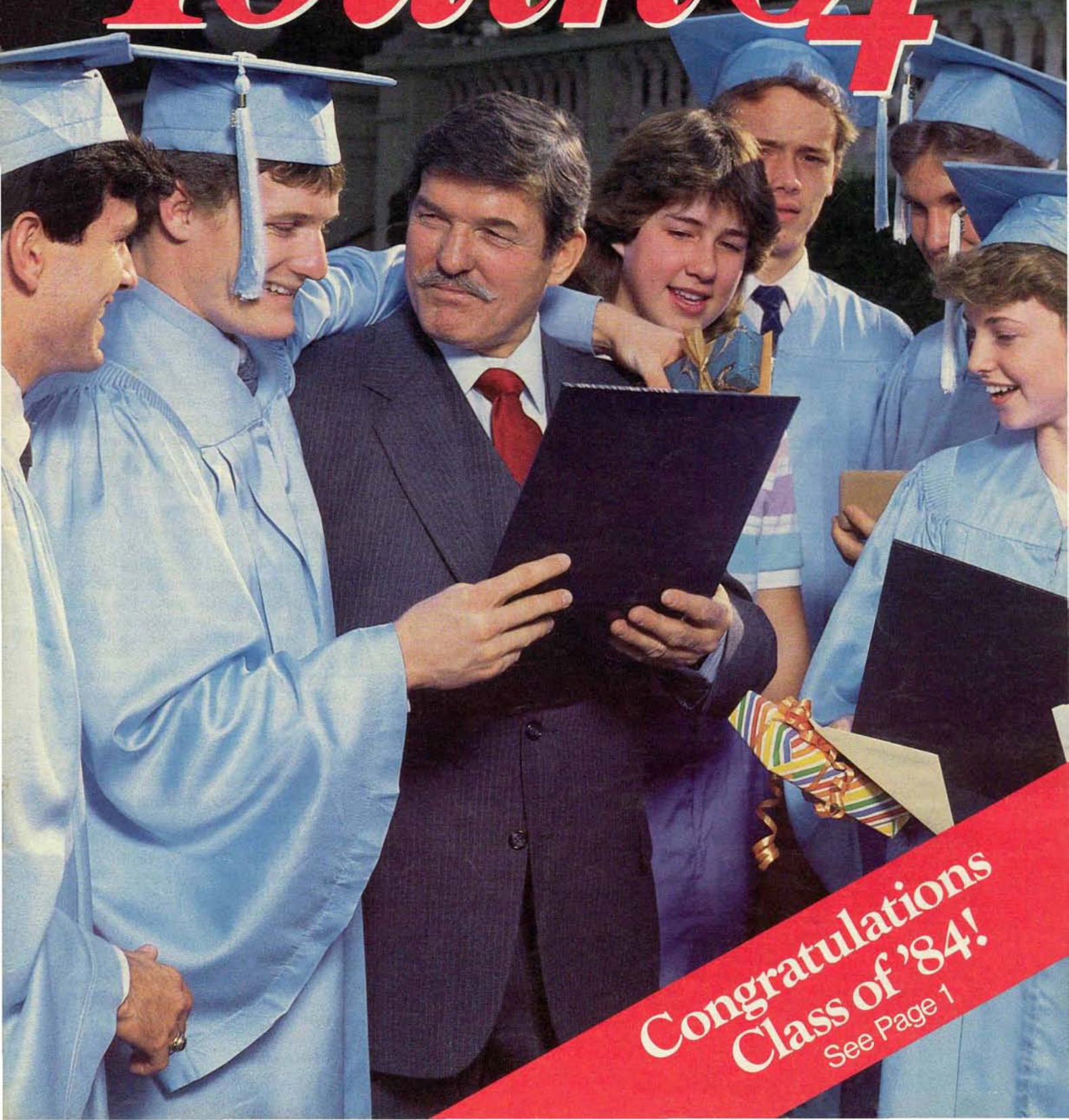


MAY

Youth & 4



**Congratulations
Class of '84!**
See Page 1

May

Youth & 4

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COVER: Thousands of students will be graduating at this time of year in typical commencement ceremonies, complete with proud parents and much admired diplomas. Read "Congratulations, Graduate!" starting on page 1. Photo by Hal Finch.

Letters

Inspired to overcome

After reading your article in the February issue of *Youth 84* "Failure? I'm Not a Failure!" I was so encouraged and inspired to overcome my failures and obtain my goals that I had to write and tell you.

Your article has given me what I have been praying for: the confidence to go forth and give 100 percent of myself, and not be afraid of failure.

This is the first time I have written to thank someone for an article.

William B. Snyder Jr.
Greensboro, North Carolina

Divorce

I'd like to thank you for the article "When Your World Is Turned Upside Down . . ." [February *Youth 84*]. I was 14 when my parents divorced.

There have been lots of problems. I think my problem was that I felt insecure and felt nobody cared. But I knew God would help us all and He will work things out for the better, so I relied on Him. I am trying to be happy. I have and love my family, even if they are divorced.

Could you please write an article on what it's like to be a teen in a one-parent family, and how to make the best of it?

Kim Workman
Buffalo, Minnesota

"Before going to college"

Thank you so much for the article "Make These Your Good Old Days" (December). I plan to leave for college this fall and I want to make the best of the days I have left at home. The article really helped me to realize how very important the time I spend with my family is.

I feel that *Youth 83* is a fantastic magazine and that it has been a definite plus for me and my family.

Brent Hardin
Bowling Green, Kentucky

Hurt feelings

Thank you ever so much for your wonderful, even uplifting, article "Hurt Feelings? Who Needs Them?" by Clayton Steep in the December *Youth 83* magazine.

Although I am well into my 20s, I feel almost all the articles in this beautiful monthly magazine are perfectly relevant to me, and I wish to tell you that I have profited from them tremendously in my spiritual life.

Puneet Meattle
Bombay, India

Congratulations, Graduate!

Make Your Name A GOOD ONE

By Ronald D. Kelly

Editor's note: For all of you who are graduating, we are printing a commencement address given by Ronald D. Kelly, a senior writer for the Plain Truth magazine.

Members of the faculty, students, our special guests and especially you graduating seniors.

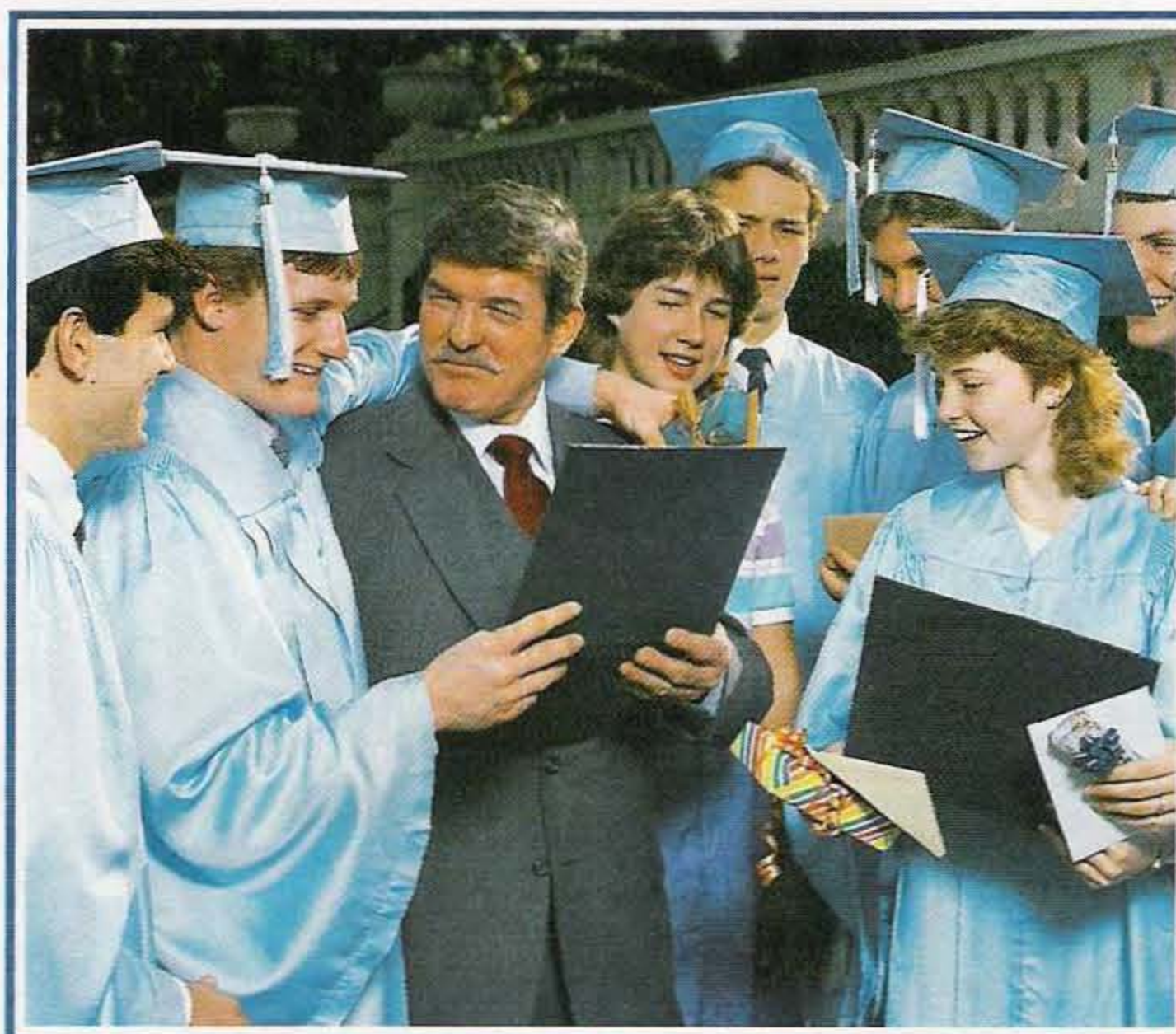
You have heard a thousand times before cliches such as "Today is the first day of the rest of your life," "You are the future leaders of this great country."

