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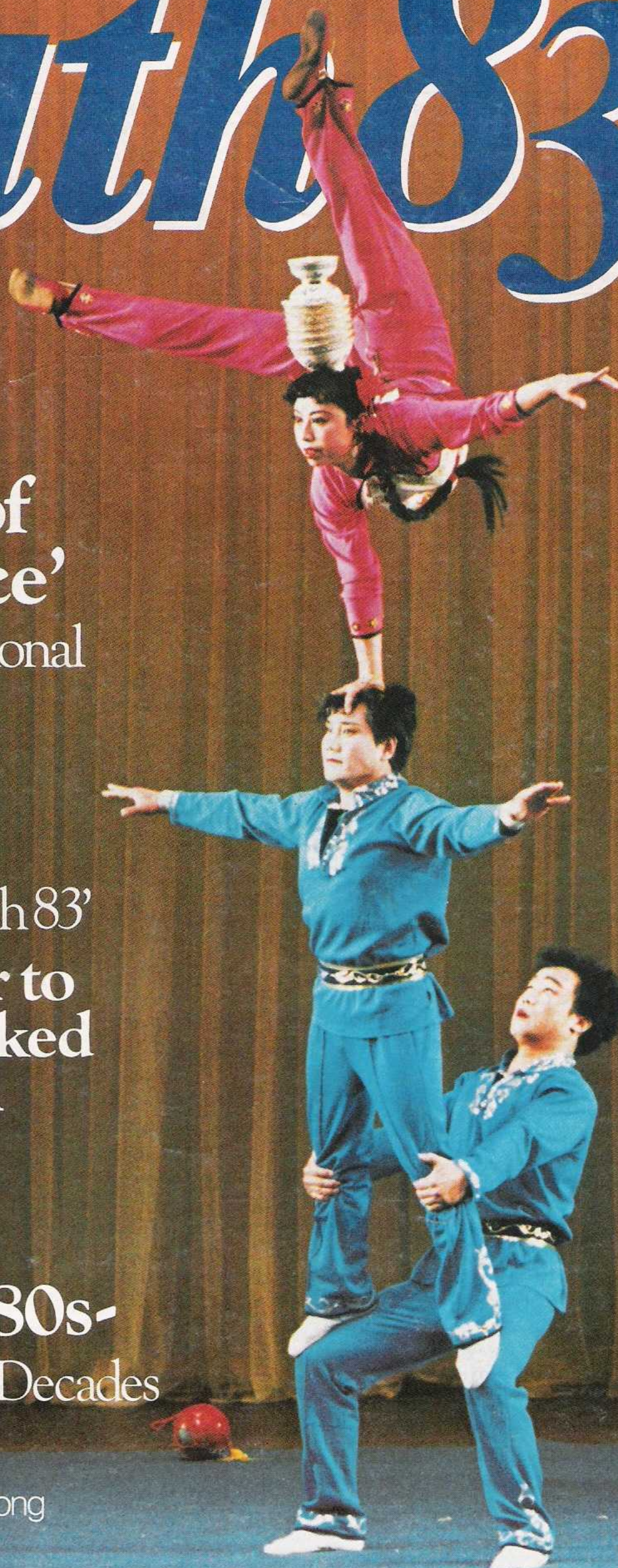
Youth 83

'A Goal of Excellence'
The Peking National Acrobats

From 'Dear Youth 83'
The Answer to the Most Asked Question

Sex in the '80s-
Where Have Seven Decades Brought Us?

By Herbert W. Armstrong



August

Youth 83

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Contents:

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Sex in the '80s — Where Have Seven Decades Brought Us?	1
The Answer to the Most Asked Question	3
Above and Beyond	5
You Can Survive the SAT	6
Reader By-line: It's Your Decision	7
News That Affects You	8
"So You're the New Kid in Town . . ."	11
"A Goal of Excellence"	13
On the Way to the Top	16
Rural Roots: Growing Up in Southern Illinois	18
News & Reviews	20
Teen Bible Study: Preparing for Success	23
Dear Youth 83	25
By the Way . . . "A Closed Mouth Catches No Flies"	29

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COVER: The Peking National Acrobats can perform incredible acts because they have set for themselves a "Goal of Excellence." See article, starting on page 13. Photo by Hal Finch.

Letters

Programing her career

Thank you for publishing a magazine for us teens today. It has helped and encouraged me in so many ways.

I appreciated the encouraging article "Program Your Career" by Jeff Zhorne in the May issue. I take a computer class in school, making programs including some game programs.

At work I work on the computer putting in reports from the accounts room. I also work on the word processor occasionally. You have helped me to decide to go on to college for computers and make this a goal in life. Also to get a good job with computers with your help. Thanks again!

Sherry Puerner
W. Milwaukee, Wis.

Battling anorexia nervosa

I would like to comment on the article in the May *Youth 83* on anorexia nervosa. I am 34 and have had this dieting disease since I was 17. I also have a sister afflicted with it, and an aunt who died this month at 47 with this disease.

It was years before I knew what this was. I thought I was crazy. I'm happy to see this subject being brought to light. I have tried several times to end my life, for [I thought then that] only death could end this pain for myself, my husband and my family.

I'm alive today because God truly loves me and has a purpose for me. He has given me encouragement and strength to overcome. Satan has robbed me of much, but never again. I pray daily to be a loyal and faithful servant of God. Maybe in the world tomorrow I can be a help to the others like me.

Name withheld

You never have to fight

I read the article "So You Want to Be Tough!" in the May issue. After I read it, I realized that you never have to fight. If someone said something about your family, you can just say "sticks and stones can break my bones but names will never hurt me." Well, now I know what to do if someone says something about my family and I know not to turn around and hit them or call them a name!

Jennifer Dorman
Aurora, Ill.

One for Dad and Mom too

My daughter is getting *Youth 83*. It is wonderful! My husband and I would like our own copy so we can read it to our
(Continued on page 7)

Sex in the '80s- Where Have Seven Decades Brought Us?

With this issue we begin a series of articles by Youth 83's Editor-in-Chief on love, marriage and sex.

By Herbert W. Armstrong

In no area of human life has there been such drastic social change as in that of SEX.

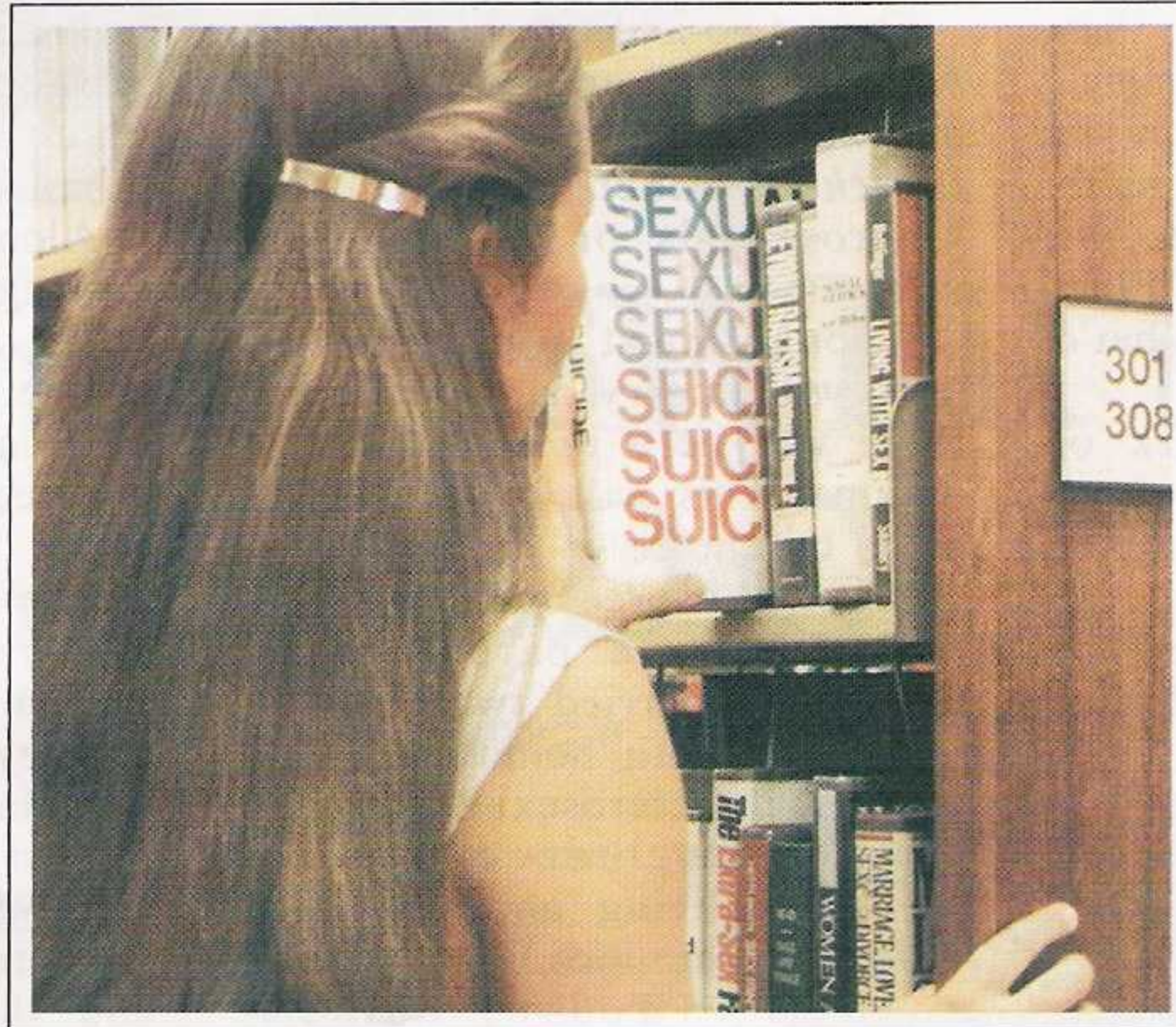
Prior to the First World War, it was illegal in the United States to publish, sell or distribute a book of instruction on the subject of sex.

After World War I an avalanche of books, pamphlets, magazine and newspaper articles, teachings on sex, descended on the public.

Yet in all this, *the most vitally needed dimension of knowledge was missing.*

This missing dimension in knowledge has not been revealed by religion, by the medical fraternity, by the "authorities" on the subject nor by higher education. It is a million times more valuable than the technical-physical knowledge. The latter, without the former can be, ultimately, disastrously fatal!

Today we live in a different world. Sex is everywhere discussed, and almost as promiscuously indulged. But the new "freedom" is by no means limited to the sexual response! The



An avalanche of sex literature and sex education has been published in the last six decades. What has been the result?

period of seven decades — two full generations.

The "New Morality" world was spawned after the turn of the century. It developed from the embryo stage during World War I. It surged mostly among teens unnoticed by their parents on past World War II. The emergence of television after that war gave the trend great

impetus. Acceleration sped the downward plunge. The "New Morality" really surfaced during the '60s, blossomed into full bloom in the '70s.

Where are we NOW — in our decade of the '80s?

In the United States ONE MILLION TEENAGE GIRLS, UNMARRIED, GET PREGNANT EVERY YEAR! Conditions in England, Sweden and Western Europe rival this.

Today, with the avalanche of sex literature and sex education published since World War I and with sex everywhere freely discussed, the teens are indeed "wise" in sexual discussion and

modern plunge has dived much deeper than even a modern society is aware!

First, take a swift overview of "progress" from our vantage point of the '80s! Then a surprised (to those of 30 and below) glance back into the pre-World War years as it had been for some 4,000 years! Our camera zooms now into the Western world before and after — two divergent human societies!

The FACTS OF LIFE as we speed through the '80s have not hit us SUDDENLY in a 24-hour day or a single week! The deadly contrast is not so apparent — because it came on us gradually over a

... teens are indeed
 “wise” in sexual
 discussion
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sexual experience, but still woefully **IGNORANT** in sex knowledge.

And of course they receive little or no sex education from their parents. The gutter-knowledge acquired from their peers is woefully inadequate. Yet they are “wise in their own conceits.” Like the boy whose father in agitated embarrassment said, “Johnnie, I think it’s time we had a talk about sex.” “Fine, Dad,” came the answer. “What’d you like to know?”

The foundational bulwark of any healthy, stable and permanent society is the **FAMILY UNIT**.

Not long ago a third of marriages in the United States

resulted in divorce. Today the divorce rate has swelled to one half of all marriages!

Before World War I it was a rare married woman who worked away from home. I remember, during World War I, my own surprise at seeing women employed for the first time as elevator operators in the Marshall Field store in Chicago! Such jobs never had been for women!

Today only 13 percent of U.S. families include a working father, homemaking mother and one or more children! What would an Abraham Lincoln think of that! Or even a Theodore Roosevelt! Or a Woodrow Wilson!

Over two-and-one-half million American men and women avoid marriage altogether — *yet live together*, either as unmarried heterosexuals or as homosexuals.

Though most people in the ’80s will marry at least once, there will be a broad variety of options. This will include living alone by choice — though by no means will it preclude sex. It will include single parentage by women, unmarried twosomes —

both homosexual and heterosexual. It will include communal living and unrelated families.

Today “authorities” say “change in partnership may be seen as predictable, understandable, even desirable. We’ll back away from the notion of lifelong marriage.”

Loosening attitudes toward sex, shout the “experts,” will help propel these changes. With legalized abortion, and improved contraception, coming

on the ’80s horizon are an antipregnancy vaccine, birth control implants under the skin, and a birth control pill for men! Sex will be equated with fun, plea-

sure, enjoyment — not babies!

Since it is a basic truism that a solid family structure is the foundational bulwark of any stable and permanent society, this fact means only one thing — **CIVILIZATION AS WE KNOW IT IS ON THE WAY DOWN — AND OUT — unless** that great “Unseen Strong Hand from Someplace” soon intervenes and saves today’s sick society.

But before we leave the world scene of the ’80s, bear in mind the present **WORLD IN REVOLT** is in rebellion against much more than pre-20th century sex repression. And the modern downward spiral of humanity involves a much wider area than sex alone.

Today the family structure of Western life is endangered by much more than illicit and promiscuous sex.

Along with the modern sex rampage of adolescents has come other addictions that titillate, arouse, stimulate and please the physical senses.

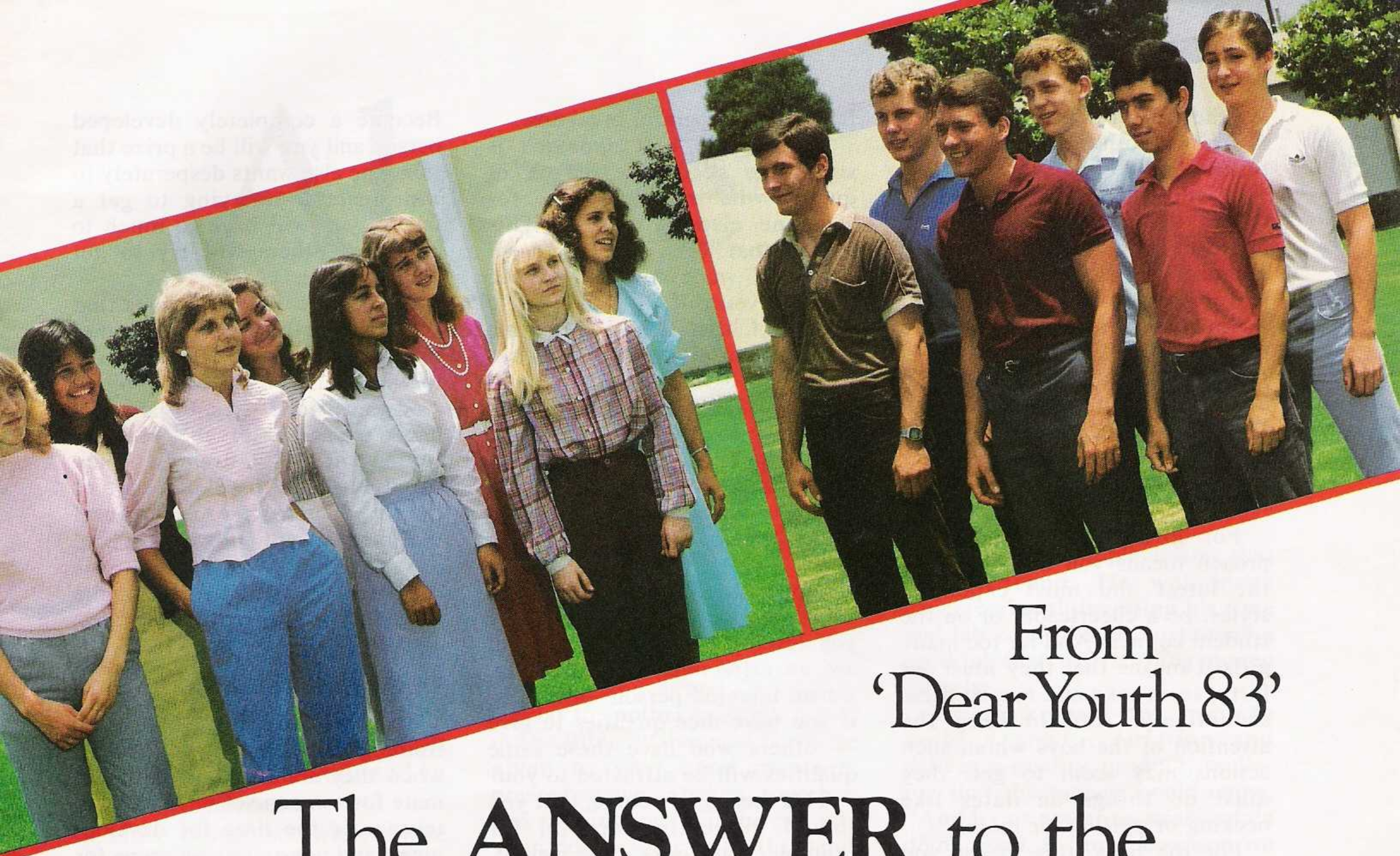
Accompanying sexual indulgence has come, into teen life, alcohol and other drugs, tobacco, modern X-rated movies, gangsterism and violence.

They look for every pleasing, stimulating sensation. Some appeal to the sense of feel. Some to sight. Some to hearing — like rock music with the sensual beat and the rhythm. Some to the sense of smell. People *smell* tobacco smoke. Cigarette ads speak only of “taste.” But you cannot taste smoke! Believe it or not, you cannot taste smoke! But as the smell of tobacco smoke becomes addictive in the nostril, and affects body and mind in the lungs, so marijuana, opium and other smoke affects the **MIND**, and stimulates. One gets “high” — experiences new sensations. Heroin and other hard drugs even more so. Nearly all who become hooked on the hard drugs started on marijuana.

The movies bring “pleasures” through the sense of sight and of sound. Kids spend hours a day
(Continued on page 26)



Walk into a grocery store or a newsstand and you'll be bombarded by headlines about sex — from a lot of the major magazines. Where is this leading?



From
'Dear Youth 83'

The ANSWER to the MOST ASKED QUESTION

By Bernard W. Schnippert

Can you guess what question is asked by more *Youth 83* readers than any other?

You see, *Youth 83* gets hundreds of letters from teens around the world. And many of the letters ask us questions.

Can you guess just which question is asked the most?

Give up? Probably not. You probably guessed it as soon as you read the title to this article!

