other mothers call your mom and discuss why she thinks the activity is OK. Once again, this should be a parent she knows and likes and whose judgment she respects.

And, try talking to your mom about the problem at a time when she is in a pleasant mood and seems open to suggestions. Most parents will consider their children's complaints if they are made at the right time and in a respectful manner.

But be ready to learn from the conversation yourself. More often than not a parent who seems too restrictive is using good common sense and doing it out

of true concern for the teen.

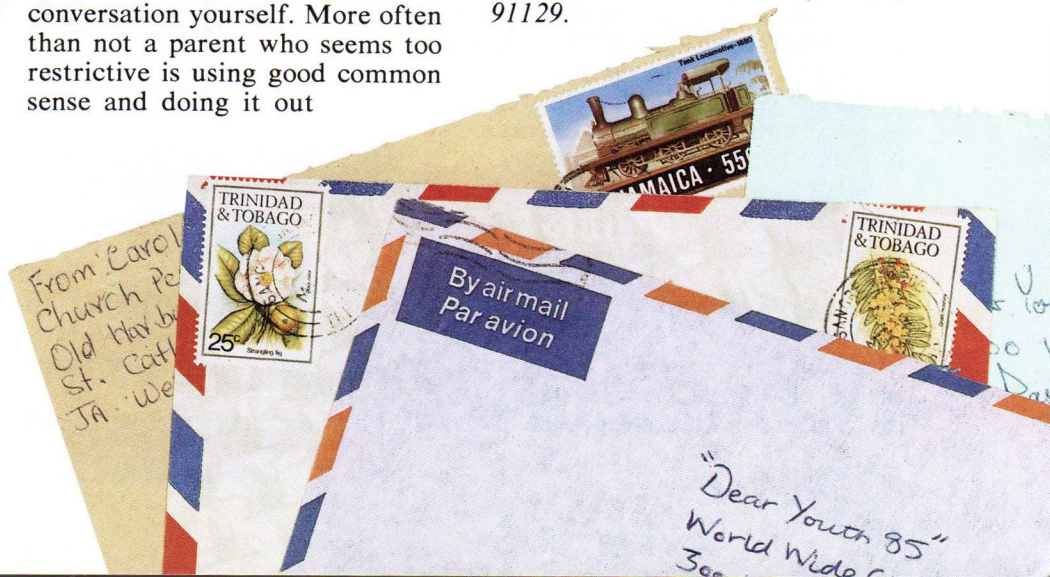
Q. In your answer to a guy asking about long hair on men you said, "When a man wears long hair he... is in God's eyes showing his refusal to accept his family role as leader." Even assuming that a man should naturally be the leader, which I don't, I don't see what hair length has to do with leadership.

A. It has a lot to do with it — according to God, that is. In I Corinthians 11:14 God says it is a shame for a man to have long hair.

The apostle Paul begins by stating that Christ, a husband and a wife each have different roles in the family. He lists Christ as the head — leader — of the man, and the husband as leader of the home (not as a little dictator or warlord, but that's a different subject).

Paul goes on to explain that a woman shows her acceptance of her role by wearing her hair longer (a feminine length). Then he says it is a shame for a man to wear his hair long. The obvious conclusion, drawing a parallel between a wife's hair and a husband's, is that a man who wears his hair long rejects his leadership in the family. □

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 86," 300 W. Green Street, Pasadena, California, 91129.



READER BY-LINE

Doubled Trouble

By a reader from Missouri

"I hate you! You never understand me! I'm leaving."

That's how it all began — a bad day topped off with an argument with my parents. I ran to a friend whom I'll call "Joe," who had also had an argument with his parents. Together we decided to run away from what we saw as the source of all our problems — parents.

At McDonald's we planned our trip. Joe had his parents' car, so we would take it. We dropped notes to our parents in the mail, stopped off at the bank, and we were off.