Or you have been warned: "It's a dog-eat-dog world out there." Or you have been encouraged: "Go forth — conquer!"

And all of us will be saying to you graduates, "We wish you every success."

Millions of students before you have completed their courses, donned their robes, listened to commencement addresses and have set forth to conquer.

Thousands of commencement



Congratulations! You've got your diploma! Now, after the hugs and the happy smiles, the real challenge begins. Will you be able to meet it? (Photos by Hal Finch)

addresses will repeat those statements I have just made and many more. A majority of those who deliver those addresses well realize, as Abraham Lincoln once wrote, "The world will little note, nor long remember, what we say here." Strangely enough that speech by Lincoln is probably the most remembered speech in history. Commencement addresses are not in general so well

remembered.

But somehow those who deliver them hope to reach out with one thought that might — just might — make a difference — leave an impression — inspire at least one who steps out to make his or her mark in this world.

About 17 years ago your parents tried to think of a suitable name for you. They wanted it to sound just right, to have special meaning.

Down the list they started. Since there was about a 50-50 chance you would be a boy or girl... they read every boy's name and every girl's name in the entire dictionary.

They put two or even more names together... Not only does that name have to sound right, it has to have the right meaning. You don't want your child to find out later in life his name means Son of Satan, Large Head, Vicious, Bearded One or Crusty. So their search for the perfect name began...

Have you ever realized how many hundreds of names your parents rejected till they finally

**"A good name is
more desirable
than great riches;
to be esteemed
is better than
silver or gold."**

settled on that just right name for you?

Sarah Mettable, Douglas Craig, Dove Lawana, Matthew David, Michael Ben, Shawn Robin, Timothy E. or just plain Tim.

Up to this point in your life you have pretty well had to live with the name your parents gave you.

Some of you have probably resolved you will never do such a horrible thing to your children as your parents did to you by giving you such an awful name.

But in a few years the ritual will be repeated and you will sit with that dictionary of names trying to find that just right name for your own children.

And the chances are you will be asked when your children reach those magical years of junior high school, "Mom, why did you give me this perfectly dreadful name?"

Whatever your name, you're stuck with it — for life. We all know you by it: Jesse, David, Elizabeth, Russell, Randel, Anne and Roger.

All of you who graduate take a giant step forward this evening, and almost as though it were etched in stone, your name is engraved on your high school diploma.

From this day forward that name is no longer just a name your dad and mom gave you. It will be what you make it!

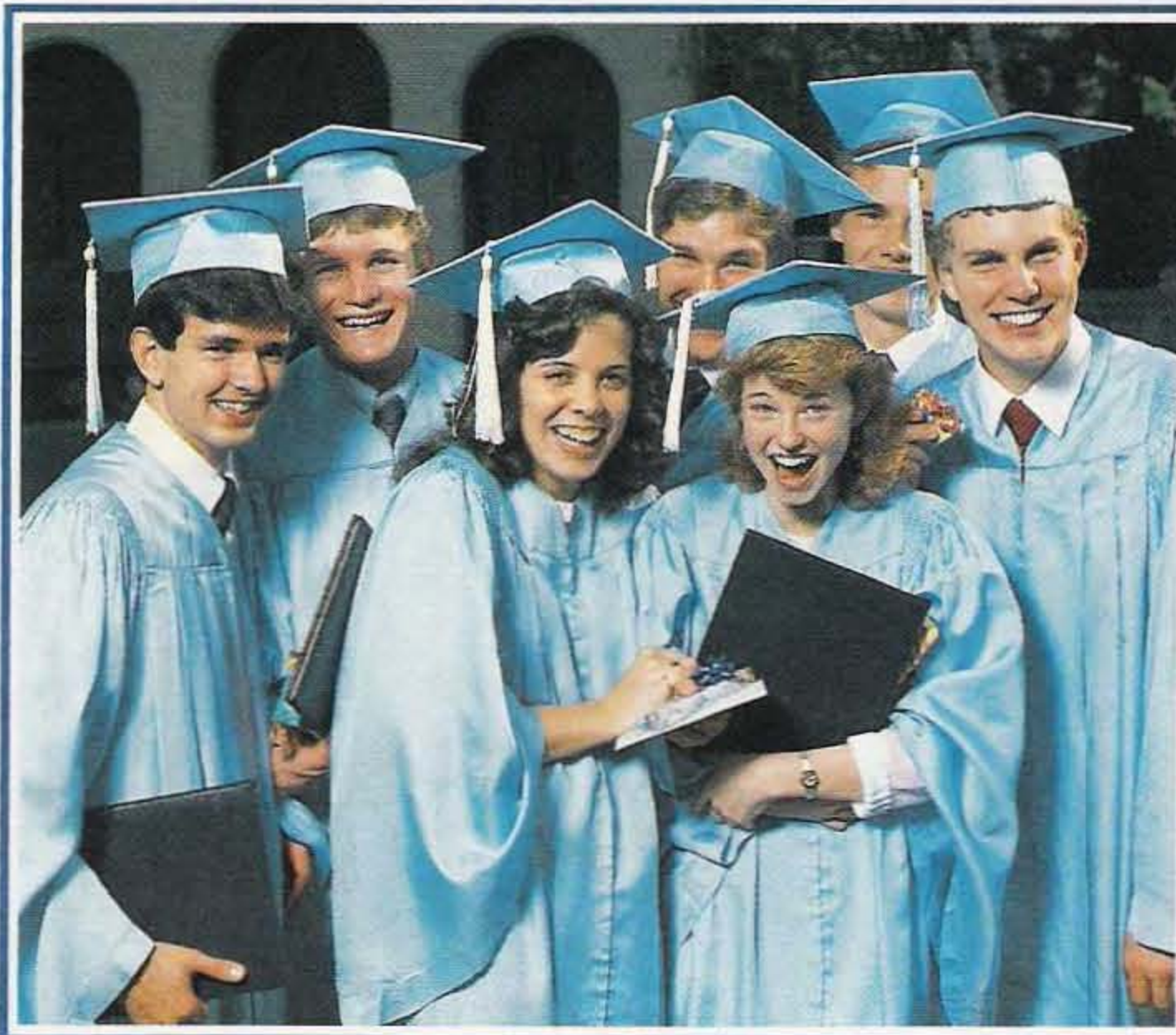
From now on what you do, how you do it, what you say, how you

say it means everything.

From now on when people hear your name they will no longer say or think, "Oh yes, that's Mr. and Mrs. Blank's son or daughter."

When people hear your name, it is going to be, "Oh yes, you mean the one who blank." And they will fill in the blanks with the impression you have given them. They will think and describe what you have made yourself.

What I am trying to tell you tonight is you will start now to make a name for yourself. And what kind of name you make for yourself is a very great concern of all these guests who are here to share the joy of this occasion with you — your closest friends, relatives and most of all your parents.