And yes, you are correct. The most asked question is, "How can I get Jim (or Bill, or for you guys, Sarah or Jane, or any other member of the opposite sex) to like me as much as I like him?"

Photos by G.A. Belluche Jr.

Frankly, when the first flood of questions asking "How can I get him (her) to like me" came rolling in, we tended to skip past them, thinking the flood was only

a fluke that would pass.

It didn't.

But then it dawned on us. Why should it pass? What is wrong with a teen wanting to know how to attract the opposite sex? Of course, nothing is wrong with knowing, at least as long as the reason you want to know is the right reason, and you apply the information in the right way, and at the right time.

And further, perhaps the reason that so many ask this question is that no one has ever told you the answer! If that is so, and it probably is, then you strongly deserve the answer. So here it is, the answer to the most asked question.

Q. How can a person make someone of the opposite sex like him or her?

A. You *can't*. That's right, you can't. You cannot "get" members

of the opposite sex to like you. Nor can you "make them" like you. Nor can you "trap" them or "trick" them into liking you, at least not for long, and not for real.

Please don't misunderstand. We are not saying that you are helpless to find friends of the opposite sex, or that you are doomed to a life of loneliness as a bachelor or spinster. We are only saying that you cannot make someone like you. But there is much you can and should do if you are to someday find the person of your dreams to live with as husband and wife.

The crux of the matter is this: You cannot, or at least you should not attempt to, get someone to be your dream mate. You cannot get someone of the opposite sex; you must attract him or her. And you can only attract others by becom-

ing the type of person others wish to know, both now and in the future.

A lot of people have tried to *get* others to like them. It's the usual approach in our society, and the approach probably most common at your school. But in the end it doesn't work because it is based on temporary and superficial things: You must look a certain way or do a certain thing, rather than really be a certain way deep inside.

The common approach

For girls, this common approach means you must dress in the latest and most expensive styles, be a cheerleader or on the student council. And for too many girls it means that they must act flirty, seem sexy and maybe dress seductively. And to keep the attention of the boys whom such actions may seem to get, they must do things on dates like necking or petting, or more.

For the boys, this means you must be considered a "hunk," and maybe be a star on the school teams and perhaps own a car and have lots of money. And it means you must take out the right girls to the right places and make sexual advances on dates even if you really feel wrong about it.

All these approaches are simply gimmicks to try and get the attention of members of the opposite sex. And they may work, for a while. But the quality of the person you attract by superficial methods

far too many painful breakups.

Rather, the best approach is simply to become a person of quality who is a real prize for someone else of quality. This means that you must work on yourself in every aspect to improve yourself.

Jesus Christ taught this same principle, in less romantic terms, in Luke 6:38 when He said, "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

Applied to the subject of romance, this verse means that if you develop yourself to where you are an attractive, kind, friendly, warm, talented person — that is, if you have nice qualities to give — others who have these same qualities will be attracted to you.

This means, of course, that you should diligently improve, for example, your looks. Lose weight, exercise, find a hairstyle that is flattering. It is a shame that young people don't realize — and most adults don't either — that no one is unattractive if he or she takes pains to find a look and style that works for him or her.

But don't stop there. No, go ahead and diligently work on your personality. Read books about

Become a completely developed person and you will be a prize that someone else wants desperately to win. Instead of trying to *get* a friend, you will have so much to give that others will try to get you!

By now, it will be obvious that this concept of becoming something special — a prize for others to win — is a long-term project. And that is one reason that teens haven't yet found the man or woman of their dreams. They simply haven't developed yet to the point where they are the jewel that others want. But that is fine, because that is the way it is supposed to be. Young people shouldn't be looking to marry yet, or even go steady yet.

Training for tomorrow

They instead are supposed to be training to become, down the road when they are an adult, the ideal mate for someone else. Therefore, teenage is the time for development, and not merely an arena for romance.

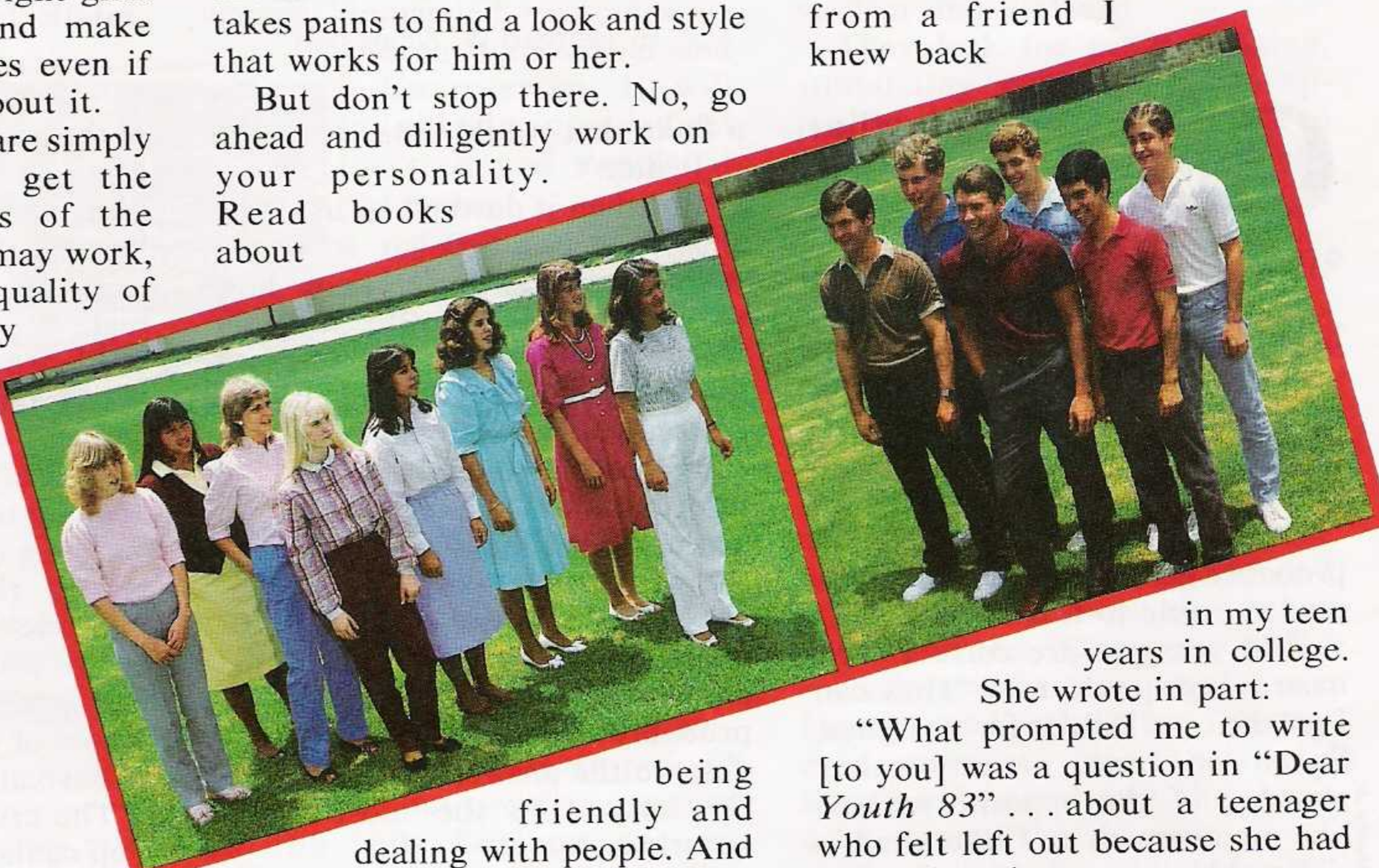
I could not allow myself to complete this article without telling you why I wrote it. I received a very nice letter from a friend I knew back

Instead of trying to get a friend, you will have so much to give that others will try to get you!

won't be high, and the relationship won't last. This has been the cause of

being friendly and dealing with people. And learn how to treat other teens so they feel friendly toward you!

And do even more. Develop your mind by reading and studying and getting good grades.



in my teen years in college.

She wrote in part:

"What prompted me to write [to you] was a question in 'Dear Youth 83'... about a teenager who felt left out because she had no boyfriend.

"I thought [the answer] was spot on in directing her to develop herself for the future and not
(Continued on page 27)

Above and Beyond

Here's a key to always being in demand.

By Richard Rice

Tom is only 16, but he already has a sizable amount of money in the bank that he's earned in his own business.

He's doing so well, more work has been offered to him than he can possibly handle. He's well known in the community and always seems to be in demand.

What does Tom do? He does the kind of jobs that no one else is interested in — and does them exceptionally well at a fair price.

He cleans out chicken houses, strips old wax from kitchen floors, straightens out garages or attics, spreads compost or manure, cares for pets and lawns while neighbors are on vacation. You name it — he'll do it. No matter how dirty or demeaning the work, Tom will accept just about any kind of challenge.

The secret of his success? "It's simply going the extra mile, or doing more than you're paid to do," he said. "I always take special pride and care in my work. I not only try to give it my best effort, but go above and beyond and do more than expected or agreed upon."

As a result of Tom's conscientious desire to please his customers, he gets plenty of repeat work and often a handsome bonus besides.

Going above and beyond is similar to another principle found in the Bible. "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you" (Luke 6:38).

In other words, what you plant is what you will have to harvest later. If we want to be successful and find favor with others, we have to learn to give our best effort first before expecting a return.

You must prove yourself as being trustworthy and responsible in order to receive a just payment for your efforts. "Give and you shall receive" is the Bible way. When you go above and beyond, people will naturally notice and tell their friends and neighbors about the good job you do.

To make this principle more understandable, let's use the example of a grain of corn. Imagine planting a fertile kernel of corn in your backyard. Given a few days, it will germinate, sprout and start growing into a mature

stalk. Within a few weeks it will usually produce two good ears. If you count the number of kernels on each ear you'll discover around 400. Multiply two ears by 400 kernels and you have 800 — all from that initial investment of one kernel! Not a bad investment, is it?

This principle of going above and beyond — doing more than you're paid for — works in every phase of life. When this principle is applied faithfully, God will see to it that you are eventually blessed. It is one of the surest keys to achieving success.

This was a simple lesson that Tom learned. He was more concerned with investing his time and labor to give his customers a good job than with earning money quickly.

He understood the need to build a good reputation and deliver a quality product, realizing that the money would come. "And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart" (Galatians 6:9).

Do you want to be a success? Try Tom's method! You'll be surprised at how effectively it works! □



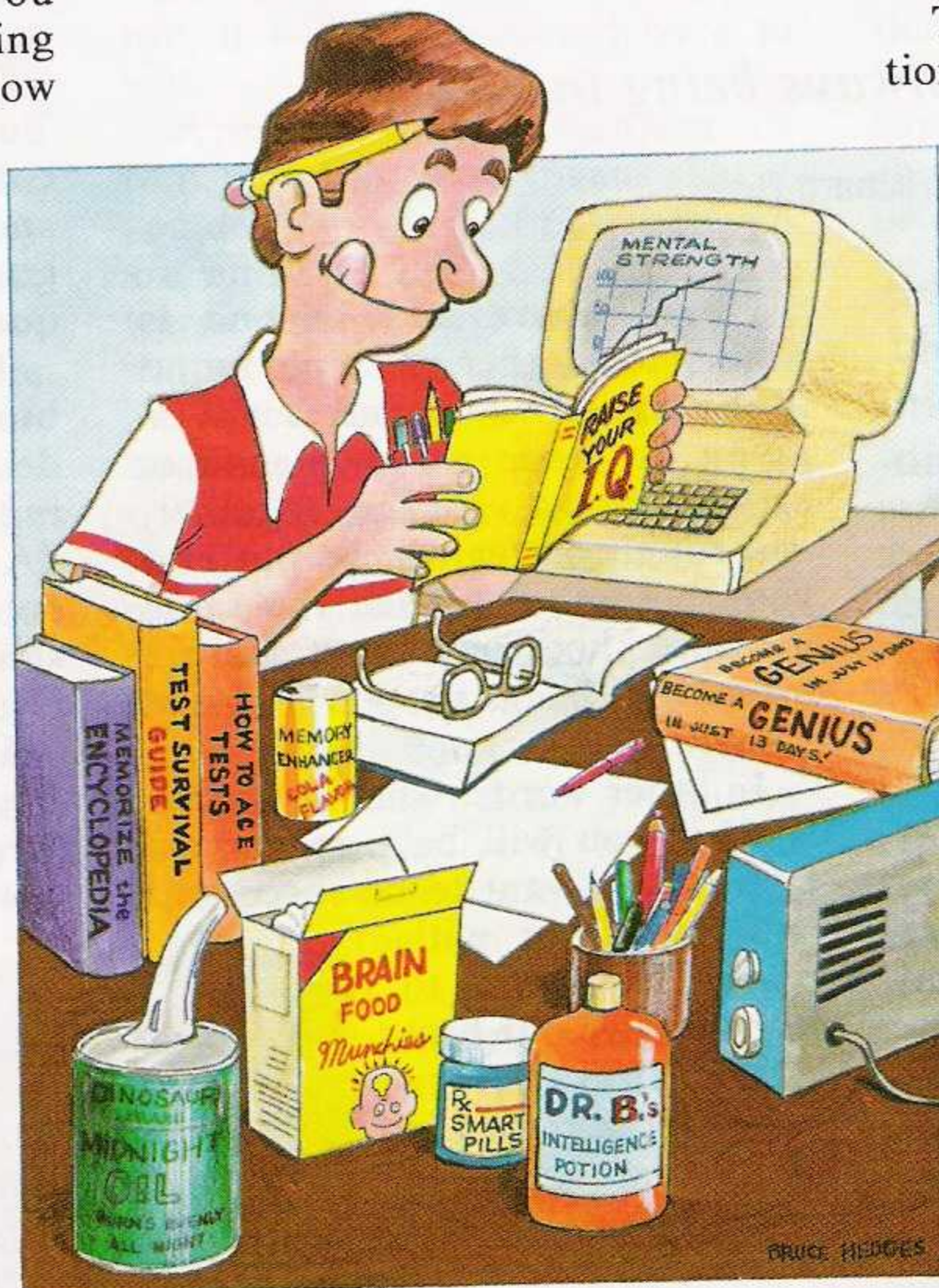
One fertile kernel of corn will often grow and produce 800 new kernels! This illustrates a principle that works when you go above and beyond — you'll be able to harvest the results.

You Can Survive the SAT

By John Williams

When you should register: Most colleges will not accept applications beyond a certain date, so, if you are entering your last year of high school, you should plan now to register for an early test date. This will help ensure that your test results arrive at the college before its application deadline.

Other admissions tests: Many
(Continued on page 27)



How to prepare: College admissions tests measure abilities you have developed over many years. It is doubtful that you could raise your scores much by cramming before the test. However, it is advisable to review the sample

Letters

(Continued from inside front cover)

younger children while Becky reads her copy. The lessons in it are extremely clear and very helpful.

Mr. and Mrs. Earl Van Wert
Farmersville, Calif.

Learn a lot from the articles

I am very grateful to you for sending me *Youth 83*, and especially so since it's free. I have learned a lot from your articles. I enjoy the features on young people from foreign countries. The features by Mr. Herbert W. Armstrong have enlightened me greatly.

Charmaine Blake
Deltona, Fla.

Illustrations "fantastic"

Thank you so much for the articles "By the Way..." I think they are very interesting. I like all of Mr. [Dexter H.] Faulkner's articles. I think the illustrations are fantastic.

I read "Everybody Loves a Party" [February]. It gave me some good ideas on how to get out of a dopey attitude or get some friends together.

I've only been getting *Youth 83* for about a year. Keep up the magazine for long years to come.

Richard Hart
Saskatoon, Sask.

"Cliques Are 'Out'..."

Thank you very much for the article "Cliques Are 'Out,' Friends Are 'In'." Once, I ganged up on one of my very best friends. Now, I am getting the same medicine that I put out. In school, people are talking against me because I don't [do all the things they do]. People are ganging up on me right and left.

But now, whenever I'm with my friends and they whisper right in front of me, I just ignore them. I am starting to get stronger. I know God is helping me!

Mandy Eckman
Palmer, Alaska

Made her stop and think

I really enjoy your magazine. It is unlike any other I have read. It is full of exciting, informative and Christian-supporting articles. Many of them have really made me stop and think about how I would have solved that problem or where I am in life myself. Thank you for this enlightening magazine.

Stephanie Bowsman
Three Rivers, Mich.

READER BY-LINE

It's Your Decision

By Tanya Britton

Is peer pressure affecting your life? Peer pressure has an effect on almost everyone at some time in his life. You need to know and understand that you have a right to make your own decisions without interference from your peers.

Should you smoke?

Consider these facts — the average smokers spend more than \$200 a year on cigarettes. If several members of a family smoke, or if one smokes very heavily, the cost increases proportionally.

Who is going to pay for your cigarettes if you begin to smoke now — you or your parents? You might want to look ahead. The cost of years of smoking could easily make a down payment on a car or buy a lot of clothes.

Also smoking is one of the highest causes of cancer and heart disease.

How do you turn a cigarette down? Simply say, "No thank you."

What about drinking?

You may know people who

yet are popular and successful.

Alcohol cannot possibly help you during your teens, and for you to set the policy now of drinking on dates and at parties with your friends might create new problems for you or aggravate problems that you already have.

Let's look at one fact.

The main characteristic of alcohol is that it acts as an anesthetic. A great many people mistakenly believe it to be a stimulant.

For instance, some people say they drink at parties because they can dance better and can talk easier without getting embarrassed. But they don't realize that the alcohol simply makes them less conscious of how they dance or talk.

How to refuse?

Simply say, "No thank you."

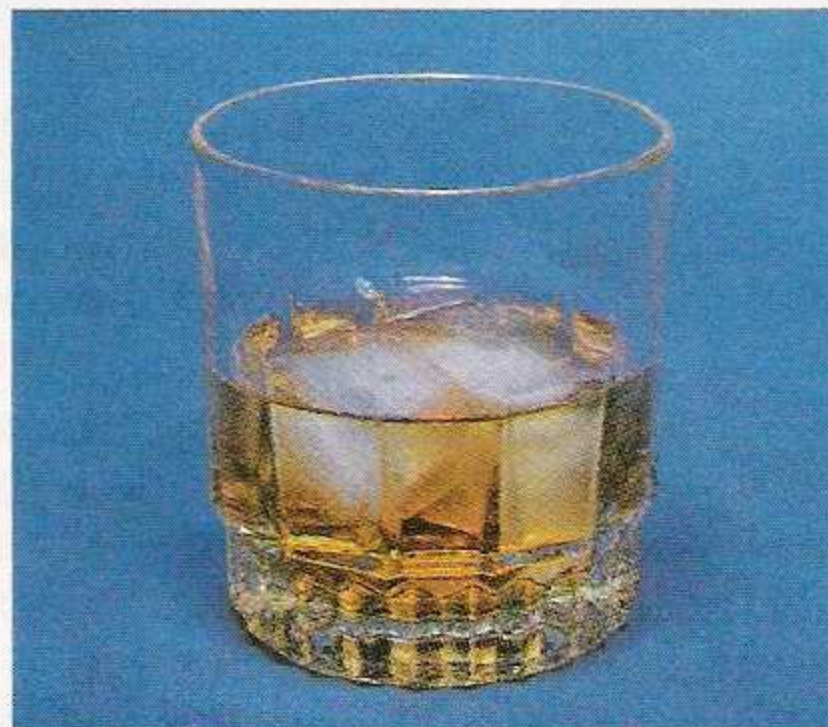
Make sure that you do have a choice about what you do by choosing friends who respect your ideas just as you respect theirs.