On the radio the very next day, we heard that the car we were driving was reported stolen! And then later that night we were reported as runaways.

To be "safe," we left the state. Our \$500 wasn't going to last us much longer. I wasn't old enough to work and Joe was scared someone would recognize us if he went to a job interview.

After a week I began to feel that we were crazy for leaving. Things were happening all around us that we never dreamed of. People pushed drugs on us, stole from us and even offered to take us to a "nice place." Being harassed down almost every street gave me a constant fear of everything. I began to miss home.

We decided to go to a small town where, we hoped, no one had heard about us being runaways. It didn't work. On the way our entire scheme fell apart. A police officer pulled us over.

What were we in for now? I was almost praying for a speeding ticket, but no, the police officer had recognized the stolen license number.

He took us to the police station. Once we got there I was so scared that I couldn't even tell my name. I just sat and shook.

Joe and I were separated and placed in a juvenile detention home. The night brought horrible terrors, strange people, scary noises and thoughts of who knows what would happen to us.

I didn't want to spend one more minute in the detention home, so the next day I gave the police officer all the information he wanted. He called both of our parents. They were willing to drop the charges if we came straight home with the car. We agreed to this out of sheer terror.

We returned home to several unpleasant yet comforting things. We had to present our case (of being runaways) to a juvenile judge. She made us attend teen council meetings for about two months.

Then we had to ask permission to come back to school. The request was granted. Once back at school, we endured mocking from peers and strange looks from teachers.

And, of course, my parents grounded me. This was all terrible stuff to go through, but it was

still comforting to finally be safe at home.

Two months later, everything was settled — or was it? No, I still felt a load of guilt. What was wrong? In all the confusion of trying to get out of all the trouble I was in, I forgot to talk to God.

I just realized that I hadn't been to church since my return. At that moment, I went to my favorite quiet place and just spent time with God. We talked things over. I felt better, and most of all, forgiven!

I decided to go to church. But who would remember and for how long? It would be tough looking at people who knew I was a runaway. What would they ask? What should I say?

Coming home was hard, and staying home wasn't easy. Even so, the love and support I received once I got back was thousands of times better than the constant fear I had while on the run.

Those who are thinking of running away should think twice. Believe me, it's hard, scary and no fun. My problems didn't go away; they doubled. □

Editor's note: The author is a 17 year old from Missouri whose name we're withholding. For more about handling family problems, read "Family Conflict: What You Can Do About It" in the January issue.

A Call Home From Camp

By M. Colleen Neff

"Hi, Mom! We went rock climbing today. It was hot. It was dirty. I was sweaty, and in pain. Every muscle in my body is sore!

"When we arrived at the spot to begin our climbs, I looked up at the cliffs with a positive attitude — positive I could never make it.

"The rock-climbing staff

showed us how to put on the safety equipment. (The hats looked so funny!) They told us what to do and how to do it. Then, they told us to do it.

"The first climb was so scary that I couldn't think straight. The person who was coaching me and holding my safety rope explained what I should do, but I

got just halfway up and started to cry. I wanted to quit, but once you start up, they won't let you give up and come back down. You have to get yourself together and go on.

"I fell a lot at first, but, eventually, I learned what to do to get to the top. The first couple of times I was just glad it was over. Then it was time for lunch. Hur-ray! I was grateful for the break.

"I was tired and discouraged — I *hated* rock climbing and wasn't particularly fond of everybody who was making me do it. I decided to hide in the woods and not come out until the end of the day. Then I remembered that the dorm needed the points. (The dorm receives points for each climb you make, depending on the difficulty.)

"I also knew that giving up was wrong and that hiding from my counselor would be wrong. I was stuck. Turning to God for the help I seriously needed, I asked Him to teach me the lessons I was supposed to be learning from rock climbing and to help me be a good example to my friends as well as to not disappoint my counselor.

"I went back after lunch, gritted my teeth and tried my hardest. I trusted the staff's instructions and remembered what we had learned. When hard spots came up, a silent plea for God's help went up, too.