At the same time we experience the joy of a milestone in life, graduating from high school, we all hold our breath just a little bit for you. Because you have found, as you have tested your wings, you really could fly. So you set out tomorrow to make that name for yourself, to become that independent, separate, free-flying entity you have longed to be.

Since this is my last chance to "preach" to you before you become those independent beings, I'd like to give you food for thought, one main point to remember.

Since there is little chance what we say here will be noted or long remembered, perhaps the advice from the wise King Solomon can better be remembered. He said in Proverbs 22:1: "A good name is more desirable than great riches; to be esteemed is better than silver or gold" (New International Version).

That advice may be hard for you to understand right now. To some of you financial success will be the greatest of your pursuits. You probably haven't given a lot of thought to your name, other than whether you like it or you don't.

What if you make a lot of money and you end up an eccentric old man or old woman with a famous name. But you are weird, an oddball, locked up in a back room of your mansion for the last 25 years of your life without anyone seeing you. What have you accomplished?

Maybe some of you will become rich and famous, your name a veritable household word.

But if someday a few years from now you send your chauffeur to pick me up in your Rolls-Royce, drive me to your palatial estate to show me your art treasures and introduce me to your jet-set friends, but at the same time introduce me to your

fourth wife or husband and tell me stories of your income being eaten up by alimony and child support payments, I will have only one short phrase to describe the great name you have made for yourself — so what!

Now don't get me wrong. I'm not opposed to being picked up in your Rolls and visiting your mansion.

I'd be delighted — if you have first established a good name for yourself.

First, before you do anything else in this life, establish your
(Continued on page 27)

Good Advice From a

MOVIE STAR

By Anne Elliott

How can you know if it's really love?

"Mother, how do you know when you're in love?" the 15-year-old girl asked as she and her mom washed and dried the dishes.

"Oh, you'll know when it happens, Trudy."

"But, Mother, *what* is it that happens? And how does it happen?"

Realizing that this was a very important question to Trudy, her mother replied, "Honey, God built into every one of us the desire to have a mate — someone for us to love, and to love us in return — someone to share our hopes and joys and dreams with.

"While we are children, our parents fill that spot. But as we leave childhood behind, our needs begin to change."

Changing needs

"We learn through experience in work and at school that we are able, capable individuals, with our own personality and set of values.

Our emotions, which up to now have been simple and childlike, become more sensitive and unstable. This is because of the hormones pouring into our systems. Haven't you wondered why you feel like crying so easily lately?"

"I know that I get upset a lot more easily than I used to. I didn't know why," Trudy replied thoughtfully.

"Well, that's why. You are becoming a young woman, and you aren't accustomed to all these new hormones rushing around in your bloodstream, so they make you nervous and easily excitable. In time you will learn to handle this new energy, to use it to help you achieve your goals easier. That's partly what it's there for.

"Another effect of these hormones is to

make us aware that we need a mate. You know, Trudy, each man and each woman is only one half of a whole. Somewhere out there in the world is a young man who will become your perfect other half someday, when the time is right."

"How will I know?"

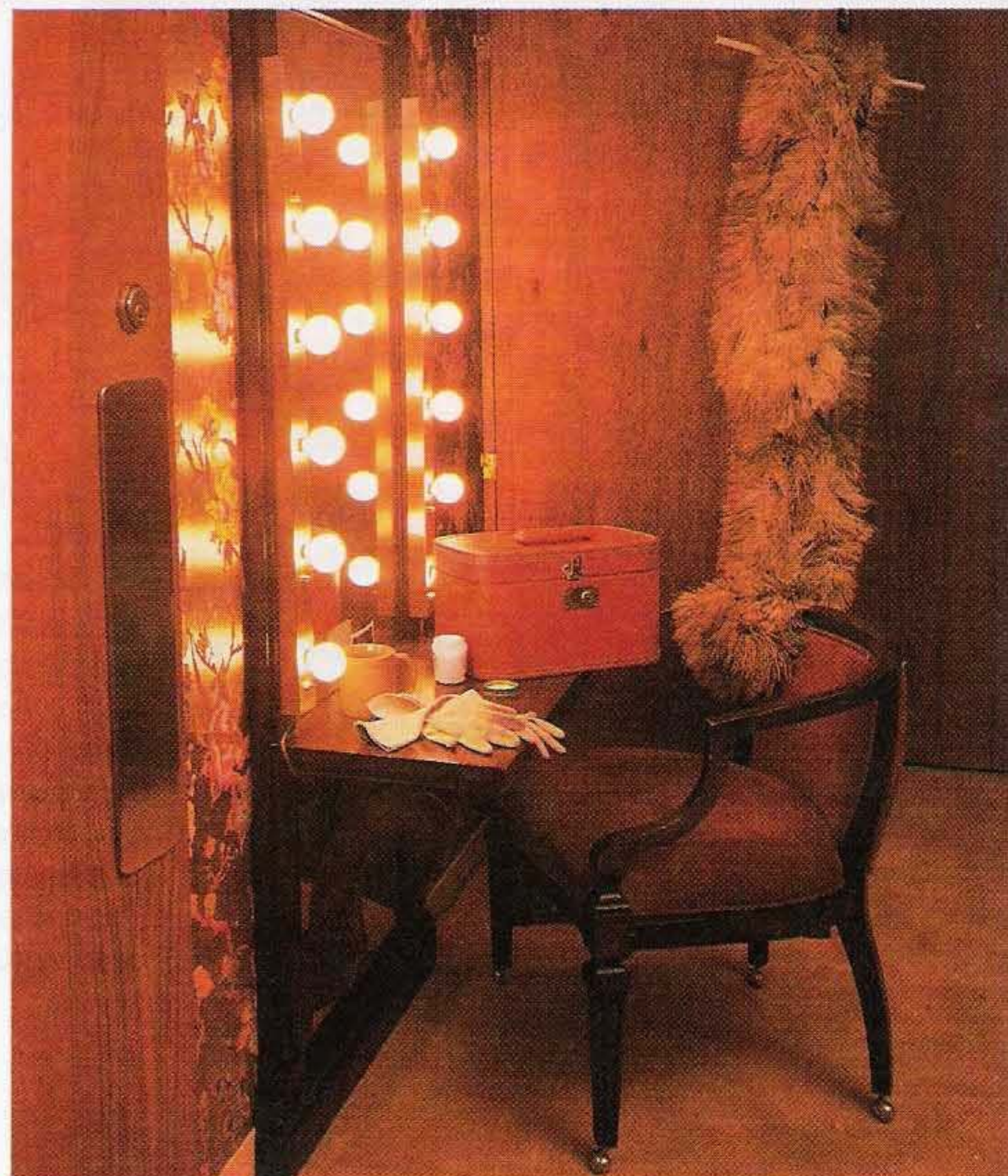
"But, Mother, how will I ever find him? And how will I know it when I do?"

"Why don't we go into the living room," said her mom, affectionately placing her arm around her daughter's shoulder. "I have an interesting story to tell you."

As they seated themselves on the sofa, her mother said, "You know, Trudy, I had these same questions when I was just your age.

"There was a certain senior who worked after school at a service station I walked past every day on the way home. His name was Rodney Clark and he was the handsomest boy I ever saw! Every day as I passed by he'd call 'Hi there!' and wave at me, and I'd wave back.

"Well, it made my heart go pitty-pat, and I could hardly wait for school to be over each day so I could walk past the station and see Rod again. Just to see him



Real love is never blind — it sees the person as he really is, his faults as well as his good points.

made my heart sing! I knew this had to be love. What else could it be?

"About this time I happened to read an interview of a beautiful movie star about her successful, happy marriage."

The movie star's story

"'I wanted a marriage that would last a lifetime,' the movie star told the reporter. 'I didn't want to suffer the terrible hurt and humiliation of a broken home because I foolishly chose infatuation instead of lasting love. I knew that infatuation is merely self-deception.

"'Real love is never blind — it sees the person as he really is, his faults as well as his good points. Only then can we see the character of the person and decide whether he is the one we

wish to spend the rest of our life with.

"So I made a list of attributes that I felt an ideal husband would have and I compared the men I met to it. I finally found a man who had nearly all those engaging qualities, couldn't help loving him, and we have been married ever since. I would advise every woman and man to make up a list of those virtues that they hold most dear and then when one feels serious inclinations about someone of the opposite sex, get out the list and see how he measures up!"

"Well, dear," Trudy's mother continued, "I don't recall exactly what was on her list, but here is what I wrote on mine." Rising and going to a small desk in the corner, she unlocked a drawer, took out a folded sheet of notebook paper and handed it to her daughter. "I've kept it for you all these years for a special time like this."