You will have more fun if your date is not one who believes that nothing else but alcohol will do, and who insists that everyone else must see it his way.

Don't give in to peer pressure. Choose the route you want and take it.

If the pressure builds up, stand your ground. Remember, don't be a follower, be a leader! □

Editor's note: This article is reprinted with permission from the Giddings, Tex., Times & News. The author, Tanya Britton, is 16 and wrote the article for her high school journalism class.



believe that a party is not off the ground unless everyone has had something to drink. Yet, you know other people who don't touch alcoholic drinks at all and

NEWS *THAT AFFECTS YOU*

In Search of Planet X

• Out beyond Neptune, beyond Pluto, out where the sun is just another pinpoint of light among the millions of other pinpoints in our galaxy, could lie the last and most mysterious member of our solar system.

Scientists have long wondered if there is yet another planet in our solar system. They may soon have an answer to their questions.

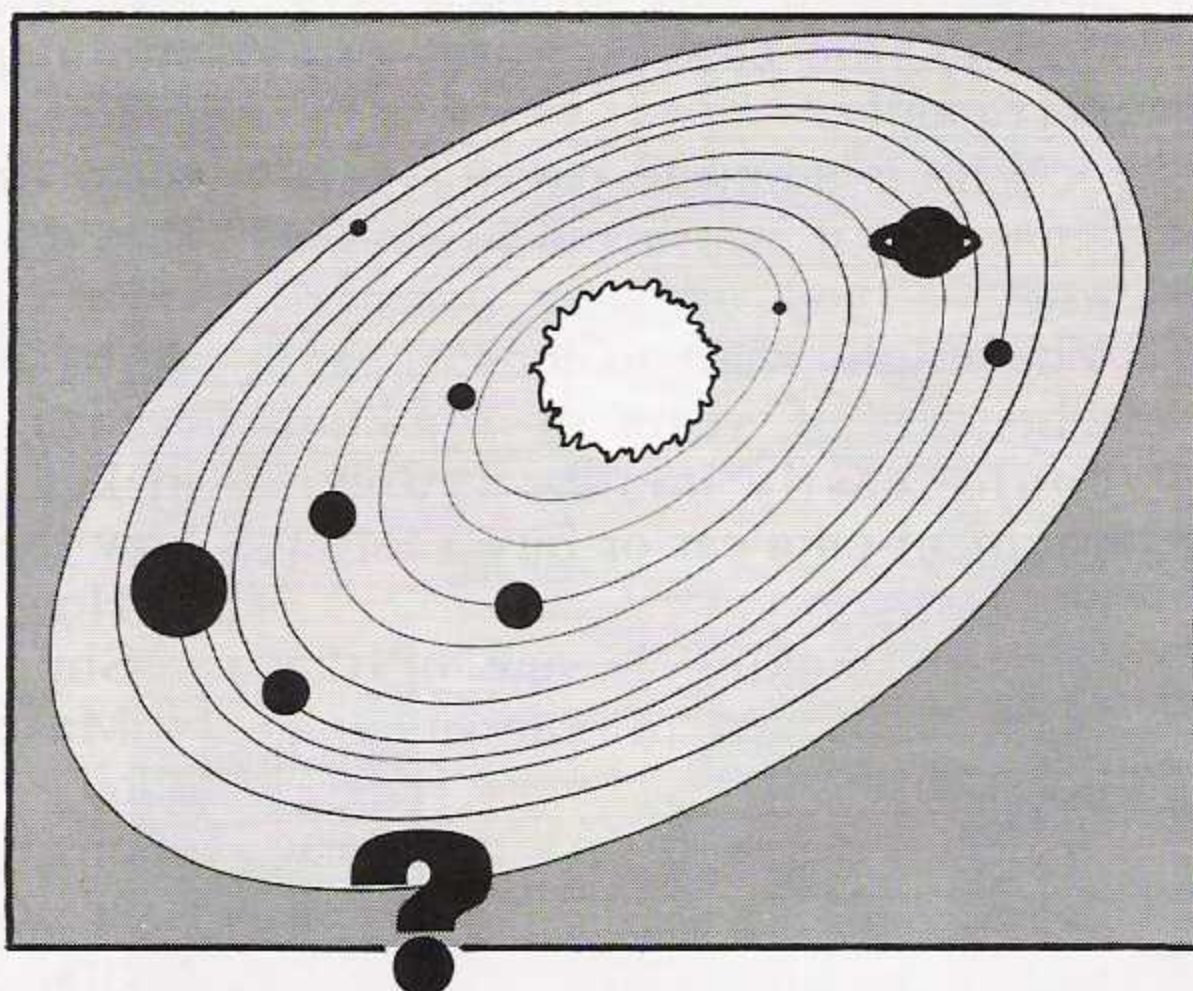
Some astronomers feel that the pull of an undiscovered planet, beyond our known nine planets, would account for the irregular orbits of the planets Uranus and Neptune.

They think the planet would be up to 10,000,000,000 miles (about 16,000,000,000 kilometers) from earth. If there is another planet out there, it is so dark that it is impossible to detect with earth-based telescopes. For this reason, scientists are using two spacecraft launched more than 10 years ago — Pioneers 10 and 11 — to help them look for any object out beyond Neptune and Pluto.

Pioneers 10 and 11 — each traveling at up to 30,000 miles an hour — are now on the opposite sides of our solar system. Pioneer 10 flew past

Neptune and Pluto and left the solar system June 13, the first man-made object ever to do so. Pioneer 11 is now between Saturn and Uranus.

As the two spacecraft venture deeper into interstellar space, the spacecraft closest to the mystery planet should feel its pull more than the other. If so, its path through space will be noticeably



Scientists have long wondered if another planet lay beyond Pluto. They may soon have an answer.

changed. By comparing where the spacecraft are supposed to go with where they actually do go, scientists think they can pinpoint the location of the planet.

Meanwhile, scientists are pointing a new orbiting telescope called IRAS (Infrared Astronomy Satellite) at the farthest edges of the solar system in hopes of catching a glimpse of the planet. This new heat-sensing telescope would be able to pick up any heat being emitted by the planet.

Besides helping look for a 10th planet, these satellites are

giving scientists a fascinating look at space beyond the known limits of our solar system. — *By Ron Toth* □

The Pacific Flip-flop

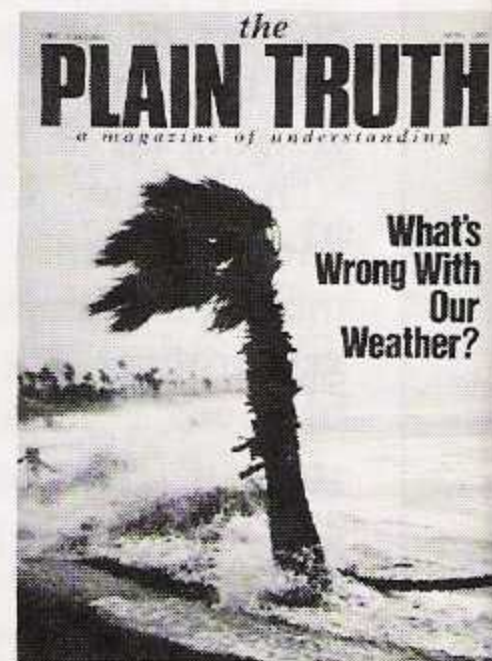
• By April of this year nearly a thousand lives had been lost and enormous amounts of damage had been done worldwide because of drastic changes in the weather — droughts in some places and massive floods in others. Many scientists are now blaming both the droughts and the floods on the same thing.

Remember those scenes of the parched Australian landscape, littered with thousands of animal carcasses? The ground in many places was so dry that it cracked like pieces in a puzzle.

Remember the storms that lashed the California coast last winter? Hundreds of beach homes disappeared into the pounding surf.

What's to blame? Many of the world's top scientists feel changes in the Pacific Ocean are the cause.

Normally the western Pacific's waters are slightly warmer and higher than those in the eastern



Could changes in the Pacific Ocean be changing our weather?

Pacific. But every few years, everything shifts. Water and temperature levels rise in the eastern Pacific and drop in the western Pacific. Scientists call it the southern oscillation. The results are less than desirable.

The shift wreaks havoc on our weather patterns. It causes the trade winds and the jet streams — strong winds that blow high in the atmosphere — to move out of their regular paths. Abnormal weather patterns move in to fill the void they leave, creating the strange weather.

The southern oscillation has brought drought conditions in various degrees to countries spread out in a great fan from South Africa to India, the Philippines, Indonesia and on to the islands of French Polynesia, notably Tahiti.

This area contains more than one quarter of the world's population. In India alone, more than 100 million people face famine.

But on the other side of the globe, parts of North and South America were lashed with violent storms and flooding.

One thing is for sure, 1983 will not be remembered fondly by many of those who have suffered under its unpleasant weather.

For a more in-depth look at drought and its causes, watch for the October issue of the *Plain Truth* magazine. — *By Dan Taylor* □

Too Young to Die

• “I don’t like the kids at school at all,” Ruth told a reporter for the Independent News Alliance. “I can’t relate to them. I just can’t conform and get bombed and spend my weekends watching other kids do

COUNTRY IN FOCUS: Ireland

When looking at a map of Europe for the first time, many are surprised to find that Ireland is such a small country. But from this tiny island has come a prominent nation, known the world over for its culture, legends, literature and its warm personality.

The Republic of Ireland, known in Gaelic as *Eire*, is also called the Emerald Isle because of its beautiful green countrysides and rolling farmlands. The country occupies five sixths of the island of Ireland (see map). It shares the island with Northern Ireland, a part of the United Kingdom. Eire gained independence from Britain in 1949.

Fertile pastures cover much of the central part of the country. The coastline is carved with steep cliffs.

Ireland is divided into 26 counties that together are slightly larger than West Virginia and just smaller than Scotland.

Many of the counties are known for something special. County Kerry is famous for its mountains and the scenic lakes of Killarney. Waterford is known for its delicate cut glass and Donegal for its tweed cloth.

Ireland has a population of about 3.3 million. More than half of the Irish live in large cities and towns such as Dublin, the capital and largest city.

Ireland has two languages that

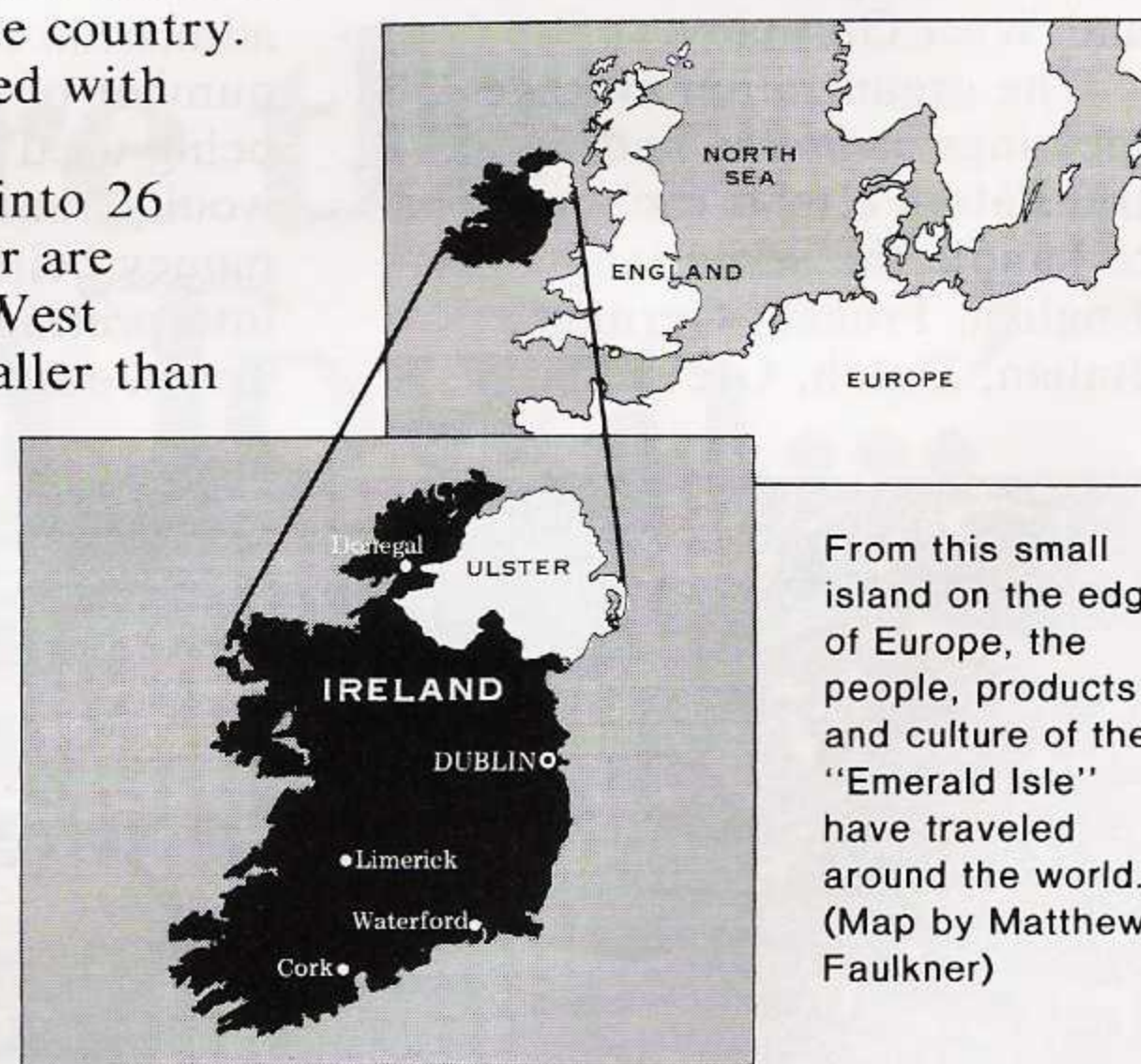
are officially used: English and Gaelic. The form of Gaelic spoken in Ireland is often called Irish. Irish schools teach Gaelic as well as English.

What do people in Ireland eat? Mainly beef, bread, chicken, fish, mutton, potatoes and other vegetables. Potatoes grow well in the climate of Ireland, which is rainy and cool. They have been an important food in Ireland for hundreds of years.

Many Irish are interested in horses and sports involving horseback riding. Horse racing is a popular sport in Ireland.

Ireland's chief manufactured goods include alcoholic beverages, chemicals, clothing, machinery, metal products, paper, processed foods and textiles. Major agricultural products are barley, dairy products, potatoes and wheat. Since 1973, Ireland has been a member of the European Economic Community.

The Irish have a reputation



From this small island on the edge of Europe, the people, products and culture of the “Emerald Isle” have traveled around the world. (Map by Matthew Faulkner)

for hospitality and for close family ties. They are widely considered to be among the world's most warmhearted, friendly people. — *By Germaine Damore* □

the same thing.

"When I tried to kill myself, I was really miserable and really desperate. I didn't see any light at the end of the tunnel. How I could come to feel that way is puzzling to my parents and my psychiatrist, but the urge was there — and still is."

And it is there for a lot of young people. According to recent statistics, more than 1,300

U.S. teens try to kill themselves each day — nearly 500,000 each year. As many as 18,000 of them succeed.

In Hong Kong, one out of every five students surveyed said he or she would choose suicide before accepting failure. In West Germany, teen suicides doubled during a 20-year period to about 15,000 a year. In Japan, 25 percent of the students at a

typical grammar school had considered suicide.

What's behind this worldwide epidemic? Why has the suicide rate among teens doubled and tripled in countries around the world? How did it get to be the third biggest killer of young people?

Many factors are involved, but one in particular is seen more and more as a central cause: the breakdown of the family. More than half the teen suicides in one Canadian study came from homes with one or no parents.

One less parent, says the study, means one less adult to help in times of crisis.

Jean Rosenblatt, a writer for a Washington research firm, sees the "breakdown in the nuclear family . . . as leading to emotional isolation, a key factor in youth suicide."

To help young people who have suicidal tendencies, some schools are training parents, teachers and students to spot the early warning signs.

One 13-year-old student in Denver, Colo., who has completed her school's suicide awareness program, feels she has a better idea of what to watch for in her friends. "Depression, pressure and sometimes a divorce in the family can make kids feel like no one cares. It's not that the person's crazy, it's just a problem that needs help."

Schools emphasize the need for students who have thoughts of suicide to be open about their feelings. They encourage them to confide in trusted friends, teachers, guidance counselors or ministers. But most important, they emphasize, teens should turn to their parents for support, help and love.

Another important factor is a sense of purpose. Many people who kill themselves feel they have no reason to go on.

What is the purpose of life? Write for the free booklet, *Why Were You Born*, to find out. —
By Lowell Wagner Jr. □

Talk Isn't Cheap Anymore

• Talk isn't cheap anymore, at least not for the European Economic Community (EEC), a group of countries working together toward political and economic stability.

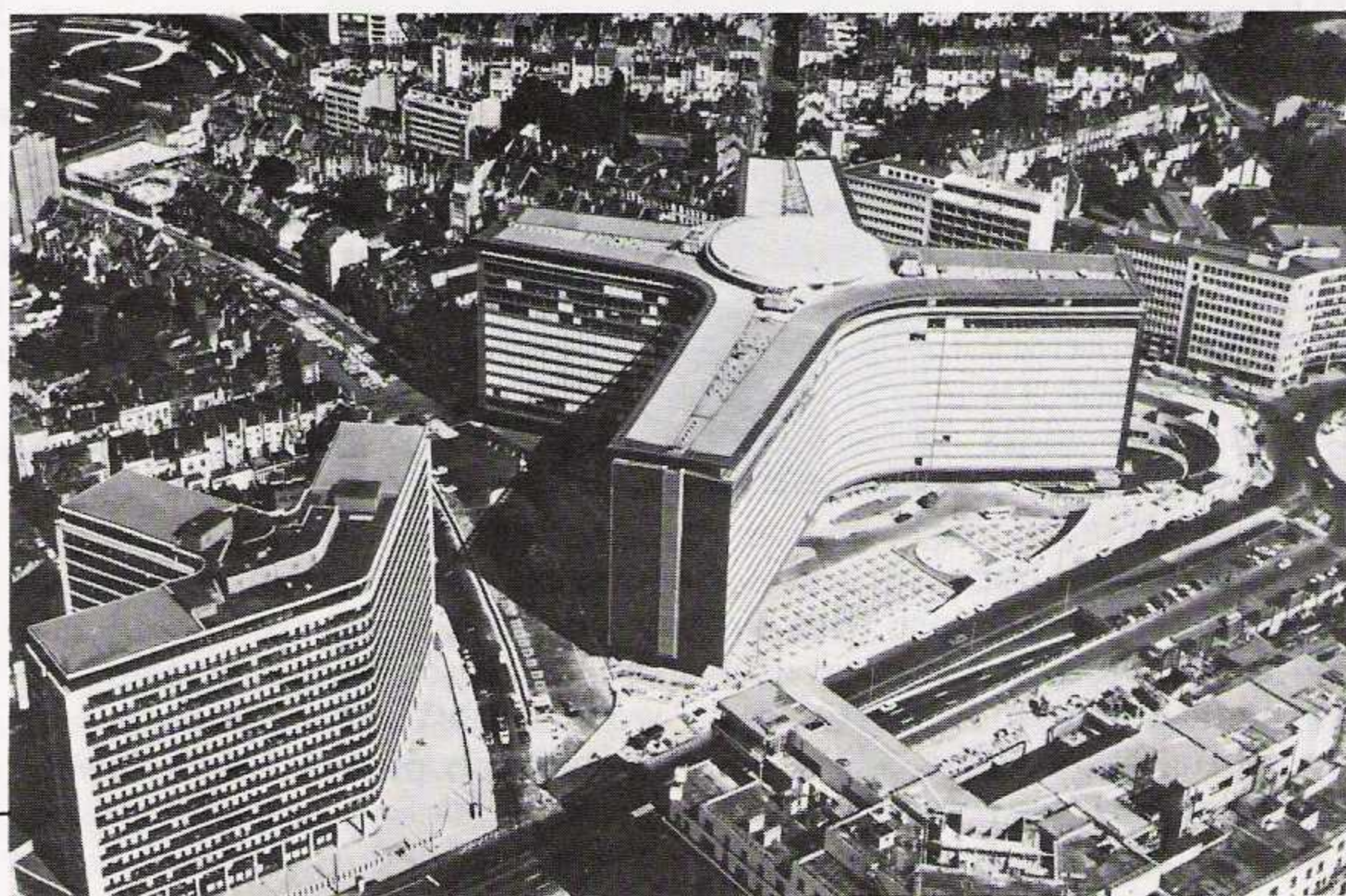
Based in Brussels, Belgium (pictured below), the EEC — also known as the Common Market — conducts all meetings using the seven languages spoken by its 10 member nations: Belgium, Britain, Denmark, Greece, France, Ireland, Italy, Luxembourg, the Netherlands and West Germany.