"It all went beautifully! I was up the easier ones in remarkable time and felt a thrill on reaching the top! Then I went looking for more difficult climbs, for the challenge as well as the team points.

"I tried rappelling and found it to be flying with a rope instead of wings! The afternoon was over too soon. If I can conquer and enjoy rock climbing with God's help — with God's help, I can do anything I have to do!" □

Editor's note: The author, age 17, is from Wyoming, Michigan. If you would like to submit an article for this section, send it to: "Reader By-Line," Youth 86, 300 W. Green St., Pasadena, California, 91129.

Fillaballoon Winners

Stop! Stop! We can't take any more comical waggishness!

When we ran the "Fillaballoon" caption contest in the February issue, we weren't ready for the hundreds of humorous responses that poured in from around the world. From Tanzania to Papua New Guinea, entrants ranged from age 5 to adult.

Here are our favorite captions:

Bird: "I never thought *I'd* get airsick!" (Katie Wilmoth, Osceola, Arkansas.)

"Let go of my mouth. I promise, I'm not going to tell any other jokes!" (Yong Cho, Maplewood, New Jersey.)

"OK, who picked out all the chocolate chips?" (Eric Groom, Sundre, Alberta.)

"What, generic? I only eat *imported* peanuts!" (Libby Hickok, Canyon Country, California.)

Puppy: "That's the last time I drive without my seat belt!" (Tammy Kaiser, Creston, British Columbia.)

"Oh, great — a stick shift!" (Mrs. Ron Sackett, Puyallup, Washington.)

"I'm not into luxury. Got any compact models?" (Hope White, Detroit, Michigan.)

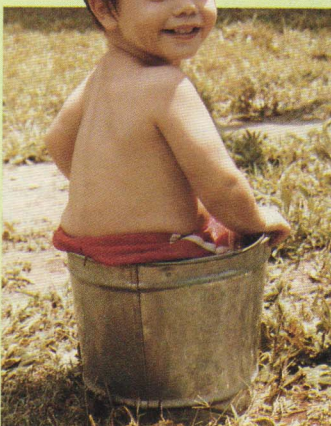
"Where's your driving instructor when you need him most!" (Gabrielle Putney, Hanna City, Illinois.)

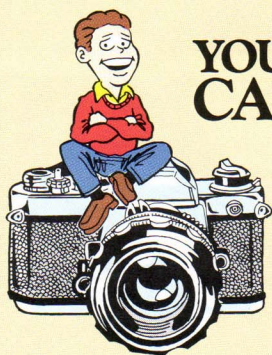
Little boy: "And now for my swan dive..." (Misty Malmstrom, Mechanicsburg, Pennsylvania.)

"OK, who's the wise guy who put glue in this bucket?" (D. Lewis, Calgary, Alberta.)

"These bucket seats are great!" (James Brown, Hobbs, New Mexico.)

"They say Mark Spitz started this way." (Matt Gee, Rhinelander, Wisconsin.) □





YOUTH ON CAMERA

Life is great when you're swinging upside down from a tree branch! Photographer Connie Kramer captured this young subject at a carefree moment and sent her photo to us to share with other readers. Connie, 19, is from Mandeville, Louisiana.

Your DIET IQ?

(Continued from page 10)

takes in. This can be done best by both eating less *and* exercising. Without exercise, your body will become accustomed to fewer calories and you will have trouble losing.

7. False. You may think you're the only one who has troubles. But take a look at most magazines and you'll find plenty of articles about weight loss. The reason: Many people are fighting excess weight.

8. Probably true. Unfortunately, even if your friend were to lose 20 pounds in a week, he or she probably wouldn't be able to keep it off. A week is not enough time to learn new eating habits. The snacking or overeating that caused the problem in the first place would no doubt create the same problem all over again.