Unfolding the paper, Trudy read:

The man I love will be:

1. Faithful — because it would break my heart if he were not.
2. Truthful — because love is built on trust.
3. Responsible — because he must provide for the family.
4. Forthright — because deception destroys trust.
5. Well educated — to set family standards and help us reach them.
6. Temperate — because I could not respect a drunkard.
7. A man with a goal, who is going places — and I'll help him get there!
8. One with a good sense of humor — to help make life pleasant.
9. One who wants children — I will want to have children for him.
10. Patient and kind — for love's sake.
11. One who loves me — (this may be the hardest of all!).

"After I wrote this list, I no longer wondered if I loved Rod. You can't love someone you don't know very well. Oh, my heart still

fluttered when he waved at me, but I knew it was just his friendliness and good looks that I admired."

"You don't even mention looks on your list at all, Mother. Why not?"

"Love is trust, Trudy. You don't love a person for the way he looks. You love him for what he is. And when you love somebody, he looks wonderful to you because you see the person on the inside."

"Did Daddy have all the traits on your list?" Trudy asked, eyes twinkling mischievously.

"No, not all," replied her mother. "As you know, patience is not his strongest point, and I can't say he has a great sense of humor. But to me those were less important than the others. He had the sterling qualities that enabled me to give him my unending trust, so I could love him without reservation, and I did. And I still do."

Discovering character

Eyes filled with perplexity, Trudy asked, "But how do you find out what a person's character is really like?"

"Well, Trudy, we become aware of a person's character as we see them in various situations. When you see a person deliberately deceive someone else, you are aware that truthfulness is not important to him, and that he is selfish and perhaps unfeeling.

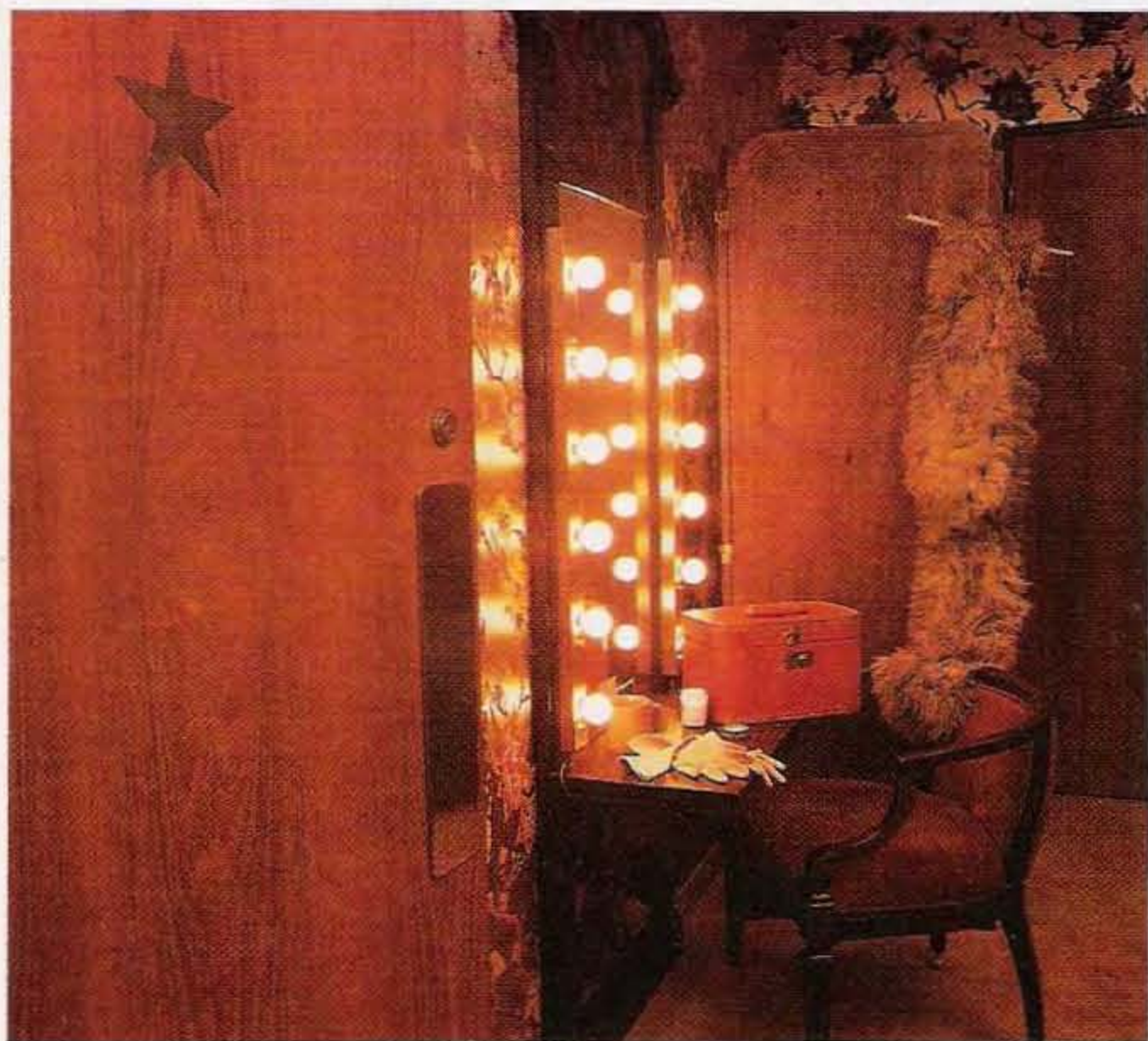
"If you discover that one of your friends thinks it is fun to shoplift, you know that she is basically dishonest and therefore untrustworthy.

"When someone says he will do something, but doesn't, you know that he can't be depended on. You also get a strong indicator that he may be lazy and a procrastinator.

"These are all vital signs — they indicate that the person is still immature and has not faced up to the responsibility of living as an adult. They are signposts of trouble ahead and a wise person will consider them carefully."

"But, Mother, we all make

(Continued on page 27)



A movie star with a happy marriage gave good advice on finding the ideal mate and avoiding the marital problems affecting so many in show business.



'I Like Her, But She Thinks I'm a Nerd!'

How to stop doing stupid things to try to get someone's attention.

By Mike Bennett

"I can't stop thinking about her, but she doesn't even know I exist! (Or even worse, thinks I'm a nerd!)"

We laugh at cartoon characters in this situation, like Charlie Brown with his crush on the little redheaded girl.

But somehow it's not so funny when it happens to us.

Have you ever done anything dumb trying to get the attention of someone you had a crush on? Like sending flowers every day to a girl you are too tongue-tied to even talk to? And not signing your name? And then being so embarrassed you couldn't even

look at her when you pass in the hall?

Or did you show up at "his" soccer practice to watch from the sidelines and only end up getting the other players to tease him, while you felt like crawling into the ground?

If you've done things like this, you know it hurts. Too often you

Photo by Nathan Faulkner

Real friendships are built on positive emotions and develop over time. They are based on giving . . .

spend half your time trying to get out of the embarrassing spots this gets you in.

There's got to be a better way!

Why does it hurt?

Developing true friendships, especially with the opposite sex, can seem like a very confusing process. To understand how to do it right, we have to understand why it is painful sometimes, and what we should be working toward in a true friendship.

Why does it hurt? Because the other person won't return the friendship, of course. But really, it's not quite that simple. To understand why, you have to take a different point of view.

Put yourself in the shoes of the person you have a crush on. Why do your actions have the opposite effect from what you want?

If you were the other person,

wouldn't somebody doing crazy things to get your attention make you nervous or uneasy? Wouldn't it make you think that the person was odd, strange, a nerd? And wouldn't it be embarrassing to you?

This is the kind of thing that snowballs and gets worse. If the other person feels uneasy and nervous around you, you start to feel even more unsure and nervous around him or her, and perhaps do even more crazy things.

Nervousness, guilt, worry and fear are definitely not building blocks of true friendship. They work more like a wrecker's ball, bashing it down.

What are the real building blocks? Real friendships are built on positive emotions and develop over time. They are based on giving — considering and doing what's best for the other person. It's not a selfish, "you're mine, and mine alone," type of attitude that excludes other strong friendships, but the wholesome family kind of love you have for a brother or sister. The so-called romantic kind of love, on the other hand, can often produce the nervousness, guilt, worry and fear that tear down true friendship.