The organization averages 50 meetings each day and up to 14 translators attend each meeting to handle the seven languages — English, French, German, Italian, Dutch, Greek and

Danish — that are spoken at the meetings. More than half of the 12,000 headquarters employees interpret at meetings or translate documents. Almost a third of the EEC's money goes to translating.

By contrast, the United Nations, with 157 member countries, has only 110 interpreters and is limited to six official languages.

Spain and Portugal have applied for membership to the Common Market. Their admission would increase the number of official languages being used to nine. And that would translate to even more money being spent on interpreting at the EEC. — *By Tom Delamater* □





'So You're the New Kid in Town...'

*A new house, new school, new people to meet, new friends to make.
What can you do to make moving easier?*

By Kathy Duncan

Your family is going to move — and you don't have much choice but to go with them.

You'll be leaving your friends, your school, the old familiar places, the plans you had made. Life doesn't look too bright at this moment.

But wait a minute; does it have to be that way? Is there a way you

can turn this much dreaded experience into a profitable adventure?

First, let's look at a few of your reasons for not wanting to move. You probably have a list a mile long! "My new school will be too hard! I'll be behind in all the classes." Or, "I already have my plans for college and my new school probably won't offer the courses I need."

How about, "Everyone will laugh at my accent" (or your clothing, the way you wear your hair, walk, laugh and even the way you brush your teeth! — in short, anything that you think makes you different from other people).

We all spend a lot of time anxiously wondering if we will succeed or if other people will like us. We all have a deep desire to be accepted by other people. And

moving — where our whole environment is changed — brings this desire to the forefront.

So what can make moving easier? Are there any positive aspects to it? Is there anything you can do to make moving less of a trial and maybe even a positive experience?

You're not alone

First, remember that you're not alone. In the United States, for example, an average person will move 13 times in his or her life according to a 1978 figure. The increasingly high unemployment rates since 1978 mean that even more families worldwide are having to move so that the head of the home can find work.

Also realize that many of these people who are moving have the same fears about all the changes that will take place in their lives that you have. Somehow, just knowing that other people feel the same way as you can make these feelings less distressing.

Did you know that even your parents share these fears? They have to make new friends, get

acquainted with fellow employees. They worry about whether they'll do well on the job, if the boss will accept them — and they worry about how *you* will adjust to the changes.

Changing schools can be a big adjustment. But most, if not all, of your schoolwork difficulties can be lessened by taking two simple actions: 1) being attentive and cooperative in class and 2) getting to know your teachers.

If you find that you are behind in a class, explain your difficulty to your teacher and ask for suggestions for extra work you might do to catch up with the class. If you have already made a good impression by your behavior, the teacher will probably be glad to give you help.

The same applies if you have moved into an area that does not offer the accelerated classes you were planning to take. Most teachers, once they see you are sincere in your desire for advanced knowledge and capable of handling the extra work, are willing to plan additional assignments and suggest reading materials.

Don't forget your parents in all this. They can be helpful in establishing a favorable relationship between you and your teachers. School personnel are usually happy to hear from parents or guardians whether it's about a problem or just to get acquainted.

One final note about teachers: Whether you're asking for advanced assignments or for tutoring to catch up, it all adds up to extra work that is not really required from a teacher who already has plenty of work to do that *is* required. Be sure to show your appreciation and be patient.

You may not have thought of it this way, but a positive aspect to moving is that it gives you a chance to start all over. You can change the old reputation you might have had as a shy kid or a troublemaker and no one need ever know those things about you in your new school.

Time on your hands

When you move into a new area, count on it taking a little time to build friendships and get involved in school activities. So for a while you may have extra time on your hands.

Why not spend some of this extra time with your family? Remember that they face some of the same problems that you are facing.

You can help them by letting your parents know they don't have to worry about you. Help with the packing, cleaning and unpacking. More important, show your parents that you love them and that they haven't destroyed your life by moving.

Brothers and sisters could use some extra love and assurance at this time, too. They're just as frightened by the changes as you are. By helping your family and showing your love for them, you'll also have a part in building a stronger family.

Another way you can help your family is to learn as much as you can about your new neighborhood. Take walks, look around, read the newspapers. Is there a

(Continued on page 28)

Many times we think of moving as a losing game, with our friends at stake. But moving can be a winning game. Here are some tips:

Break the ice. If the people seem cold, you will probably have to take the first step, smile and say hello.

What do you say after that? You will often want to *ask for help*. For example, the students at your new school have information you need, such as how to get to your classroom or what was covered in the class before you came.

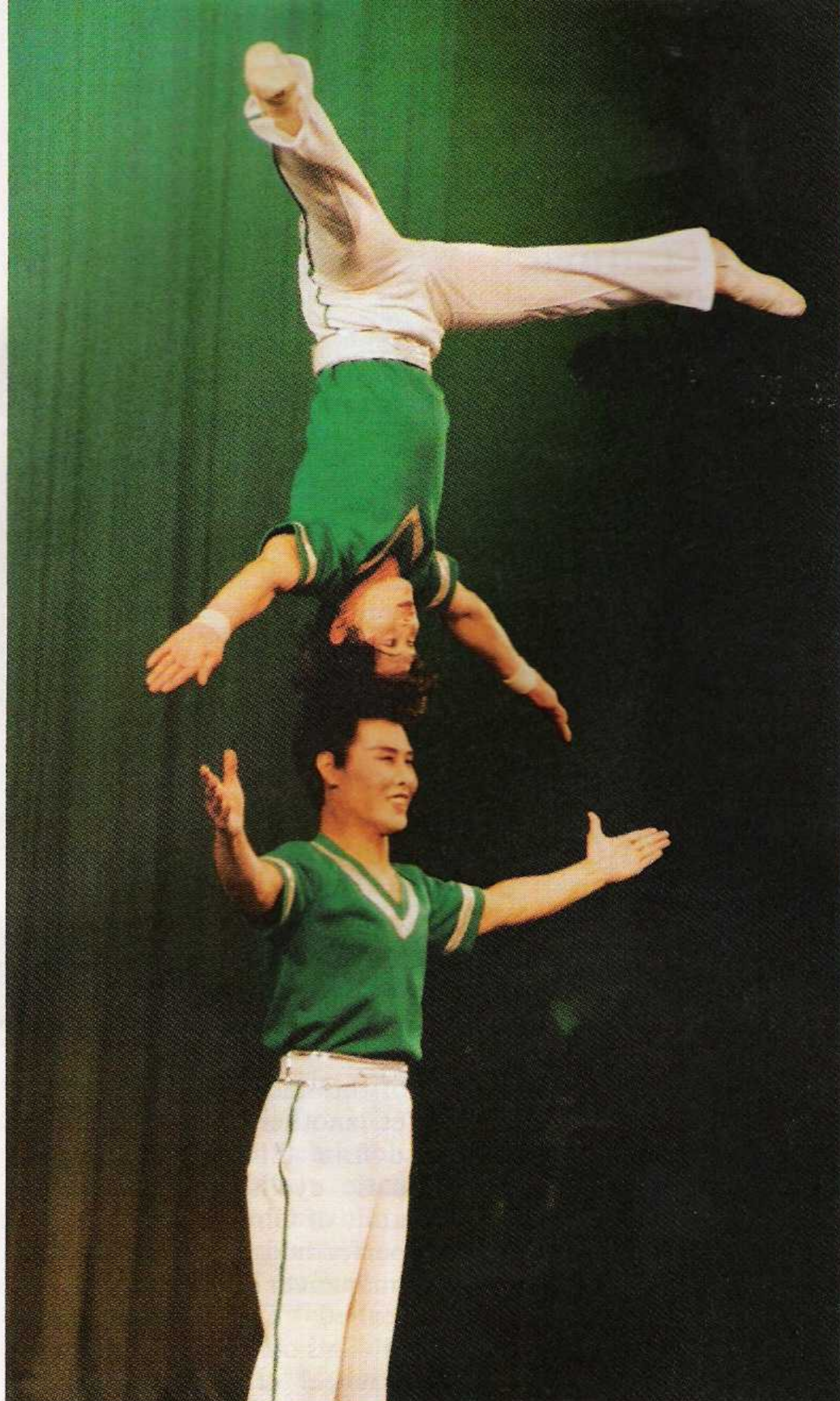
Don't worry if you meet up with a practical joker — someone sending you the long way around to your classroom or trying to embarrass you in some other way. You can just laugh these things off — people will respect you for not letting

it upset you. *Stay positive* and friendly — it will make other people more eager to get to know you.

Being friendly and asking for help can break the ice. But don't stop there. *Get involved in activities.* Showing that you are interested in what others are doing and that you are willing to help can be a real friendship builder.

What about the friendships you left behind? To keep a friendship alive, it helps to *write letters*. It pays to maintain our best friendships, even over the miles.

Of course, you don't have to move to make new friends. If you move, though, realize it is a chance to meet new people without putting anyone aside. So make your move to make new friends! □



'A Goal of Excellence'

Members of the Peking National Acrobats have achieved international fame through hard work, great skill and a goal of excellence!

By Dan Taylor

Have you ever seen a performance by an artist or athlete that left you breathless?

In April we were privileged to watch such a performance by the Peking National Acrobats during their visit to Pasadena, Calif.

From start to finish, members of the troupe astonished the audience with their strength, flexibility, grace, style and dazzling array of colorful Chinese costumes.

This group of performers from the People's Republic of China is considered one of the best acrobatic troupes in the world. Many

of their acts were developed 2,000 years ago, but each artist has made certain improvements on his specialties to add to his or her particular flair and style.

As soon as the curtain opened, this wonderfully gifted group of entertainers captured both our attention and our hearts. In one of the most intriguing acts, called

"The Pagoda of Bowls," a young woman named Zhang Yinghui balanced a stack of bowls on top of her head while doing a handstand on the hands of a male acrobat.

Miss Zhang then maneuvered herself gracefully into an upright position with her partner holding her up by her left leg. She placed the bowls on the sole of her right foot and somehow once again she was doing a handstand with the bowls now on her right foot. Then, carefully, she smoothly took the bowls between both feet and brought them down over her back gently placing the bowls back on top of her head. Incredible!

There is an old Chinese saying that a picture is worth more than 10,000 words. So, please examine the photographs of these incredible acts. After all, seeing is believing, even if the acts still seem incredible.

The acts varied from the strength and agility of men's gymnastic exercises in acts like "The Pyramid" to the more serene poise of a calisthenics exercise called "Flying in Mid-Air." "Flying in Mid-Air" featured Zhou Ruigi and her student who demonstrated how truly flexible the human body is, or rather can be.

In flowing motions, the pair

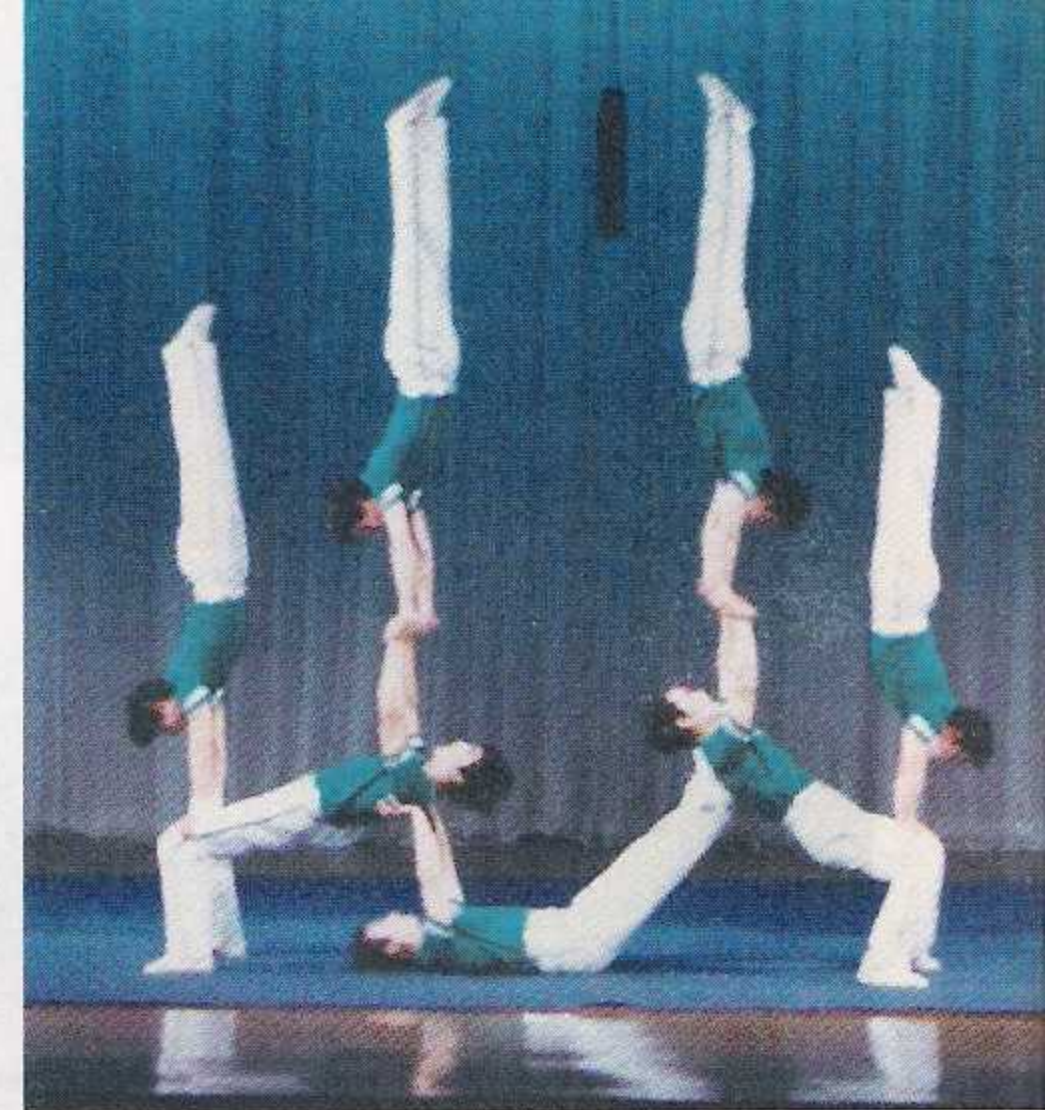
... take Mr. Liu's advice: "You must not fear failure. Instead, have a goal of excellence."

moved in and out of back bends, splits, handstands and, on several occasions, a phenomenal complete back bend in which one of the performers had her chest and chin flat on the stage while her legs were bent completely around with her feet also flat on the floor in front of her. This act required an incredible amount of balance, strength, stamina and unbelievable flexibility.

Acrobatic cycling

Cycling also played an important role in the troupe's performance. One act called "Balancing on a Stationary Bicycle" featured Liu Mei and two other female acrobats balancing on a bicycle about 6 feet above the stage on a specially designed stand. The stand kept the bicycle from moving backward and forward, but the only thing that kept the bicycle upright and on the stand was the skill and extraordinary balance of Miss Liu and her partners.

Another cycling act had a woman riding a unicycle on the edge of an umbrella carried by



one of the male acrobats!

Yet another cycling act featured Liu Zhangshu, the top acrobatic cyclist in the People's Republic of China. In his act, Mr. Liu performed an extremely difficult maneuver of his own invention called "The Three Connections." This consists of getting the front wheel off the stage floor, mounting the handlebars — with the front wheel still off the floor — then riding the bicycle around like a unicycle.

The troupe's finale featured another incredible feat. While one man rode a bicycle around in a circle, another man got on his shoulders. Then two women boarded the bicycle, followed by more and more women until 12 people, spread out like a fan, were wheeling around the stage. As was the case in all of the acts, the performers moved with a zest and enthusiasm that indicated they truly enjoyed what they were doing.

How do they do it?

It was one of those events you really hate to see end. The performers had made their acts



Left: Great strength is required in "Performing on Leather Straps." Page 13, clockwise from left: A masterful "Head Stand"; Liu Mei and one of her partners "Balancing on a Stationary Bicycle"; tremendous grace, balance and strength are necessary for "The Pagoda of Bowls."



seem so easy in spite of the difficulty. It really made you wonder how they were able to learn and consistently perform these seemingly impossible acts. To answer this question, and others, *Youth 83* talked with three members of the troupe: Rong Hwaji, Zhou Ruigi and Liu Zhangshu.