Whenever we wish we could instantaneously drop that annoying extra weight, we need to remember: We didn't put it on overnight; and we can't expect to take it off overnight. Nutritionists point out that it takes time to learn good eating and exercise habits that will last a lifetime.

9. False. You knew that, of course, but we do tend to compare. We can't tell you your ideal body weight — it depends on things like your sex, height, bone structure and age — but we can remind you that many young people lose more weight than necessary. Victims of anorexia nervosa don't realize they are underweight — they still feel they need to lose weight. It's good to remember that there are health risks for both the extremely obese person and the extremely thin person.

10. True! If you're fed up with "lose-weight-quick" schemes that only leave you frustrated, discouraged and hungry, you may be interested in a diet that *does* work! It's been tested time and again and found successful.

What is this miracle diet? It's moderately cutting back in the food you eat while starting an

exercise program at the same time. Begin your cutbacks with those foods that are high in calories, but low in nutrition (what many people call "junk food").

Replace them with a wide variety of foods that score high in nutrients without overloading the calories, such as fruits, vegetables, whole grain breads and cereals, poultry, fish, lean meat and dairy foods.

This kind of balanced, moderate diet is not a diet you can hardly wait to go off. It's an eating plan — it'll help you lose weight, but can also be adjusted to help you maintain your desired weight. In short, it's a plan to keep you feeling and looking good for life.

So, how's your diet IQ? Whether you scored high or low, you will probably want to learn more. Why not look into some nutrition books or classes? We also offer a free booklet, *Principles of Healthful Living*. Call or write for your copy today. □

Underwater World

(Continued from page 14)

tests without fatigue, you're probably ready to take snorkeling or scuba diving classes.

Since these can be dangerous sports, receiving the proper training is vital. Snorkeling is easier and is also less expensive to learn, and learning it first is often recommended as essential preparation for scuba diving. Lessons may be taught at a swimming pool near you.

Snorkelers use J-shaped tubes to breathe through while their faces are in the water. They also use face masks to allow them to see underwater and fins on their feet to give them more power to move.

Snorkeling is a less complicated sport than scuba diving, but snorkelers can only dive as deep and as long as they can hold their breath.

How scuba developed

For centuries men tried to extend their time underwater. They

experimented with diving bells, diving helmets and many other devices. Nothing gave the freedom, safety and comfort needed for exploration.

Finally, in 1943, a French naval officer named Jacques Yves Cousteau tried a new underwater system. His invention, the Aqua-lung, opened the door to the underwater world.

His system allows divers to breathe compressed air carried in tanks on their backs. A regulator valve on the top of the tank reduces the air to the same pressure as the water surrounding the diver so that he or she can breathe it.

Who can scuba dive? Almost any reasonably healthy person can dive.

You must be at least 12 years old in most areas to take scuba classes (16 in certain areas such as Great Britain). Some dive associations require an adult to dive with those under 14.

Remember, training is necessary. Using scuba equipment only *seems* as easy as breathing in and out. Using it the wrong way kills! No reputable dive shop will rent equipment to you if you don't have proof of training.

So how do you get the training? Call a dive shop or swimming pool near you to find out where lessons are available in your area.

Divers dive from the arctic (with extremely well insulated wet suits!) to the tropics, in both salt and fresh water, so certified training probably won't be too hard to find.

It is important to make sure your training is from a certified dive association. PADI (Professional Association of Diving Instructors), NAUI (National Association of Underwater Instructors), British Sub-Aqua and FAUI (an Australian association) are examples of certified dive associations.

After you have the proper training in snorkeling or scuba diving, a whole new world will be open to you. You'll be able to safely explore the frontier of liquid space! □

Coming Attractions

...IN FUTURE ISSUES



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What you need to know before you move out on your own.



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No animal has more scents than this misunderstood furry little creature!

Signed: "Learning From My Mistakes."

Sex — are you facing the question? Here are some answers!

Dress for Less.
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