Real friendship is a wonderful thing, but you can't push yourself on someone else.

What you can do

So what positive steps can you take to stop the pain of being crushed by crushes? Here are some tips that can help.

- Talk to someone who has been through it before, like older brothers and sisters, and especially your parents or even your grandparents.

Start by asking if they've ever faced a situation like this. They may have forgotten, or may not want to remember. But if they do understand, they can really help. Just knowing someone has gone through it (*and lived!*) can be encouraging. Be sure to consider carefully lessons they learned through hard experience.

- Consider what is best for the

other person. If he or she is being overwhelmed and embarrassed, it's probably best to pull back and give him or her some space. This can be difficult, but if you really care for the person, you'll strive to do what's best for him or her. How can you stop thinking about the person so much?

- Improve yourself. Develop talents and hobbies that others will respect you for. This will build your confidence in dealing with people, removing some of the nervousness and fear.

Some specifics to work on: conversational skills that make other people comfortable talking to you, and the positive emotional approaches to life talked about in the Bible. Some of these include outgoing concern, enjoyment of life, peace of mind and patience. Check Galatians 5:22-23 for some more. Developing these attributes will draw people to you.

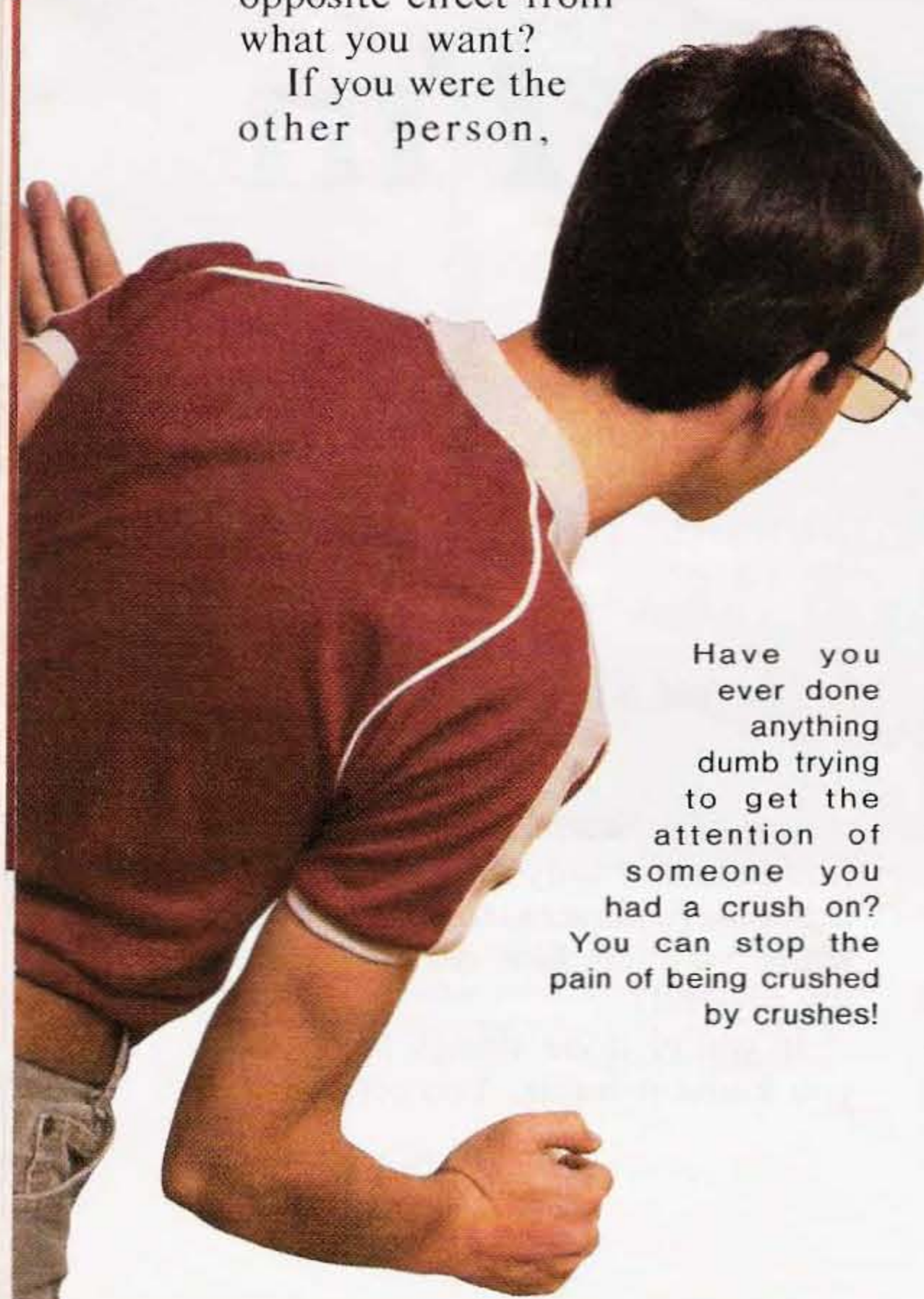
- Build all your friendships. Don't neglect your other friends in trying to win over a new one. Instead of overwhelming one person, spread yourself around. Put thought into how you can help build each of your friendships by giving to your friends.

Friendships grow when people share similar interests and activities. Find out what your friends are interested in. Then expand your interests so you can share more and have more to talk about with all your friends.