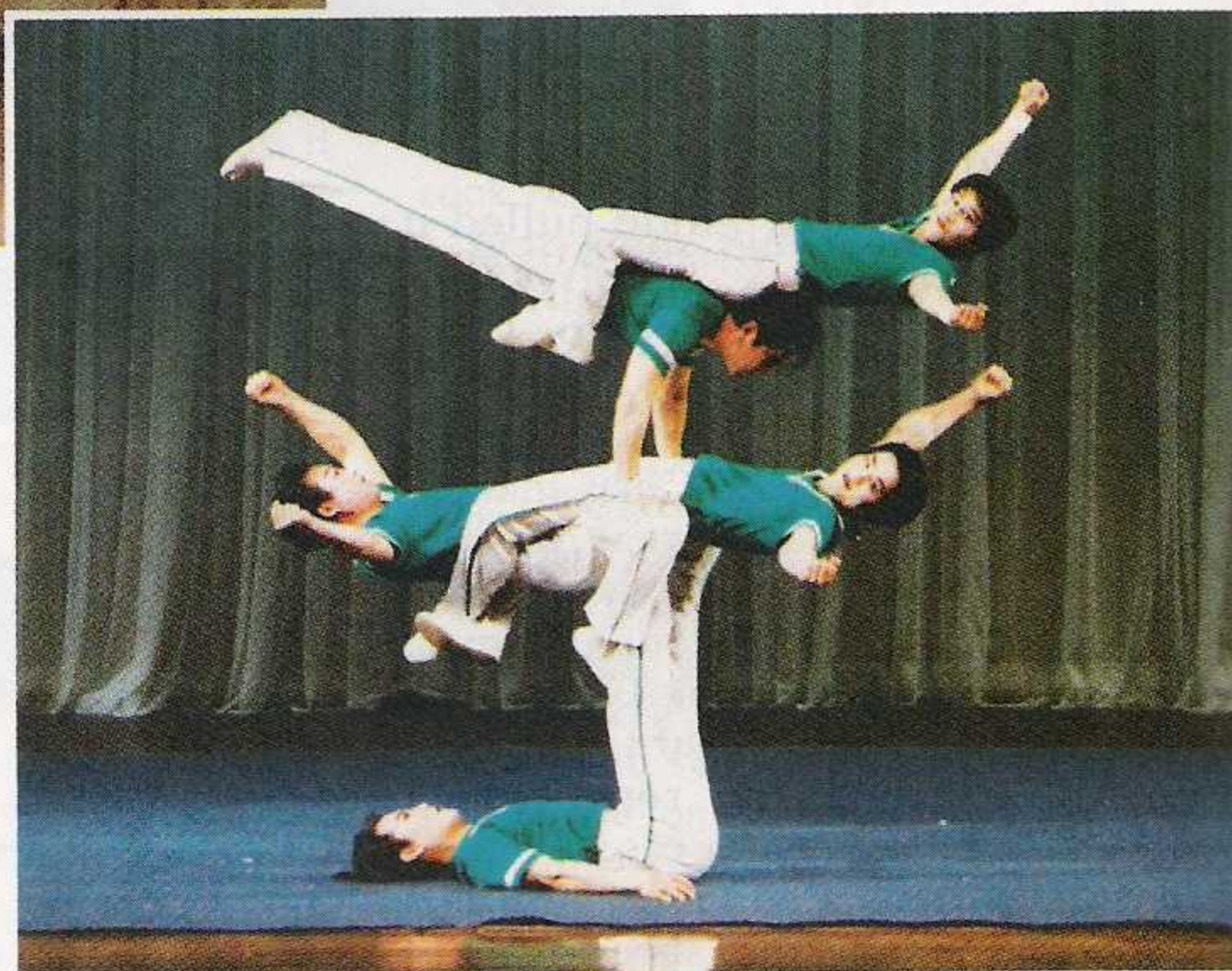
Mr. Rong, at age 50 the oldest member of the troupe, told us a bit about their daily schedule.

Each day includes six hours of training: one hour for basic skills, two hours for specialized skills and one hour each for dance, music and cultural studies.

Also, the troupe conducts "collective training" during which they run through their whole program. Each member of the troupe specializes in one or two acts, but he or she must also develop another two skills to be a backup for other performers in case of injury. (Since sometimes even these skilled performers get hurt, it's good to remember that without proper training and supervision many of these acts could be dangerous to try.)

Mr. Rong noted that they

Top left and bottom right: "Pyramids" of skilled Chinese acrobats amaze the audience. Center: A bicycle built for . . . 12! Lower left: Liu Zhangshu, Rong Hwaji (front row, third and fifth from left) and the troupe take their bows.



practice six days a week. So, now we began to see how it is possible for them to perform so well.

Miss Zhou, who performs the "Flying in Mid-Air" routine, noted that she began training as an acrobat when she was 5 years old. And she pointed out that her act requires starting out at a young age to build flexibility. As a young girl she learned fundamental acrobatic skills. Now she must exercise her waist, thighs and legs daily in order to remain flexible enough to perform her "impossible" act.

Finally, we talked with Mr. Liu, the cyclist. Mr. Liu said that he started learning acrobatics

when he was 10. Now at 43, he is the premier acrobatic cyclist in his country.

When asked how long it took him to master "The Three Connections," Mr. Liu told us, "from start to success, four years."

Perfecting the physics and dynamics involved in "The Three Connections" required hard work, patience and persistence. But it paid off for Mr. Liu. He has performed this act all over the world before many heads of state.

Mr. Liu used an analogy to explain his goal: "The Americans had a goal when they went to the moon. No one had ever done that before. In that same spirit, I have a goal to be the best [acrobatic] cyclist in the world."

Hard work has paid off for Mr.

Liu and all of the acrobats. If *you* have a burning desire to do something in which you can put your whole heart, take Mr. Liu's advice: "You must not fear failure. Instead, have a goal of excellence."

Whether you're trying to run a 10 second 100 meters, ride a unicycle on an umbrella, or get an A in math, there is no magic formula. You simply have to pay the price of hard work if you want to achieve your goal.

As it says in Ecclesiastes 9:10, "Whatever your hand finds to do, do it with your might."

How about it? You too can have a goal of excellence! □

Photos by G. A. Belluche Jr. and Hal Finch

By Wendi D. Hayward

The sun beat down on the eight of us as we stood gazing up at the 75-foot cliff. I don't know about the others, but I wasn't perspiring just because of the heat.

Our guide disappeared up the back side of the cliff and reappeared several minutes later at the top. He tied off one rope and then Chris, an experienced rock climber, attached more climbing equipment to it. Our guide pulled it to the top.

We prepared to climb. Chris went up the cliff in no time at all. No problem, I thought to myself, somewhat relieved. Chris made it look so easy. Up went another guy, whose strength made it easy for him to reach the top in almost the same time it took Chris.

Then it was my turn.

I attached the rope, which would secure me in case I fell, to the harness around my waist. I looked up at the sheer wall of granite and suddenly all the little cracks and handholds that I'd noticed while standing away from the cliff seemed to disappear. Facing me was what looked like a solid sheet of concrete, smooth and unclimbable.

I looked over my shoulder at the others. They were quiet, anxiously waiting for me to make the first move up the cliff. Behind them was the canyon where our camp was and beyond that Sugarloaf Mountain — a dusky-blue peak capped with the remnants of the year's snowfall.

As I gazed at the beauty of Southern California's San Bernardino mountain range, I thought about why people do

some of the things they do. Why risk my neck climbing something that even the lizards had a hard time hanging on to?

I knew we'd taken the proper precautions to minimize the danger. We'd rehearsed technique and discussed some of the things that could go wrong and how to prevent them from happening. But still I doubted my ability to make the climb, and in my mind I began to invent an excuse for backing out.

"OK. Ready when you are," called Chris. I had to climb.

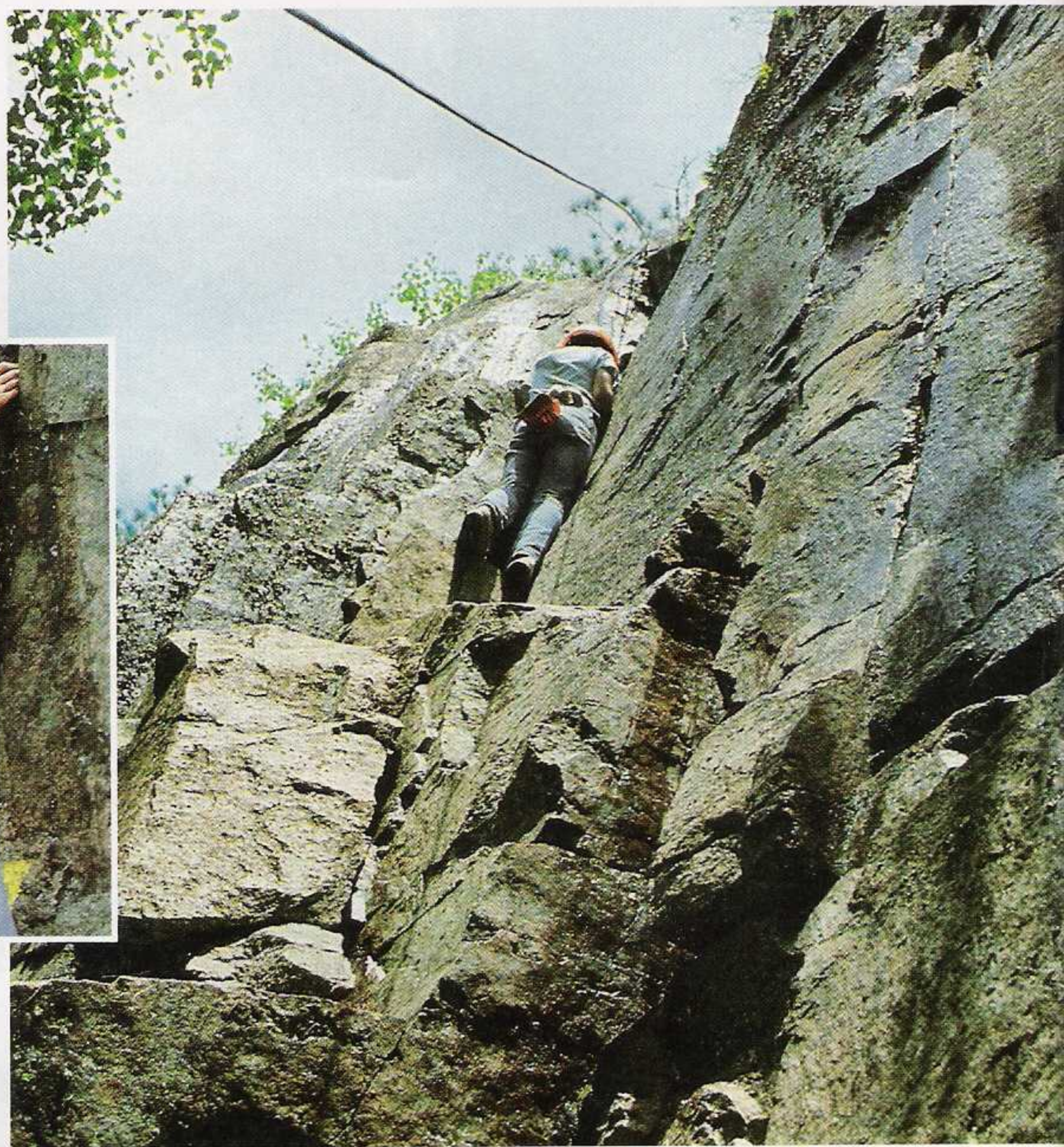
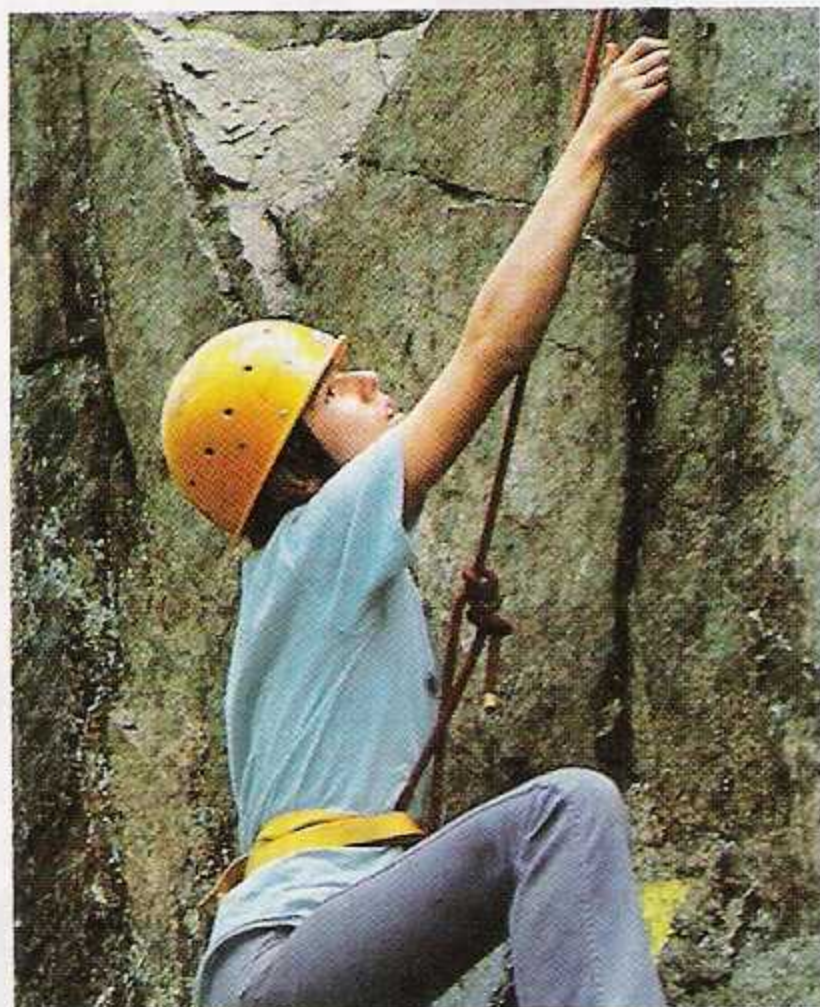
I turned and looked up at the smooth granite face of the cliff, and vaguely I remembered the first half of a saying a veteran skier had once told me: "No guts, no glory."

"On belay?" I asked our guide, who had come down and was holding the other end of the rope.

"Belay's on." It was reassuring to know the rope was anchored securely.

"Climbing?"

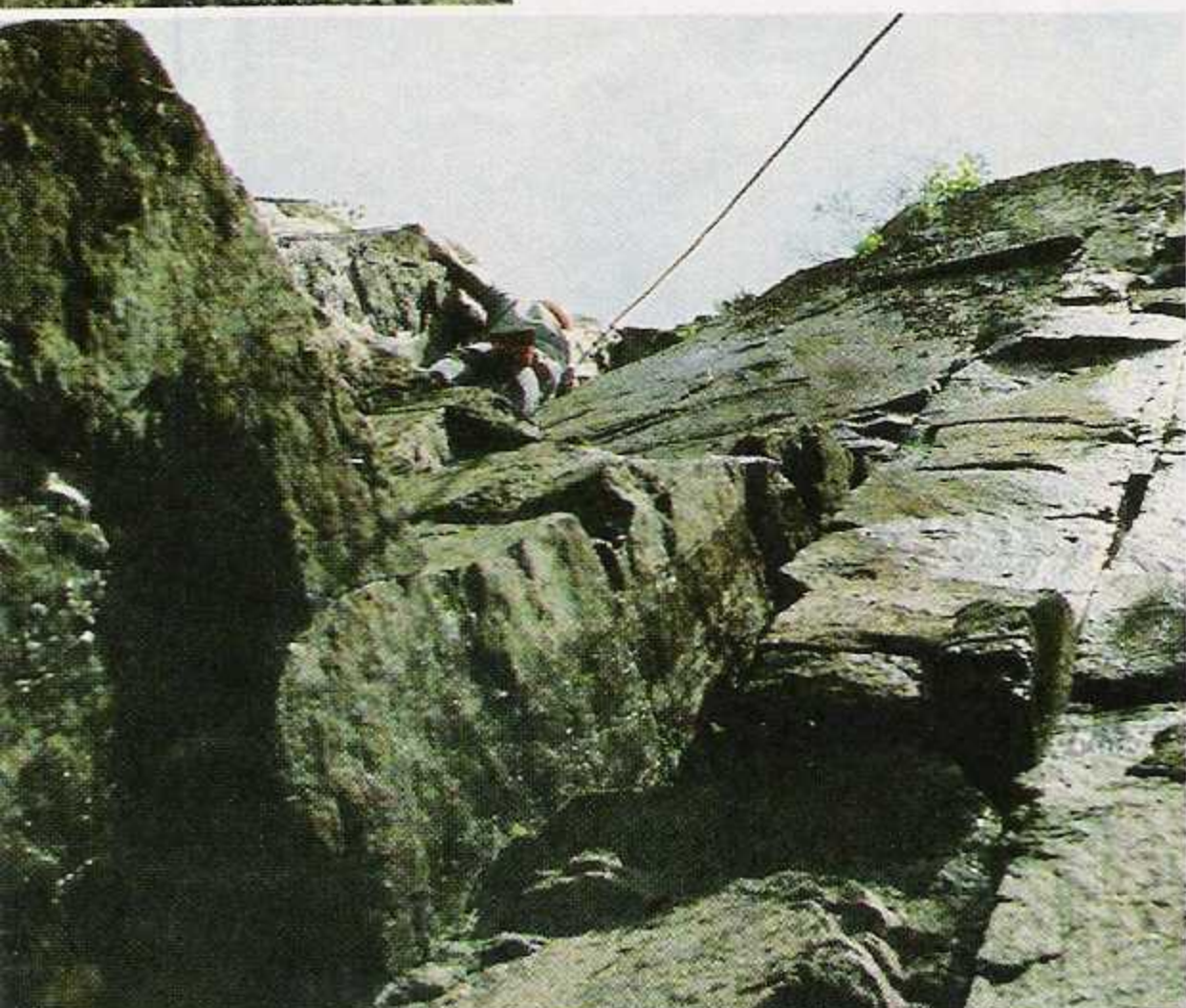
"Climb," he said, and digging my boot into the first foothold, I began my ascent.



On the Way to the Top



After all the training and taking precautions to minimize the danger, rock climbing becomes a test of perseverance — of fighting fear and keeping on climbing. (Photos by Nathan Faulkner)



At first it wasn't too difficult. The handholds were there and I had no problem finding outcroppings of rock for my feet.

The fear was there, however, and as I moved slowly, hesitatingly, I allowed it to grow.

Fear is the biggest danger for any novice climber, our guide had told us before the climb. It causes you to follow your instincts, and instinct tells you to hug the cliff.

But hugging the cliff is contrary to the law of gravity. If the weight of an object is placed perpendicular to a flat surface,

that object will stand upright. Thus, the principle to remember in climbing, our guide instructed us, is to always keep your weight over your feet. This means that a climber must lean a little *away* from the cliff face, something my mind had trouble comprehending.

I had reached an area of the cliff about one quarter of the way up. Both feet were loosely anchored in a transverse crack. My right hand barely had a hold on the granite and my left palm lay on rock as flat as a Kansas cornfield.

I couldn't get a firm grip on anything.

Fear seized me and I forgot all that our guide had said about hugging the cliff. I hugged it like it was my long-lost uncle, and, as I did, my weight shifted off my toes, causing my feet to slide out from under me. I felt myself falling.

I didn't feel the granite cut my hands. I didn't feel it scrape my bare arms. I didn't have time to because no sooner had I begun to fall than our guide, who was on belay at the bottom of the cliff, tightened his grip on the rope. My body jerked in the harness as the rope held my weight and stopped my fall.

I took a deep shuddering breath and quickly checked to see where I could anchor my feet. I found a crack and wedged my boots into it.

"Weight on your toes, *weight on your toes!*" yelled our guide from below.

I had only slipped about 7 feet, but it felt like 20. The ground was only a few feet below and I knew I could easily jump into the soft dirt without injury. I would dust myself off and go sit on the bank with the others where I would be safe and leave this crazy business for someone else to try.

But the rope was tugging me upward and Chris was standing at the top calling: "You're fine. Keep your weight on your toes and you'll be fine."

I knew then that I couldn't face myself or the others if I backed out on the challenge. I wasn't very strong, I wasn't very tough, but I knew that if I didn't make it up that cliff, I'd lose respect for myself. I didn't want to be a quitter. Some advice popped into my head: Whatever you do, do it with all your might.

Slowly, I climbed back up the cliff. When I came to the ledge I'd been standing on when I slipped, I felt a tug of fear but remembered to keep my weight on my toes.

"Reach up higher to the left. There's an outcropping you can get a good hold on. That's a girl. Now pull yourself up. Keep your weight on your toes, knees off the rock. Good going!"

Our guide pulled up the slack from the rope and that little tug encouraged me to continue.

Three quarters of the way up, I shimmied across a horizontal cleft, careful not to look down. My legs trembled violently, unaccustomed to the strain of pushing my weight in an upward direction, and I had to stop for a moment to rest.

Not for long though. I let out a yell and forgot all about my perilous perch.

"What's wrong?" Chris shouted down at me.

"Red ants!" I shrieked. My right hand had settled on a piece of moss infested with the fiery, stinging creatures. Great. Just what I needed to make my climb more enjoyable, I thought.

Well, they obviously didn't want me hanging around, so I moved on. Suddenly, it was amazing how easy I seemed to find cracks for my hands and feet that hadn't seemed to exist earlier.

I looked up. Chris' hand was suspended just within reach. I grabbed it and Chris helped me to the top.

"Welcome aboard. You made
(Continued on page 27)



RURAL ROOTS

Growing Up in Southern Illinois

As farm kids become a smaller and smaller minority, I'm more than happy to say I grew up on a farm!

What's it like to live on a farm and come from a small town in the middle of America's breadbasket? It's worlds apart from the big city.

Our family farm is 3 miles south of Carmi, Ill., a town of about 6,000 people and five stoplights. Since this is a farming community, it's not a strange sight to see tractors or farm trucks loaded with grain going down the middle of the main street. A lot of men drive around in four-wheel drive pickup trucks and listen to the grain market reports every day.

Carmi has one junior high and one high school, and these are where I spent my secondary school days. Before that I attended a country school until seventh grade.

Since the enrollment in Carmi Community High School was a little more than 600 students, the students knew just about everyone and the teachers gave us individual attention.

Lots of school spirit

The school spirit ran high when I was in high school, especially when our town was represented in statewide sports events. The citizens of Carmi are particularly proud of the golf team that put Carmi on the map by winning five consecutive state golf championships, and there are two big signs at the two major entrances to town proclaiming this.

Carmi is not without some history either. The Robinson House and the Ratcliffe Inn, visited by Abraham Lincoln about 20 years before he became U.S. president, are now museums.

Living in southern Illinois allows you to experience all four seasons — spring, summer, autumn and winter. Spring and

autumn are the busiest seasons on the farm, as the countryside comes alive then.

In the spring, farmers like my dad are busily preparing for the spring planting season. This is always an exhilarating and refreshing time after the long, cold winter. The winter woolens are shed, the first buds of green pop out on the trees and some mothers give their children permission to go barefoot for the first time since last summer.

While Dad was out in the field planting the crops, there was plenty of work for the rest of the family to do. There were flowers to plant alongside the already blooming tulips, daffodils and

The farm was a wonderful place for my older sister and me to grow up. We had freedom to roam wherever we wanted . . .

irises. A big family project every spring involved putting out a family vegetable garden.

First, Dad would plow up the big plot with his tractor and plow. Then he would go over it with the garden tiller. That's when my mother, sister and I would pitch in to help. We would rake, hoe, weed and measure each row of vegetables we put out — corn, green beans, peas, beets, radishes, squash, cucumbers, carrots, lettuce. Since our family is particularly fond of tomatoes, we always had at least a dozen tomato plants to tie up to prevent them from falling over once the plants became laden with big, juicy tomatoes.

Also during the spring our farm animals came out of virtual

hibernation. Our horse and the family dog would shed their winter coats. At least one mother in our big collection of stray cats would have a litter of kittens.

Another spring event was ordering 200 baby chicks from a hatchery. When they were a couple of weeks old, we would bring them home and keep them in a brooder house.

These fuzzy yellow chicks were quite cute to watch, but I tried not to become too attached to them because I knew they wouldn't be around much longer. Once they got some meat on their bones, they would eventually end up as fried chicken on our dinner table.

A treasure hunt

A few of the hens were kept to ensure our family and neighbors a daily supply of farm-fresh eggs. Gathering eggs was like going on a treasure hunt. Usually the hens laid their eggs in dark, out-of-the-way places in our three barns, but as a little girl it was a real adventure for me to go looking for their secret hiding places.

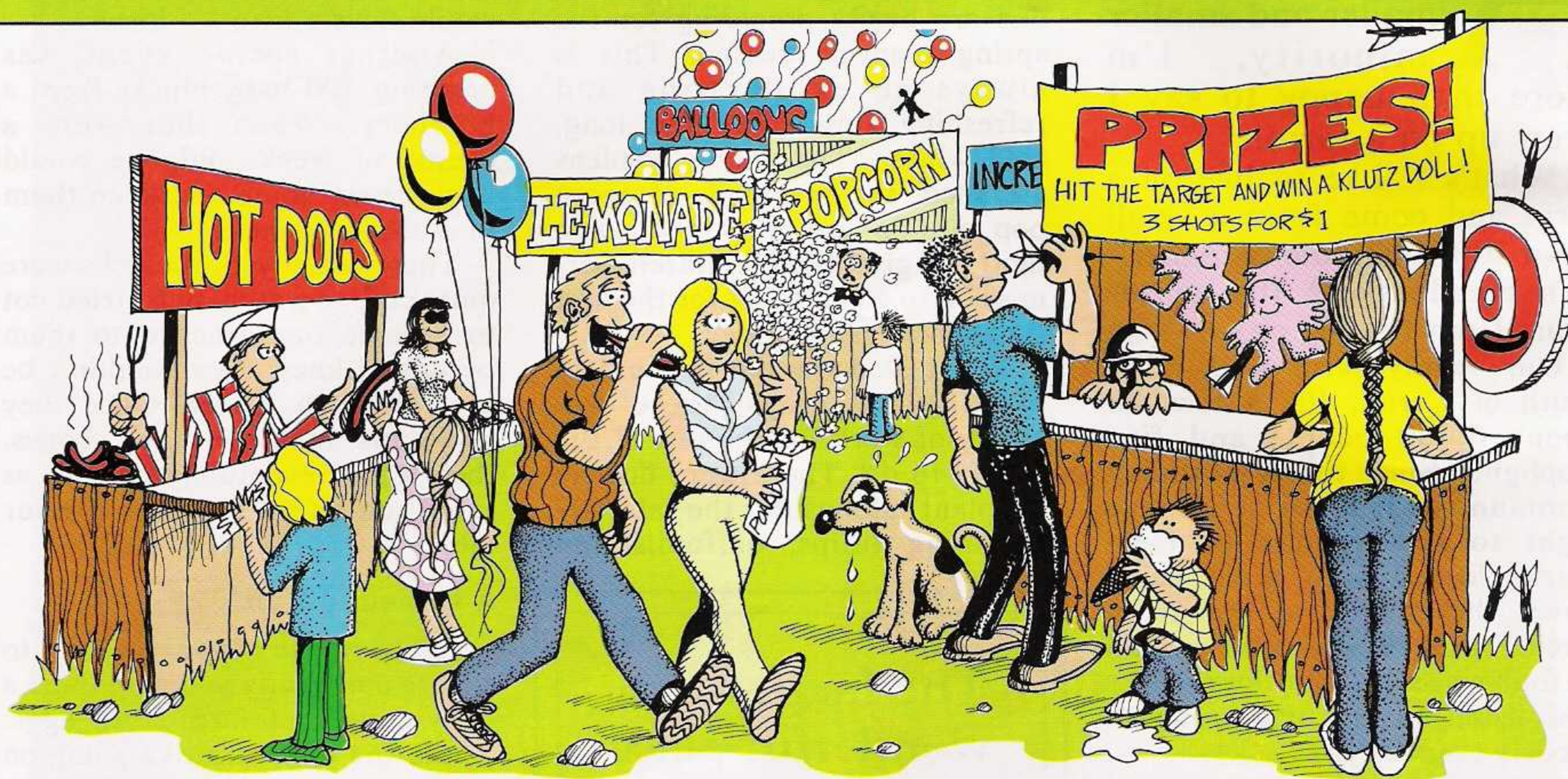
Activity on the farm did not cease even after spring planting, especially if it had been a rainy season and the crops needed to be replanted. By the time all the crops were in the ground, my dad and uncle turned right around and readied the machinery for combining wheat in June.

Depending on how much wheat we had planted on our 350-acre farm, combining could involve a few days to a couple weeks of harvesting. I remember my dad getting up at dawn and coming in for supper around 9 at night on these busy days.

At midday, I would help my mom cook a meal for the working men — big platters of fried chicken or roast, corn-on-the-cob, homemade rolls, pies hot from the oven and pitchers of cold iced tea for the thirsty men.

After eating, the men would ride back out to the fields on their tractors. When I was 14, Dad
(Continued on page 27)

News & Reviews



The Greatest Show in Your Neighborhood!

Balloons and crepe-paper streamers fluttered everywhere — bright blues, yellows and reds. The game booths were set up and ready to go. Mom had started making the gallons of lemonade and mounds of popcorn it would take to feed our fairgoers.

All that was left was to put up the sign. We slowly pulled it out to the front yard where everyone could see its 3-foot-high letters shouting: "Fun Fair! Here! Today!"

This annual front-yard carnival was a tradition in our neighborhood. We looked forward to it all year long.

One of the best things about a front-yard carnival is that just about anyone can have one. How do you do it? Like this!

The first thing you'll need is help. Start with your parents. Ask for their permission to do it and for their ideas on how to do it. Then get brothers, sisters and friends excited about it too.

Next you'll need to decide

what games you'll have for your carnivalgoers to play. Some old standbys are tossing a small hoop onto a pop bottle, popping balloons with darts, trying to put a candle out with a squirt gun, throwing a rope lasso around a fence post or stuffed animal — your imagination is the only limit. Again, ask for your parents' help in creating these games.

Also include a few games that nearly everyone can win. A big favorite with smaller kids is the fishing pond. The player gets a prize that corresponds with the number on the floating toy fish he catches. Everyone's a winner with this game!

Play each game yourself before your carnival. It should be hard enough that people need to work to win, but not so hard they can't win. Buy lots of inexpensive, fun prizes to award to the winners.

Decorations should be bright, colorful and attention getting. It should *look* like a carnival —

lively and exciting.

And don't forget your concession stand! People will get hungry and thirsty out there all day long.

Publicity is important. Make some colorful posters and small flyers advertising your carnival. Put them up anywhere in your neighborhood you can get permission.

There's just one other thing you need to think about: money. You'll need it to buy the decorations, prizes and food before the carnival starts. You can get that back by selling tickets to play each game. This can cover your costs and might leave some extra money.

You can do two things with this leftover money — split it up with everyone who worked on the fair, or donate it to a charity. Either way, check your local laws. You may have to pay tax on it or even buy a permit. Be sure to check *before* you have your carnival. — By Lowell Wagner Jr. □

Get on the Band (or Orchestra) Wagon

You can do it! It's not as hard as you may think — and it's a lot of fun. You, too, can learn to play a musical instrument. And right now is a good time to start. Here are a few points to consider.

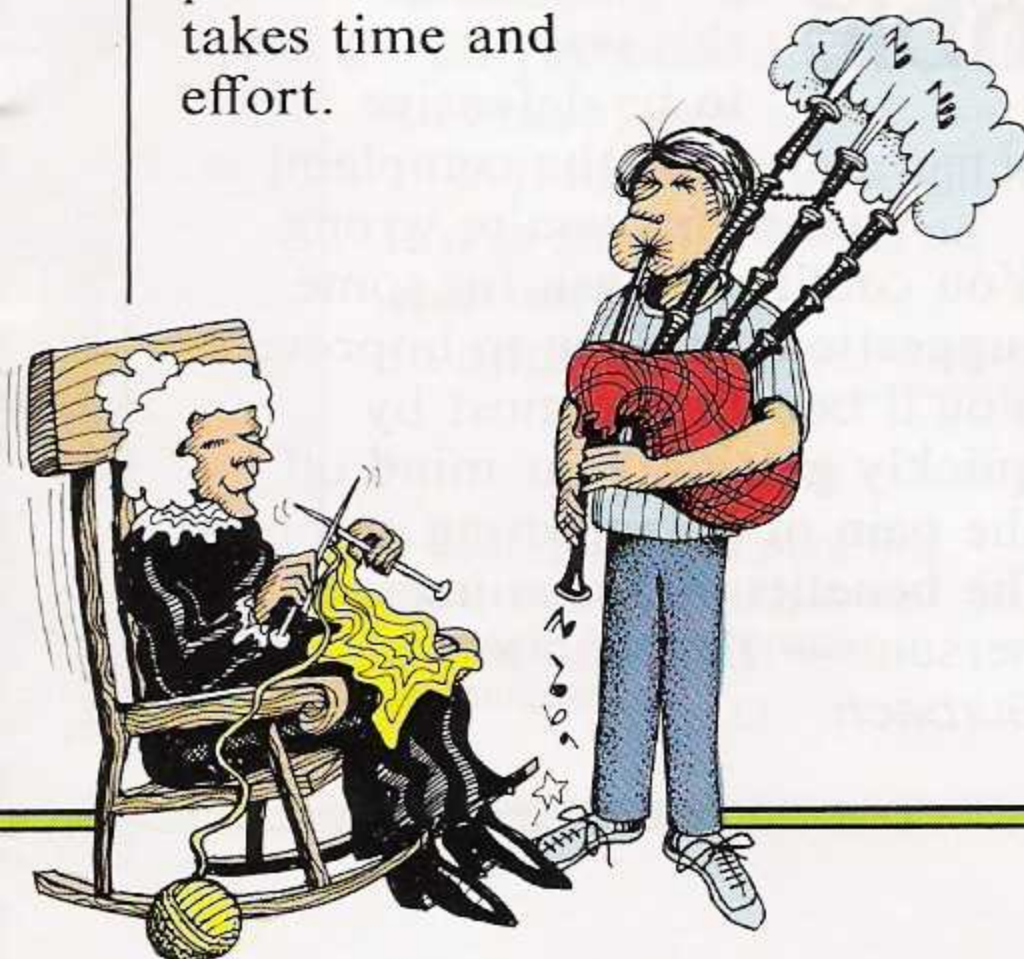
Start as early as possible.

The younger you are when you start, the easier it will be for you to learn. (But it's never too late!)

Listen to music. What kind of music do you like? What instruments do you like listening to? Finding the answers will help you determine the kind of musical instrument you'd like to play the most.



Don't let technical difficulties discourage you. Much of playing an instrument is getting your fingers to work the way you want them to. Have patience. This takes time and effort.



When you start feeling like it's not worth the trouble, go back to the last point. Dig out those records that inspired you to take this instrument. Play them again. You'll be encouraged not to give up.

Try to perform as soon as possible. Even if your performing debut is just for your Aunt Tillie, it will give you a goal to strive for. Your friends and relatives will enjoy watching your progress.

Meet other people who play. Nothing is more enjoyable than playing your instrument in a group. A good way to do this is to sign up for your school band or orchestra. This is also an inexpensive way to get some good instruction. — By Steve Van Lerberghe □

First Aid for Hot-Weather Emergencies

You and your dad are out working in the yard. It's a hot — unusually hot — day. You look over at your dad and you notice his face has turned pale. He sways weakly, then he falls to the ground. Your dad is a victim of heat exhaustion. What do you do?

Let's look at two common heat-related emergencies and how to treat them.

Heat exhaustion is caused by prolonged exposure to extreme heat or strenuous physical

exertion during high humidity — jogging, mowing the lawn or playing tennis, for example. A heat exhaustion victim will become weak, sick to the stomach, dizzy and perhaps

have muscle cramps or faint as the body loses more and more water. The person's skin will at first become red but then will become cold, pale and damp.

You can help a person suffering from heat exhaustion by moving the victim to a cool area such as a shady spot, an air-conditioned room or car. Have the victim lie down with his feet higher than his head. Loosen the clothing. The face, arms and legs should be wetted with a cloth soaked in cool water. If he is conscious, give the victim sips of salt water (one teaspoonful of salt for each glass), half a glass every 15 minutes for about one hour.

Heatstroke — also known as sunstroke — is more serious than heat exhaustion. It is a life-threatening situation that requires immediate first aid.

The heatstroke victim will



probably lose consciousness. The body's sweating mechanism quits working. Its temperature may soar to 106 degrees Fahrenheit

News & Reviews

(41 Celsius) or higher. The victim's skin will be hot and red but dry. The pulse will be rapid and strong.

Remove most of the victim's clothes. Put him in a cool bath, if possible. If not, apply wet cloths continuously or repeatedly sponge the victim with cool (room temperature) water or rubbing alcohol. The use of fans and air conditioners will promote cooling. Take care not to over chill the victim once his temperature gets down to 102

degrees Fahrenheit (39 Celsius).

Don't give the heatstroke victim anything to drink.

As with many emergencies requiring first aid, send someone to call for professional medical help — but don't leave the victim unattended.

You can avoid these emergencies by being careful during extremely hot weather. Avoid undue exertion and dress in lightweight, loose-fitting clothing. — *By Wilma Niekamp* □

probably does. Everyone faces criticism sometimes.

How do you react when someone criticizes you? Do you feel threatened? Do you quickly jump to your own defense even if constructive comments or suggestions are being offered?

Here are some tips to help you cope with criticism.

When you notice yourself getting defensive, ask yourself why you're reacting this way. Did the other person intend the remark to be criticism, or did you just think he or she did? If you've had a rough day, even the smallest, most innocent remarks can seem like vicious cuts.

Give others the benefit of the doubt. They might not realize the effect their words are having on you.

"You're not perfect either" is an easy response to criticism. But it's not the best response. Instead of analyzing the person who gave the criticism, analyze the criticism itself. Do you fully understand what has been said? If there are still questions in your mind, ask your friend to be more specific.

Now that you understand the comment, suppress the natural instinct to jump to your own defense. Be objective. Decide if the comment is valid or not — and be honest with yourself.

If you decide the criticism is unfair, occasionally you may

want to tell the other person why you feel this way, trying not to be defensive.

If the complaint is fair, admit you're wrong.

You could even ask for some suggestions on how to improve. You'll benefit the most by quickly getting your mind off the pain of being wrong and onto the benefits of becoming a better person. — *By Debbie Burbach* □

Proverbs for Today: Churn Up Something Good!