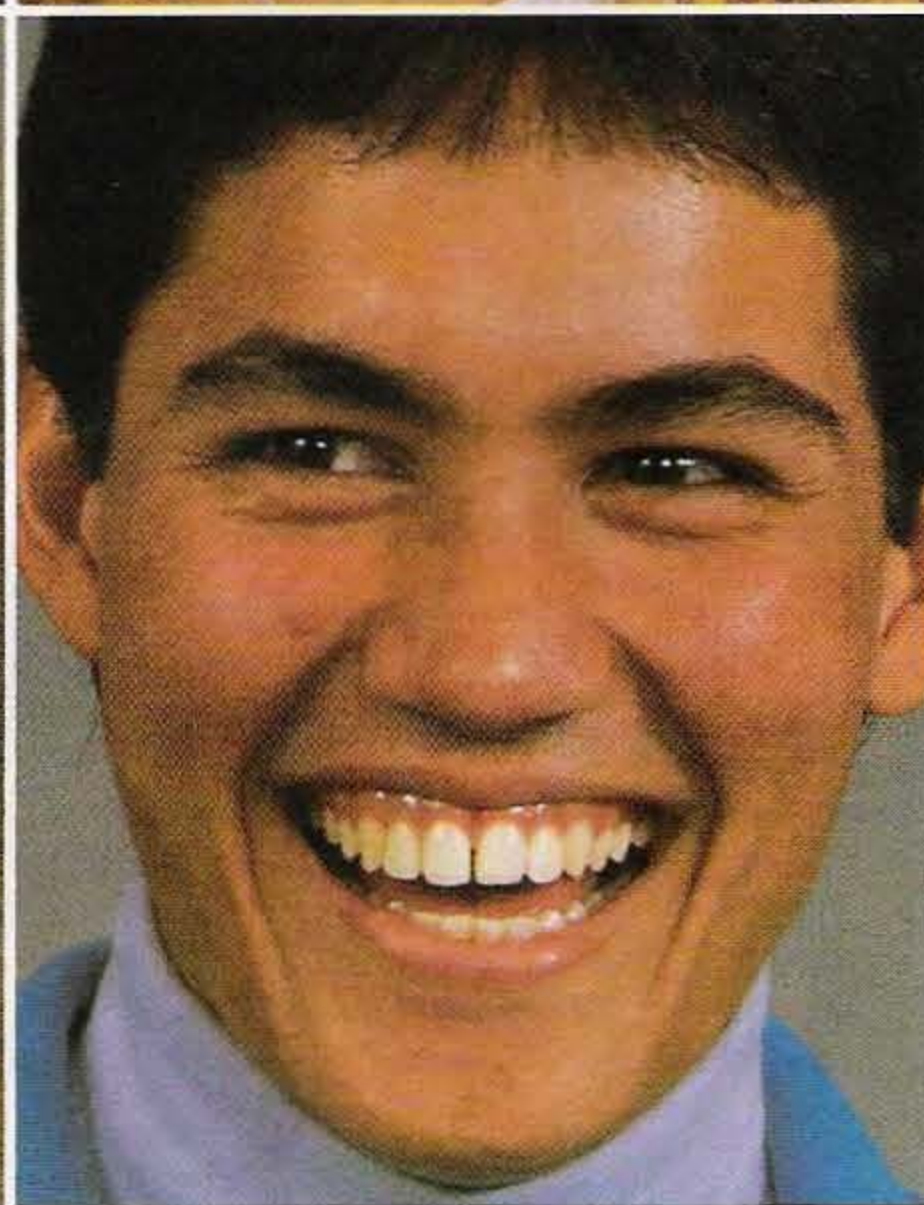
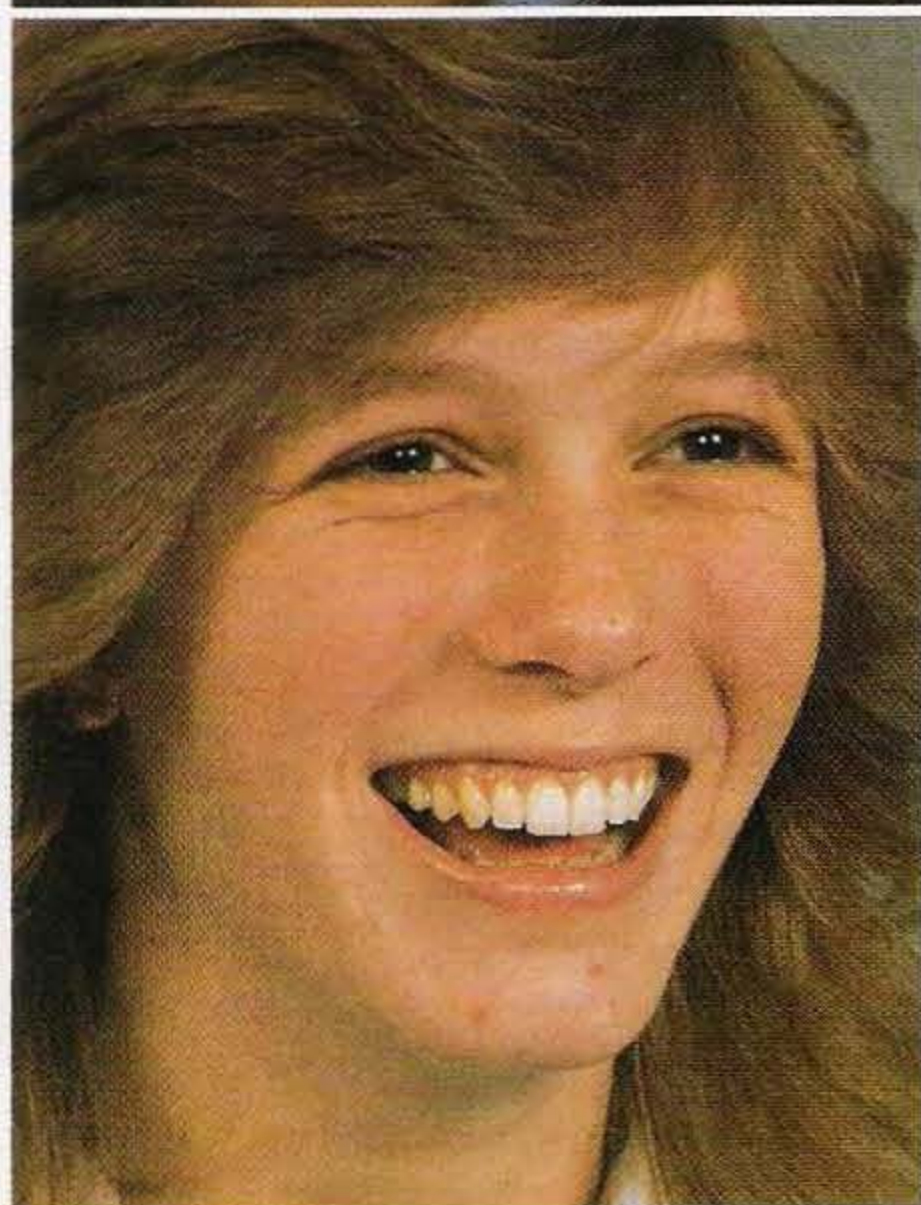
- Ask God for help and for emotional control. God listed the positive emotional approaches in Galatians 5, and He can help you develop them. These fruits can help you be a person others want to get to know.

Put your situation in God's hands. You may not become best friends with the person you have a crush on no matter what you do. But it's far better to at least be friends than to make an enemy of the person. God takes a personal interest in you, so ask Him for guidance to solve this problem.

With God's help, and the help of your family, you can neutralize the pain of being crushed by a crush, and develop real friendships! □



Have you ever done anything dumb trying to get the attention of someone you had a crush on? You can stop the pain of being crushed by crushes!



Get Happy and Pass It On

By Clayton Steep

You will be surprised at the results!

Isn't it true? So many of those moments when you experience real happiness, when a feeling of joy wells up within you, aren't other people involved somehow?

Someone says a kind word

to you. Or does you a favor.

Maybe someone gives you a gift or spends time with you. Perhaps it's just a smile flashed in your direction. But it was meant for you. You think to yourself — or even say out loud — "Thanks, I needed that." It really gives your spirits a lift.

On the other hand, many of the

times you are disappointed or unhappy, aren't other people likewise somehow involved? Someone says a cross word to you or takes something that belongs to you or hurts you in some way. It could ruin your whole day — if you let it.

That's too bad. It shouldn't be that way.

A different way

Think for a moment how great the world tomorrow is going to be when everyone does only good for each other. Can you imagine it? Everyone will be trying his or her best to make everyone else happy.

What a world that is going to be! The rule that will regulate human relations is: "Let each of us please his neighbor for his good" (Romans 15:2). That's what God's universal law is all about. It is the way of give rather than the way of get.

The problem today is that most people are not living that way. That's why the world is in such a mess. People are concerned mostly about themselves — what *they* want. And they will ride over anyone who gets in their way. The result is that people make each other unhappy.

Why don't you be different? Why don't you try to brighten the lives of others? There are many ways to do this and the easiest one won't cost you a cent.

One of the amazing things about attitudes is how contagious — how "catching" — they can be. Is the clerk in the store grumpy? Don't add to the gloom. Smile! Be pleasant. Say something nice. You may be surprised at the clerk's reaction, after the shock wears off. But even if you don't see an outward sign of reaction, that doesn't mean you haven't brightened that person's day. One thing's for sure: You wouldn't accomplish anything by being a grump in return.

Cheerfulness is free. Spread it around. It's bound to come back to you when you need it. When you spend more than just a fleeting moment with an unhappy

(Continued on page 27)

Photos by Hal Finch



Erupting with the force of 500 Hiroshima-sized atomic bombs, Mt. St. Helens hurls a cloud of ash and superheated gas skyward. Winds carried the ash around the world.

Life Returns Through the Ash

• It was 8:29 on a clear spring morning. Birds chirped in the fir trees overhead. Elk and deer grazed on new spring grass in a meadow nearby. Reflected in the glassy, blue surface of Spirit Lake, the mountain added a final touch of majesty and serenity.

But at 8:30 the mountain exploded, hurtling nearly 1,400 feet (427 meters) of Mt. St. Helens' summit 12 miles (19 kilometers) into the sky. The hot rock, ash and gas, traveling at hurricane speeds, leveled vast areas of surrounding forest, leaving a lifeless, black-and-gray world.

Looking at the devastation, it was hard for anyone to imagine a time when things would return to normal. U.S. President Jimmy Carter said the destruction was so bad that it made "the moon look like a golf course." One scientist said, "It will be a long

time before [it] will be a viable habitat, if it ever will." One writer called the area "a dead and ravaged land."

But four years after the May 18, 1980, eruption, the mountain is coming back to life. Almost as soon as the eruption was over, the forces of nature began to make repairs.

"It was gray everywhere, no sign of green," logger Carl McCray said. The blast had leveled 44,000 acres (17,820 hectares) of fir trees and covered 150 square miles (38,849 hectares) with a layer of suffocating ash. But today, through the ash, life is making a comeback.

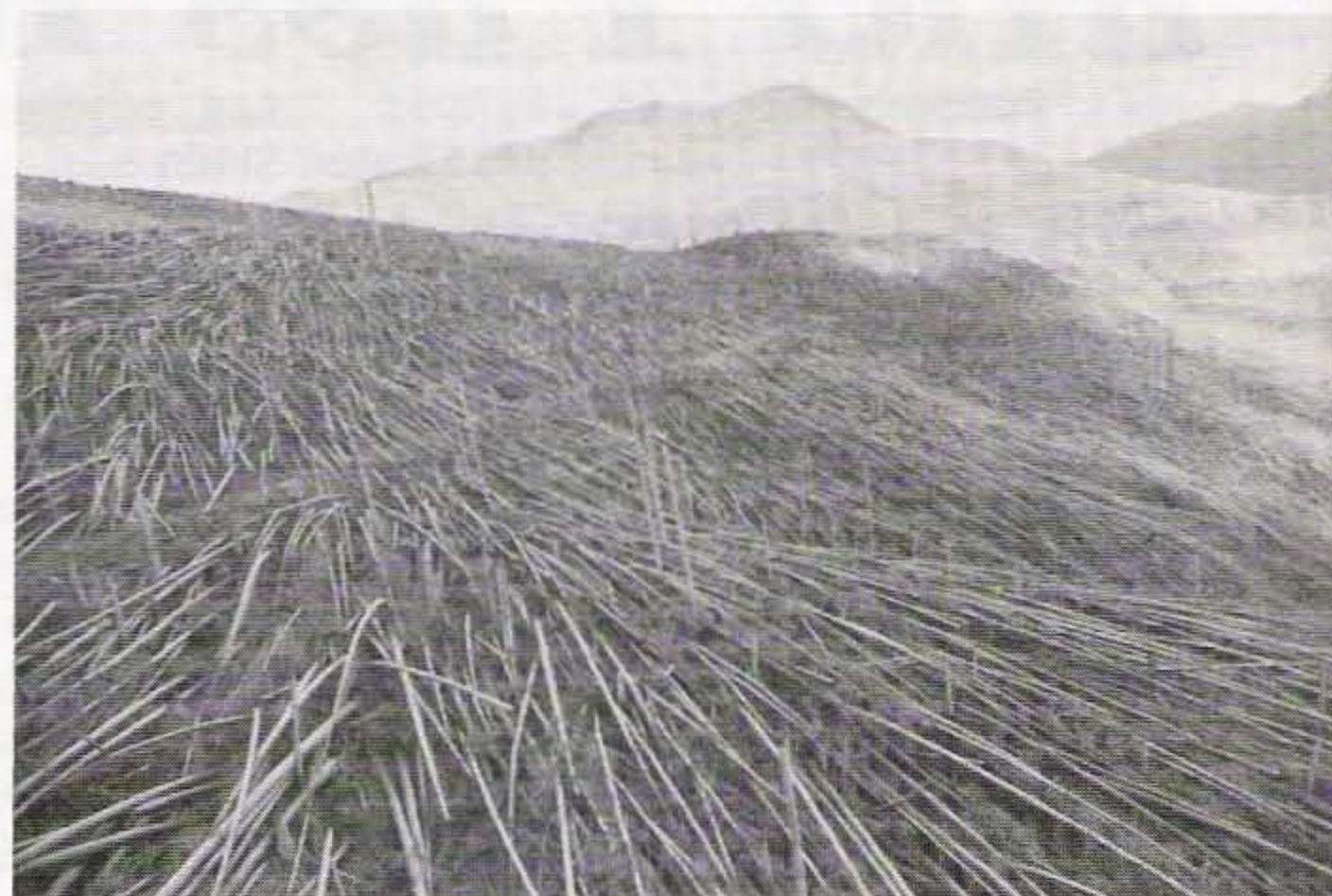
A month after the blast, biologists found an abundance of insects living in the blast area, survivors because they happened to be in sheltered spots during the eruption.

Only two months later, tiny ferns and skunk cabbages had begun to push through the volcanic ash. A year later, the bright pink blossoms of fireweed added a touch of color to the gray world.

Fir trees soon began to sprout, growing around the fallen trunks of their parents. And on the south side of the mountain, less damaged by the volcano, larger animals began to return in search of food.

But it was one of the smaller animals that surprised the scientists. Buried beneath the tons of sterile volcanic ash was the rich soil needed to sustain life on the mountain. The plants that had already sprouted had done so in places where the ash hadn't covered the soil. But what about the rest of the mountain? Enter the pocket gopher.

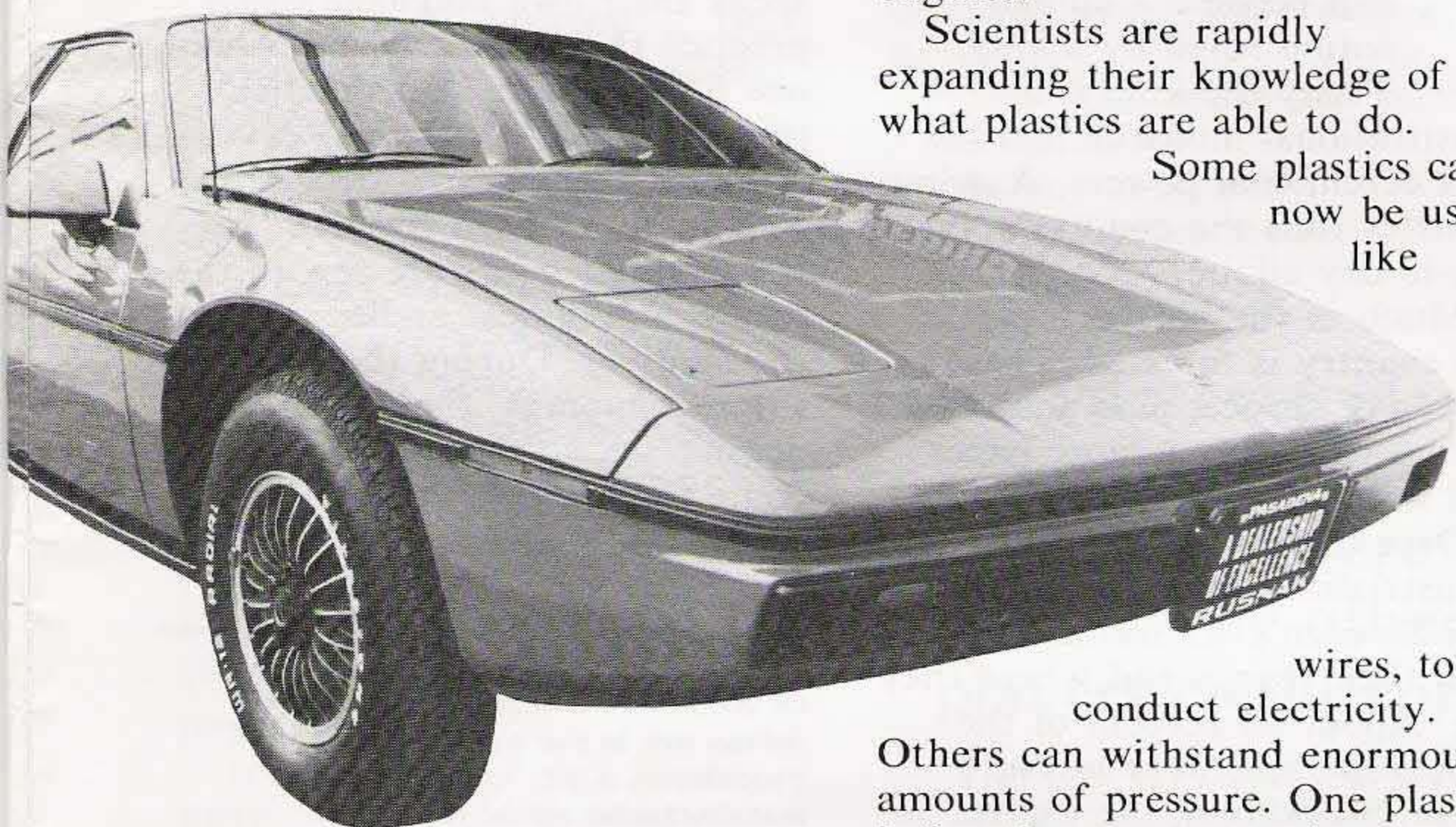
Scientists noticed that when the gophers burrowed, they brought the rich soil to the surface. Tests on the soil showed it also contained many seeds,



buried and safe from the volcano's blast. Erosion, too, is gradually bringing soil back to the surface. With each new rain, water washes away the blanket of ash, baring the fertile soil buried underneath.

And the mountain itself is rebuilding. Repeated smaller eruptions, the same forces that built the volcano's original cone, have begun the long process of shaping a new one. In another 1,000 years, Mt. St. Helens may once again stand as serenely as ever above a placid Spirit Lake.

— By Lowell Wagner Jr. □



Fantastic Plastic!