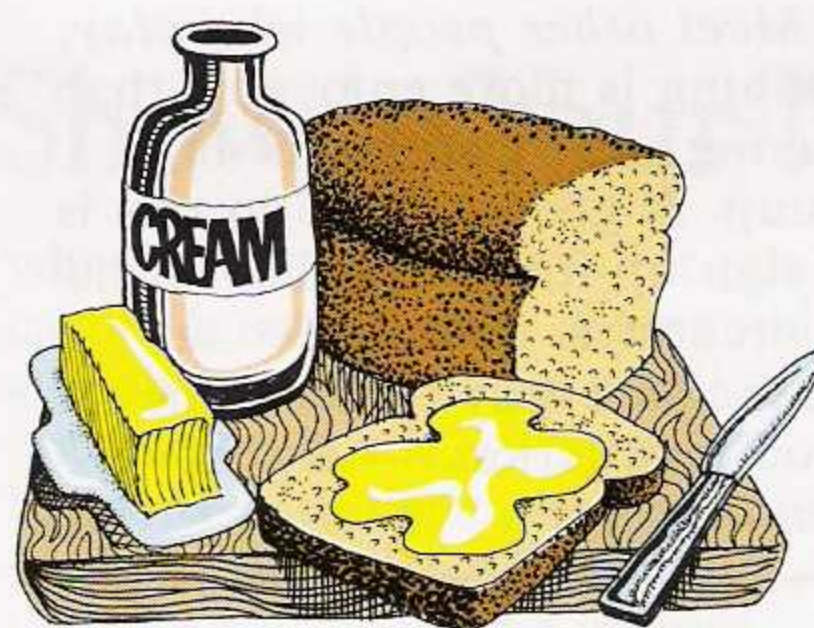
I vividly remember some of the sounds I heard while growing up on the farm. On warm summer evenings, our family would sit on the porch, the quiet broken by the calls of screech owls, bullfrogs and crickets. And that gallon jug.

Granny sat with that jar of fresh cream on her lap, rocking it briskly. I'll never forget that gentle slosh, slosh, slosh of the cream as it slowly and surely became butter.

Why talk about churning butter? The Bible does in Proverbs 30:33: "For as churning the milk produces butter, and as twisting the nose produces blood, so stirring up anger produces strife" (New International Version).

This proverb illustrates the principle of cause and effect. If you churn cream long enough, it will become butter. And if someone picks on you long enough, quarrels and fighting will result.

We all know troublemakers. They constantly irritate others and try to get them mad. Their attitude turns people off, so they



end up with few friends.

Isn't it better to try to produce good results in our relationships? Instead of being a troublemaker, why not be a peacemaker? You'll be as welcome as fresh butter on hot bread. — *By Jim Roberts* □

How Not to Crumble Under Criticism

"The problem with you," Bill told his sister Amy, "is that you're *always* late."

"You're so mean to me," Amy retaliated. "You never have anything good to say about anything!"

Does this sound familiar? It

Teen Bible Study

Preparing for Success

Prepared by Richard A. Sedliacik

Why do so many people fail, while only the few are really successful? Could it be luck, or are there definite reasons?

Youth 83 Editor-in-Chief Herbert W. Armstrong shows that there are specific steps that lead to true success in his booklet, *The Seven Laws of Success*. (Send for a free copy if you haven't already.)

In this series of studies we're backing up the material in that booklet with other useful and important information to help you not only avoid failure, but achieve tremendous success.

Last month, in the first of this series, we learned that there are definite laws that, if followed, lead to true and lasting success in life.

As we discovered, the first of these laws involves knowing where you are headed — where you are going in life. The key to this is setting meaningful and worthwhile goals.

We learned of the absolute necessity of having the right overall goal in life — that of ultimately becoming a member of God's universe-ruling Family! Only after having this No. 1 goal in mind can a person begin to work toward setting and achieving secondary goals.

But once we have the right goal as our life's aim, and appropriate secondary goals as discussed in the previous study, what next?

The next logical step is the preparation necessary to achieve these goals. This involves education — the second vital law of success!

In this study you will learn why this second law is so important, as well as how to apply it

If your goal is to play the flute, you must prepare yourself—learn proper techniques.

in your life. But, before you begin, don't forget to get your Bible, a pen or pencil and some paper. Reading and writing out the Bible verses that answer the questions asked in this study will help you to remember the important principles you'll be learning.

1. Should we desire to become educated — to receive instruction and knowledge? Proverbs 22:17-18, 23:12, 23. Does a prudent, or wise, person want to be well educated? Proverbs 15:14, 18:15.

As the wisest (I Kings 4:29-31) and one of the most educated men of his day, Solomon advised young people to apply themselves diligently to learning and instruction. He understood that in so doing, a person will be laying a vital foundation for future success in life!

A quality, well-rounded and balanced education is essential to achieving real success. Not only does it include learning the skills necessary to earn a living, it also includes learning *how* to live.

Such an education involves understanding the meaning and purpose of human life and how to attain it. It also includes learning the true values in life, as well as the laws that God has set in motion to produce real and lasting happiness.

2. Where do we find this all-important knowledge? II Timothy 3:15-17. Were the Scriptures written for our learning? Romans 15:4. Should we take time to study God's Word? II Timothy 2:15.

God's instructions to mankind have been preserved for us in the Bible. In it God has revealed the most essential and most basic knowledge we need to know — knowledge that

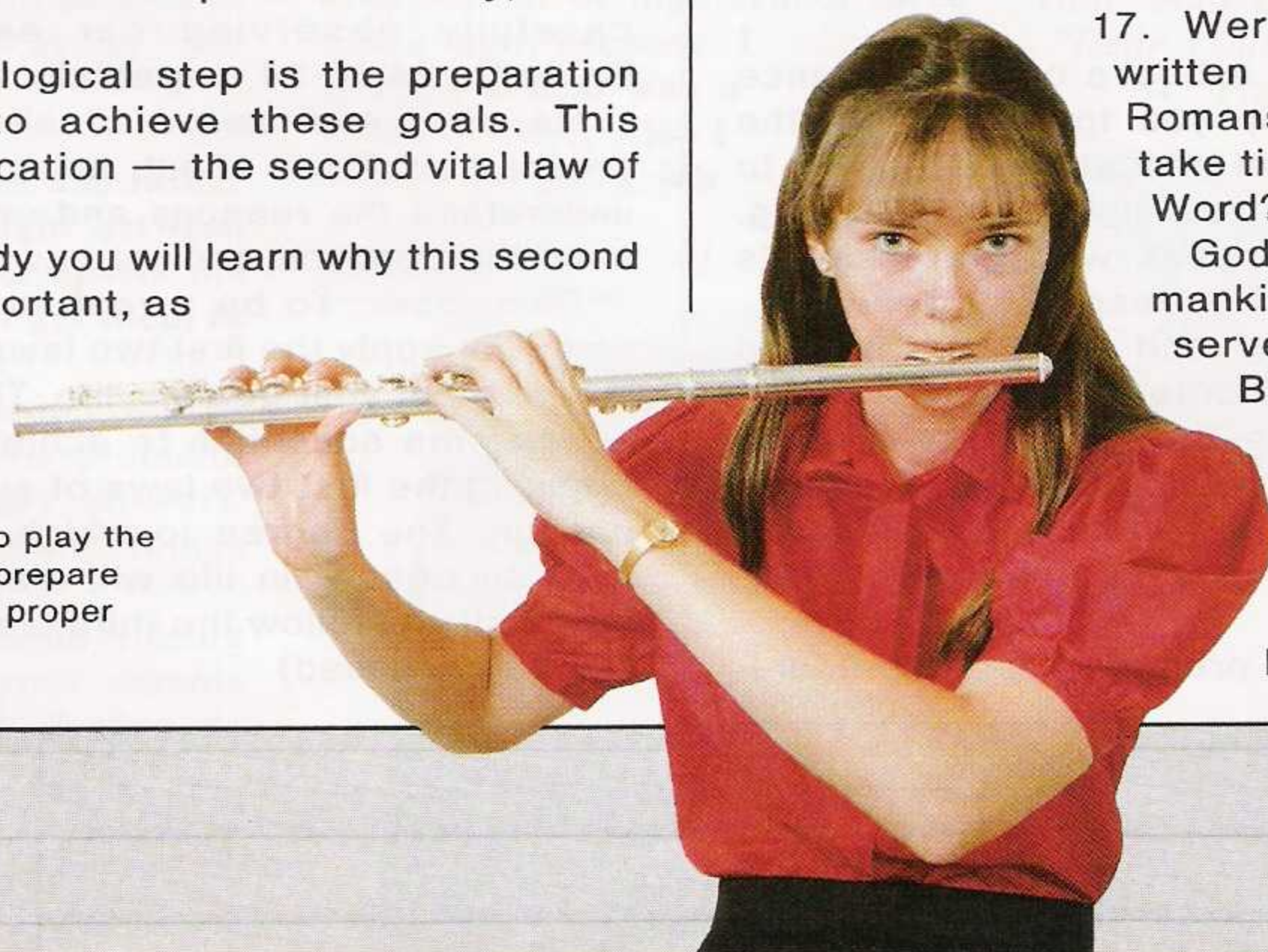


Photo by Nathan Faulkner

could not be obtained anywhere else.

As the foundation of all knowledge, the Bible shows us the way to peace, happiness, abundant well-being and lasting success. It contains vital instruction on subjects such as sex, marriage, money management, jobs and getting along with others.

Also found in the Bible are accounts of great men and women — men like Abraham, Moses, David, Christ; women like Ruth, Hannah and Sarah. Take time to read about the lives of these individuals and you will learn valuable lessons and principles that you can apply in your life.

3. Does God want us to be continually learning more about His way of life — the way that leads toward the No. 1 goal in life? Colossians 1:9-10, II Peter 3:18.

Once one has come to understand that he should be preparing for his primary goal in life, he should then focus on preparing to achieve his secondary goals. But whatever these goals, he must acquire the education, training and experience necessary to achieve them.

Suppose you have musical talent and want to become a professional musician. You must develop your talent through many years of diligent study and practice before being able to perform with a high degree of proficiency.

No matter how much natural ability a person has, it must be developed. And development comes through further training and education — through application of the second law of success.

Like many young people, you probably hope to eventually have a satisfying and rewarding career that pays well. You might like to become a teacher, businessman, engineer, computer programmer, forest ranger or perhaps a journalist. Specialized education is necessary to prepare you to enter any of these, and many other professions.

Talking to your school's career guidance counselor will help you to understand the type and amount of education necessary to enter a profession you might be considering. Also, be sure to speak with professionals already active in their respective fields.

4. Were Daniel and his three friends skilled and well educated young men? Daniel 1:3-4, 6. Were they selected, therefore, to receive additional education that prepared them to assume top government positions in the Babylonian Empire? Verses 4-5, 17-20, 2:48-49.

As young men preparing for the future,

Daniel and his three friends took their education seriously. Because of this, and their obedience to God, they were greatly rewarded for their efforts, illustrating the principle found in Proverbs 22:29.

Follow the example of these men by learning all you can while in school. Apply yourself diligently in all your classes. Be interested in what you study. Don't study just to pass a test. Study to learn. Think of interesting ways to apply what you're learning. Strive to make your learning experiences, both in and out of school, enjoyable and exciting. Doing well in school will help you to lay a vital foundation for future success!

5. A large part of education involves listening to the advice and counsel of others. Will a wise person hear and by doing so increase learning? Proverbs 1:5. Will he obtain a multitude of counsel? Proverbs 11:14, 12:15, 15:22, 19:20.

Education not only involves listening to the instruction and counsel of others, it also involves being well informed through reading. Whether in or already out of school, take time to read profitable, useful and educational material.

Books, especially autobiographies and biographies of successful men and women, can inspire, stimulate and motivate you to greater achievement and success! Biographies of such people as Benjamin Franklin, Abraham Lincoln, Theodore Roosevelt, Henry Ford, Thomas Edison, Winston Churchill, Dwight Eisenhower, Queen Elizabeth, Golda Meir, Anwar Sadat and others are profitable reading.

Keeping up with world news by reading a daily paper and a weekly newsmagazine is also valuable and worthwhile. This will help you to better understand world events and the problems facing society today.

6. Can important lessons be learned by carefully observing our environment? Proverbs 24:30-34, especially verse 32.

Be alert and aware of all that occurs around you. Think about, analyze and try to understand the reasons and causes behind even the common, ordinary events.

Remember: To be a real success in life, you must apply the first two laws of success. You first set your goals in life. Then you must acquire the education to achieve them. But applying the first two laws of success is not enough. The degree to which you become truly successful in life will also depend on how well you follow the third law of success! (To be continued) □

Dear Youth 83,

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

Q. I am a boy in the eighth grade, and lately have been feeling greatly depressed about a lot of things. I tend to keep most of my problems, anger and sadness bottled up. What can I do to stop being so depressed?

A. We all face a certain amount of depression from time to time, but even small amounts can be dealt with. One good way to deal with minor, normal depression is to keep busy.

To keep busy, delve completely into your studies, your job or other activities that challenge your mind and your body. This may take some initiative because depression can make you feel like not seeking out adventure or activity. Still, if you try to remain active in several different interests, your depression problems should begin to ease.

However, if you tend to be depressed deeply, or much of the time, then you should seek a qualified person, your parent if possible, to counsel and encourage you. If your parents are unable to help, then discuss it with your minister or another trusted and qualified counselor. This person-to-person counseling can help pinpoint specific things you can do. You may also want to look at the June "By the Way..." for more helpful tips.

Q. I love my mother and father very much but they fight between themselves a lot. This upsets me very much. How can I get them to stop fighting?

A. Many young people unfortunately face this same problem, and there are no easy answers. However, there are some things you can do to help.

For one, try to avoid raising issues about which your parents might disagree. And, if they do

start an argument, refrain from taking sides or getting involved in it yourself. Further, try, if possible, to avoid being at the scene of the argument.

Also, do not discuss your family problems with others (except a counselor) since it is not their business and doing so will generally not help, and may hurt, your family.

You might even consider disclosing your upset feelings to your parents when they are at peace between themselves so they may see that their conduct is hurting you. Do not do it in a pouting way, but merely to let them know that you love them both and it hurts you to see them upset at each other.

Finally, realize that the strains of adulthood and married life are not always easy to cope with and can at times result in arguments, even between parents who *do* love each other very much. Realize that not everyone has had the privilege of receiving training in how to have a happy marriage. Therefore, do not be judgmental of them or resentful because of their arguing if you can help it.

Q. I am 17 years old and dropped out of high school three years ago because I thought school was a waste of time. Also I wanted to get a job

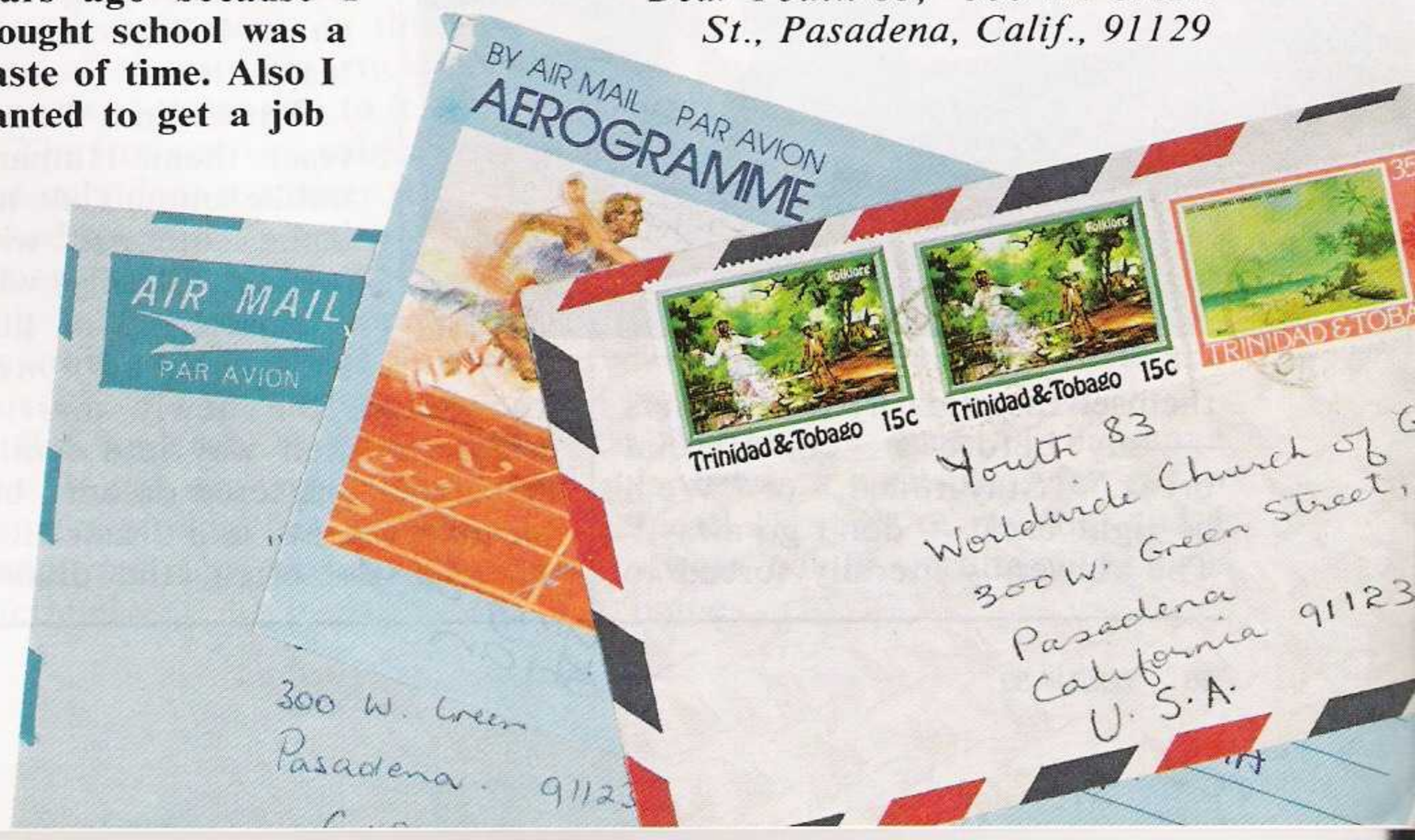
and earn money. I am so unhappy. All I can ever get are jobs no one else wants and even they don't last. Is it too late for me to go back to school?

A. No, it's not too late to learn more. True, it *may* not always be practical, necessary or even best to go back to high school years later, but our education should never cease. It appears that you have learned the hard way the lesson millions of people are now themselves finding out: namely, that people will hire you only for what you can do, or what you know. If you haven't had training to do anything, or don't have knowledge others want, then you have no really salable skills, and will probably be unemployed or in a job that has few rewards.

So challenge yourself. Push yourself now while you are young and healthy. What a man sows, he reaps (Galatians 6:7).

But don't spend all of your time learning how to make a living, but neglecting to learn how to live! Learning how to live (in accordance with Bible principles taught from sources like this magazine) should have first priority and be followed closely with learning how to earn a living. Don't neglect either — no matter what your age! □

We welcome your questions and will excerpt as many as possible. Sorry we can't answer them all. Answers are prepared by Bernard W. Schnippert, a minister of the Worldwide Church of God. Address your questions to "Dear Youth 83," 300 W. Green St., Pasadena, Calif., 91129



Today the family structure of Western life is endangered by much more than illicit and promiscuous sex.

(Continued from page 2)

before the "one-eyed monster." It provides a ready-made day-dream. And misuse not only dulls the mind, television has been a prime medium by which the antifamily conspiracy has injected its deadly poison into juvenile and adult minds.

Make no mistake. Television is an industry devoted to ENTERTAINMENT — pure and simple! Of course one finds occasionally on television a truly educational and/or worthwhile program or documentary. But television is a BUSINESS for PROFIT in America. It provides ENTERTAINMENT so that people have "commercials" selling goods and services thrust before them. The entertainers — even news announcers who are

allow the commercial huckster to inject his sales pitch into the mind.

Another modern evil — seldom recognized as such — is the working wife and mother.

Family life has undergone a RADICAL REVOLUTION! Teens have sex games at home in bed while Dad and Mom are at work. Children do not eat with parents. They seldom go to movies with parents. Parents have their lives, associates and friends apart from the children. Parents don't think of teaching children, being with children, maintaining a FAMILY RELATIONSHIP! Parental responsibility is totally neglected. In due time parents are going to be brought to account for this neglect of basic responsibility.

But now, what a surprise

The young people of today have little awareness of the sex and family conditions in prewar years. In fact, until 1914 there had been little basic change for some 4,000 years! The prior-to-1914 years were as different from today's world as day is from night!

Parents then, even as now, taught their children nothing about sex. They themselves knew nothing! Their parents never had taught *them*! Besides, it would have been too embarrassing! The commonly accepted dictum was, "Keep our children innocent through ignorance until marriage — then instinct will teach them."

But instinct did not teach them. Humans, unlike animals, do not come equipped with instinct. Blindly, with a smattering of gutter-acquired *mis*-knowledge, the newly married blundered their way into disillusionments, shattered dreams, bitter resentments and frustrations — and, too often, the divorce

courts, although divorces were still a rarity.

True, a very large percentage of girls were kept "pure." The girl, up until 1914, who lost her virginity unmarried had also "lost her honor." Of course a double standard had developed. Every man wanted a virgin for a wife, but a majority were less careful about male virtue. Yet the girl who had "gone the limit" was "damaged goods."

Those under 30 today know little about prevailing attitudes and sexual behavior prior to the two world wars. Contrariwise, if a girl who died at age 22 prior to 1917 were resurrected suddenly back to life today, she would be appalled! — horrified! — at the prevailing attitude and behavior of 22-year-old girls today!

Just what are the generally unrealized FACTS? What was the real origin of the then traditional Christian morality?

And conversely, what triggered the moral revolution — the so-called "New Morality"? How did TODAY's moderns come to accept present attitudes and behavior patterns? What has finally, after thousands of years of the "sex-is-shameful" repression, plunged the world into prevalent sexual "freedoms"?

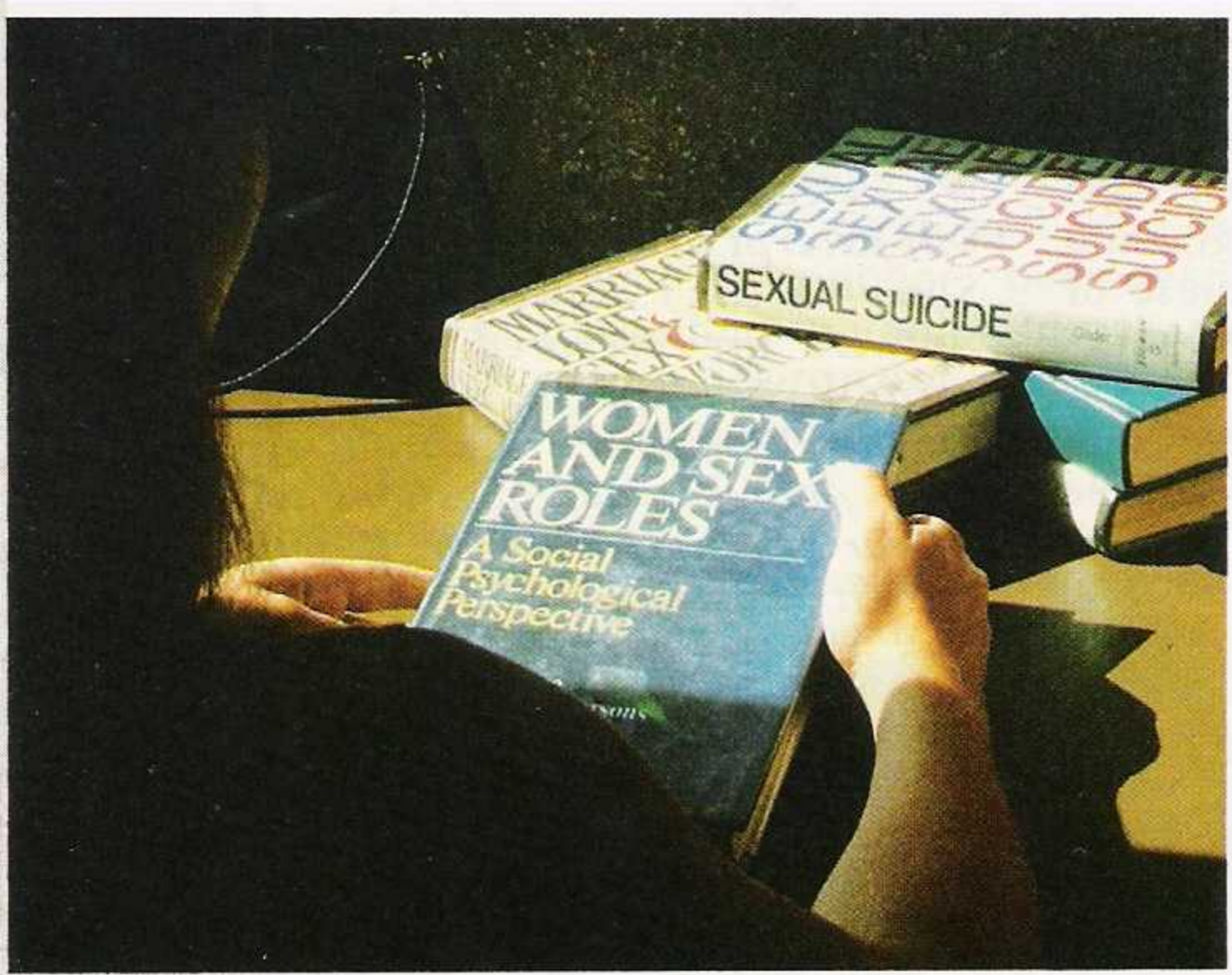
What, after all, are the TRUE VALUES? Was the pre-World War concept better for humanity? Is the present "New Morality" really advancement — really better for those who are swept along with it?

People who lived prior to the 20th century would be aghast if they could see life as it is lived today.

Up until World War I people believed in marriage and family life. My own family was typical. I had never known of a divorce or a broken home and family in any of my relatives or ancestors. Marriage was "until death do us part." Any other status or lifestyle would have been strange and shocking.

But what brought this drastic change? □

(To be continued)



themselves primarily entertainers — say before a "commercial break," "Stay tuned," or "We'll be right back — don't go away." The viewer is literally forced to

SAT

(Continued from page 6)

colleges in the United States require that applicants take the American College Test (ACT), which measures the student's ability in English usage, mathematics usage, social studies reading and natural science reading. The ACT is two hours and 40 minutes long.

For people living outside the United States there may be different tests required. Your school guidance counselor can tell you which tests you will need to take.

And, check the college catalog for the test or tests required, as well as the application deadline.

Remember, you need not fear college admissions tests. Adequate preparation will assure that you are ready to do your best. □

...to the Top

(Continued from page 17)

it!" he said with a grin. I grinned back.

The climb didn't go unrewarded. The mountains seemed nearer and more majestic from our perch.

I was exhausted, yet exhilarated, and as I watched Chris prepare the ropes for the next climber, I thought about how good it felt to have made it to the top. If I had stopped, if I had given up and hadn't somehow found that little extra push I needed to get myself going, I would have been sitting at the bottom, choking on the dust, instead of here, bathed in a cool, dry wind and gazing at the beauty of God's creation.

I rubbed my elbow. I'd scraped it up and my hands stung from the ant bites. Suddenly, my skier friend's words came back to me along with the second line that I'd forgotten, and I realized how true they were:

"No guts, no glory; no pain, no gain." □

The ANSWER

(Continued from page 4)

worry about the present. This thought, in turn, caused me to think about the double standard of the teenage years. Most teenagers want desperately to be popular and will go to almost any lengths to become so. Smoking, drinking, giving or taking liberties with the opposite sex, dressing immodestly to attract, etc., are almost always done to be popular only to find that later in life the men and women most sought after for marriage are those who have not done such things. In other words, cheap popularity doesn't last!"

"Cheap popularity doesn't last"

Did you read her last sentence carefully? "Cheap popularity doesn't last!"

Her letter got me thinking. I had seen a big pile of questions from many teens, all asking, in their own way, how to be popular with members of the opposite sex. Perhaps I took them too lightly. Perhaps, I thought to myself, I should write an article to answer these questions.

So I did.

But really, this article has not been the answer. It has merely explained that to attract a proper mate, or friend, you will need to develop yourself by putting into practice all the other articles you read in this magazine and hence become a prize for someone else to seek after.

Therefore, you have had the answer right here, in this magazine, all along. This article merely intends to point you to it.

The irony of this subject is that not only does it answer the "most asked question," it also gives the "most neglected answer." For only a relatively few people ever put this simple advice into practice.

But you can be among those few. If you do, you will reap the benefits of close friendships and a happy marriage throughout your lifetime! □

RURAL ROOTS

(Continued from page 19)

taught me how to drive the farm truck and the tractor. I felt important to be trusted with such costly equipment.

The farm was a wonderful place for my older sister and me to grow up. We had freedom to roam wherever we wanted in the fields, in the woods, around the ponds and rivers. There was little to endanger our safety, except once when the neighbor's sow chased us because she thought we were going to hurt her piglets. Thankfully, we made it to the fence before she did!

The family farm holds many fond memories for me, but for my parents there were anxious moments also. A farmer often has to take some big risks, and sometimes the odds aren't in his favor. Sometimes there is too much rain, and money is washed away with the seed. Then the many long, hard hours a farmer puts into planting and cultivating a crop must be repeated.

Then there are the times in the summer when you watch your corn dry up and wither in the sweltering hot July or August sun. It hasn't rained for weeks and day after day you watch for a cloud to appear, while your crops wilt and dry up in the drought. Then it is too late to replant. It's going to be a lean year.

But my good memories of growing up on a farm far outweigh the more trying times. How well I remember the wonderful sense of accomplishment after the crops were gathered and we sat down to a table ready to collapse under our bountiful Thanksgiving meal! After the harvest season, we would often have hayrides or barn dances at our farm, and I took great pride in being a tour guide, showing my friends from the city around the farm.

Without a doubt, living on a farm was a good place for me to spend 18 years of my life, and I always look forward to going back home. □

The New Kid

(Continued from page 12)

school or park nearby where you and your brothers and sisters can play tennis, basketball or other games? Is your mom looking for the nicest place to clean your clothes or your dad the cheapest place to buy fuel for your automobile? Does your sister want to find a hobby shop?

Grocery stores, clothing stores, pet stores, beauty and barber shops, restaurants, florists — your family knew where all of these were where you did live and which were their favorites. You can be a big help by locating them near your new home.

You can also have a lot of fun by decorating your new room, and you might not have time for this later on. Where will your posters or sports medals look best? How would you like your furniture arranged? Would you like to make curtains or a wall hanging?

Make your plans and present them to your parents. They may be so impressed with your forethought and organization that they might not only OK the plans, but even offer their help.

Take some time to improve yourself. What are some of the things you've always wanted to do but didn't have time for before? Visiting museums? Sewing? Taking lessons in crafts or woodworking? You may find that your new area offers more opportunities than the place you moved from.

Do some research at the library on the things that interest you. Cooking, calligraphy, crocheting, collecting, indoor and outdoor gardening, learning about the weather or how to care for pets — the library has books on these subjects plus many, many more. An added benefit of widening your interests is that you will have become a more interesting person to all the new people you'll be meeting!

Make this move a good experience. Use it for a new start, to build closer family relationships, to widen your life. Use it as a time to grow. □

A Closed Mouth

(Continued from page 29)

me a week from now as it does today?"

If the answer is no, then close your mouth tight — zip it up — and mind your own business. As my mother used to say to me, "If you can't say something nice about somebody, don't say anything at all."

The gossip

The gossip loves to tell stories about other people. Sometimes the stories are not completely true. Often they grow and get bigger until they become outright lies.

Gossips don't have friends because they can't be trusted. They can't keep a secret more than three seconds, and they think that the way to tell a good story is to spice it up a little. After telling the story several times, they have all spice and no real story.

Do you find it fun to talk about other people? It's so easy to become a gossip. You can slide into the habit without any effort at all. Be extra careful about what you say about others. Telling good news is not gossiping. Spreading misfortune is.

One of the best ways to deal with a gossip is avoidance. Simply refuse to participate in rumor and gossip spreading. If you're the victim, let me suggest this: Go right to the source, whether friends, acquaintances or others. Confront them and try to work it out.

The smart mouth

This kind of person is either cutting people up or putting them down. He or she uses words to embarrass people and make them feel little. These people probably think they will look bigger if everyone else looks small.

Have you ever sounded like a smart mouth? We all have, because everybody says smart-aleck, mean things occasionally. If we are tired, confused, angry or afraid, we often tend to say something mean or smart.

But if we say smart or mean things regularly, then it's time to button our lips and think twice before we speak. Hurting other people's feelings is not the way to make friends. If you have a problem here, read Proverbs 8:6-8 for a good reminder.

The garbage mouth

You wouldn't do it in front of your grandmother, but chances are no matter who you are, a few stinging swear words have passed your lips at one time or another.

Garbage mouths curse in an attempt to impress others. They believe foul words will somehow make them appear macho or cool or tough. Others swear in order to shock those around them.

Some people use raunchy language because it seems like the accepted thing to do. Probably the most common environment for cursing is caused by simple anger. When our emotions turn red, we tend to unleash language we'd usually not use.

We've shown some reasons people swear. But are the reasons justification for being a garbage mouth? Since most of profanity is taking God's name in vain, how do you think God views it?

Well, there's no doubt that using God's name carelessly is wrong. It's right there in the Ten Commandments: "You shall not take the name of the Lord your God in vain" (Exodus 20:7).

But what about all those other curse words? Christ said, "But I say to you that for every idle word men may speak, they will give account of it in the day of judgment" (Matthew 12:36).

Take a good look at your conversations. Are they laced with garbage talk? If so, now is the time to clean up your act. And what can you do if you're on the listening end of a string of expletives? Tell the person who's spewing verbal pollution where you stand — preferably out of his or her line of fire.

Your mouth can do a lot of good in encouraging and helping. Remember, the ability to speak is not a weapon or garbage can. It is a gift from God. □



BY THE WAY...

"A Closed Mouth Catches No Flies"

By Dexter H. Faulkner

Talk is cheap, or so the saying goes. But the words we speak could cost us a bundle — in friendships, trust and respect.

Everybody likes to talk. It's one of the most important ways we have of communicating with our friends. Our vocal chords are fine tuned like musical instruments.

But some misuse their mouths. They don't seem to know when to put on the brakes, and their mouths run on and on like a scratched record or a dripping faucet. At times they even use words as weapons to hurt people.

Nobody likes to be in the company of a know-it-all, a swivel lips, a tattletale, a gossip, a smart mouth or a garbage mouth. If at times you are having trouble keeping or making new friends, maybe it's time to have an "open-mouth" checkup. See if you fit into any of these six categories.

The big know-it-all

Know-it-alls want us to think they know everything. They seldom, if ever, admit they are

wrong. They compete with everybody to be No. 1. They do this because they want people to notice them and to like them. But they don't give other people a chance to tell what they know. This kind of person loves to listen to your story and then quickly say: "Hey, that's nothing. Let me tell you what happened to me last week!"

Have you been a know-it-all lately? If you find yourself dominating the conversation, next time stop and think before you speak. Ask yourself, is my comment going to help or hinder this conversation? If in doubt, don't say it — just go ahead and listen to the other person. Being a good listener goes a long way to enhance friendships.

Remember, you can know a lot and not be a know-it-all. Solomon put it this way: "The tongue of the wise uses knowledge rightly, but the mouth of fools pours forth foolishness" (Proverbs 15:2).

Swivel lips

Nobody likes a "swivel lips." A swivel lips is the kind of

person who doesn't seem to know when to stop talking. If you take a swivel lips to the beach, his or her tongue will even get a sunburn. This kind of person hasn't learned to listen to anything except the sound of his or her own voice. Are you anything like this?

When you talk, do your listeners yawn, tap their fingers or glance at their watches? If so, try not saying anything for five minutes several times a day and give somebody else a chance to talk.

Tattletale, tattletale

The tattletale likes to talk about people. The trouble is, he or she doesn't tell the good things, only the bad. Tattletales try to get attention for themselves by getting other people into trouble. This makes them feel important and needed, because tattletales don't have many friends.

There are many varieties of tattletales. Some are like spies — always watching for opportunities to tell on someone. Other tattletales are finger pointers.

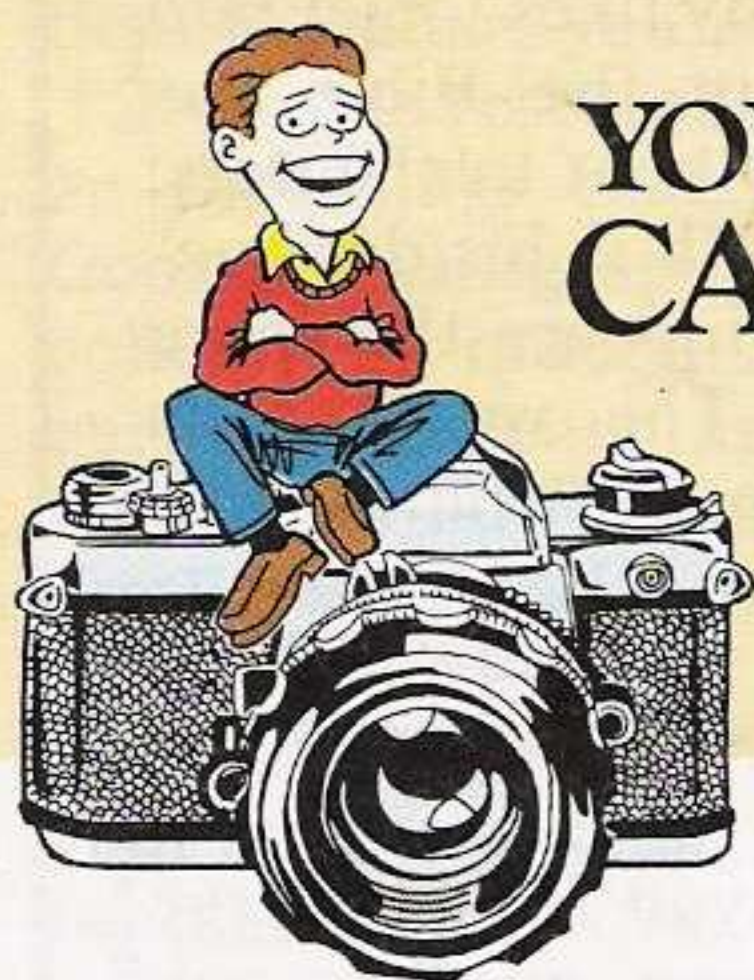
But all tattletales have one thing in common. Nobody wants to be their friend, because nobody likes to get into trouble. Again the Bible has strong words about talebearers: "A fool's mouth is his destruction, and his lips are the snare of his soul. The words of a talebearer are as wounds, and they go down into the innermost parts of the belly" (Proverbs 18:7-8, Authorized Version).

Whenever you feel the urge coming on, you need to ask yourself this question: "Is this going to seem as important to

(Continued on page 28)

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