• Can you imagine an automobile made mostly of plastic — even its engine? Or how about a plastic milk carton that keeps milk from spoiling — even when it's not refrigerated? Impossible, you say? Well...

This year, General Motors and Honda both introduced cars built with lightweight plastic body panels. Both manufacturers claim that the new bodies add to fuel efficiency, resist dents and corrosion and will not rust.

Even more amazing is the

plastic engine. Matty Holtzberg, president of Polimotor Research in New Jersey, has patented an automobile engine made mostly of plastic. Built under contract to Ford Motor Co., this new engine will be used on the European racing circuit this year.

This engine will use some of the newest superplastics available. Some are able to withstand temperatures of up to 600 degrees Fahrenheit (315 Celsius) — far higher than the average engine running temperature. And because it's made mostly of plastic, the new engine is half as heavy as metal engines.

Scientists are rapidly expanding their knowledge of what plastics are able to do.

Some plastics can now be used, like

wires, to conduct electricity.

Others can withstand enormous amounts of pressure. One plastic is five times stronger than steel.

Even the food you buy will be affected by this plastic revolution. A new plastic is able to block the passage of light and air. When it is used to make packages, it can keep food fresh for a long time, free from the germs that cause food to spoil.

This new packaging is already used for fruit juice and wine packages. Soon even milk could be packaged and put on shelves for months — without refrigeration. According to some in the industry, cans and glass in grocery stores may become a thing of the past.

One thing's certain: New products will continue to affect our lives as the plastic revolution continues. — By Dan Taylor □

A Quarter Million Mile Shadow

• One of the eeriest of astronomical events will happen May 30. Those living in parts of Mexico, the United States and Africa may be able to view an eclipse of the sun.

Others living in Central America, Canada, Greenland or Europe may see a partial eclipse.

A solar eclipse takes place when the moon blocks all or part of the sun's light and casts a shadow on the earth. The moon appears as a black disk encircled by rays of sunlight. The sky becomes dark. Animals and insects often think it is night and prepare to bed down.

Temperatures drop dramatically.

Because the moon is so small in comparison to the sun and earth, only people in a narrow band on the earth's surface will see a total eclipse. Outside of this band, the sun will be partly darkened.

On May 30 the narrow band of the eclipse will stretch from Tenacatita, Mexico, through Atlanta, Georgia, passing near the Maryland-Virginia border, then crossing the Atlantic and eventually ending in North Africa (see map). If you are in this path, you can check your newspaper for the exact time the eclipse will appear.

Later in the year, November 22 to 23, a total eclipse will happen in the Southern Hemisphere. The path it takes will extend from Indonesia, through Papua New Guinea and through the South Pacific just north of New Zealand. A partial eclipse will be seen in New Zealand and Australia.

Don't look directly at the eclipse. The sun's light, even

during an eclipse, can permanently damage the eye. Blindness can result.

Sunglasses and other shading devices don't provide enough protection. To view the eclipse safely, punch a small hole through a piece of cardboard.

Hold the cardboard over a white surface. An image of the eclipse will shine on the white surface.

If the solar eclipse is coming your way, don't miss it. View one of nature's most interesting astronomical events. — *By Robert Taylor* □

the largest city.

Since World War II, more than 600,000 people have moved to Sweden, mostly from neighboring countries. This accounts for more than half of the population growth.

The backbone of Sweden's economy is heavy industry, like the metalworking, shipbuilding and motor industries. Volvo, the biggest industrial company in Sweden, is one of the leading automobile manufacturers in the world.

But in the far north, the Lapps, a group of about 15,000 people, have preserved many of their ancient ways. They still speak their own language and practice their own culture. About one fifth of them still practice the traditional occupation of reindeer herding.

It is in northern Sweden that the daylight hours are few in the winter and almost endless during the summer. During those summer months, the sun literally doesn't set, so the region has come to be known as the "land of the midnight sun." — *By Tom Delamater* □

Sweden: Where Old and New Meet

• Imagine a world where the sun does not set, and where you would have to sleep with blinds over the windows to keep out the sunlight. This may sound like something out of a myth, but during the summer months in parts of Sweden, it is very much a reality.

Sweden is the fourth largest country in Europe, just larger than the state of California and twice the size of Great Britain. It is the largest country in the region called Scandinavia.

The Swedes are descended

from ancient tribes that inhabited the region hundreds of years ago. Some of these tribes took part in the Viking raids through much of Europe during the A.D. 800s.

By the 1100s, Sweden had become a unified nation ruled by a king. Today the king is a

constitutional monarch and has only ceremonial powers. A prime minister runs the country's day-to-day affairs.

Much of the northern part of the country is forested. These forests of spruce, pine and other softwoods supply a large paper and wood product industry.

Over the last 100 years industrialization has changed the way Sweden's 8.3 million citizens earn their livings and where they live. About 90 percent of the population now lives in the south. Stockholm, the capital, is

Of Sweden's 8.3 million people, 1.4 million live in the capital, Stockholm, a city known for its manufacturing industries.

Photos by Stockman — Sygma; and G.A. Belluche Jr.



Put an End To Putting Things Off

By Tom Delamater

I was always saying, "I will." But then my brother said something I haven't forgotten.

When I was growing up, I shared a bedroom with my brother. He's five years older than I am, and sometimes I think he deserved better.

I can't imagine having been in his shoes, trying to make it through high school with a little brother like me barging into the room all the time, cluttering the place up with baseball gloves, tennis shoes, comic books, newspapers and the like.

It's not as if I did it on purpose. And I'd always clean it up — eventually.

However, that's precisely what bothered him. He wasn't perfect, mind you, and, as boys go, he was about average on the messiness scale. But he would always clean up after himself right away.

And me? I'd always get around to it — eventually.

"Make your bed," he'd say. "I will," I'd say, as I'd run out the door to play baseball.

"Hang up your clothes," he'd say. "I will," I'd say, my eyes on the television.

"Finish your chores," he'd say. "I will," I'd say, my head buried in a magazine. And so it went.

Then, one day, he made it clear he would have no more of it. It was my turn to put the dishes away (he and my sister had

washed and dried them after dinner), and I was reading the newspaper.

"The dishes are done," he said.

"OK."

"So put them away."

"I will," came my reply.

**Have you ever played
a game of tag
in which you were "it"
and all the other
players could run
faster than you?
... Procrastination
produces the same results.**

This time, his patience had run out. "Don't *will* — DO IT!" he shouted.

Believe me, those dishes were put away before you could say, "procrastination."

Welcome to the club

Procrastination. It's an annoying word, but that's because it so accurately describes a problem that plagues a lot of people.

Do you ever procrastinate? If so, then you're not alone; most people do at times. Word has it there's even a Procrastinator's Club, whose members have been planning to meet for some time,

but haven't gotten around to it yet.

When we procrastinate, we simply neglect or put off doing things that are important to us. But if they are important, why do we put them off?

One of the main reasons people procrastinate is to avoid an unpleasant or difficult task. Think of the times you've put off a homework assignment — a research paper, for instance — and then had to work twice as hard to make up for it. The final product was probably mediocre, and you may have even complained about how overworked you were.

Another thing that keeps people from getting things done is self-doubt. People aren't sure of themselves, so they hesitate when facing new challenges.

For example, to this day I can't really swim. When I was growing up I wasn't around the water that much, so I didn't learn how. As I got older I was self-conscious about it, so I wouldn't bother. I'd do something else.

Trouble is, every year it gets tougher for me to convince myself to take lessons and once and for all learn how to swim. My procrastination has literally left me out to dry.

Maybe you've had a similar experience. If so, then realize that when you begin to put off things you might enjoy doing, it could

be a warning sign. Because after a while, procrastination can become a way of life.

The sad results

To a person who procrastinates, there is always a tomorrow, so today doesn't really count for anything. Continued procrastination produces some pretty sad results.

One of these is anxiety. If you keep putting things off and fail to honor your commitments, people will think you're unreliable. You'll know it, too, and you may become defensive because you think you aren't appreciated. You'll end up digging a deeper hole for yourself by worrying more about what others think than about getting things done.

Frustration and lack of fulfillment are other results of procrastination. By putting things off until tomorrow, all your todays are wasted, and you'll find yourself always trying to catch up.

Have you ever played a game of tag in which you were "it" and all the other players could run faster than you? You run as fast as you can, trying with all your might to catch someone, but they're always just out of reach. You could play all day and wear yourself out and still not catch anyone. At the end you'd have nothing to show for your efforts. You'd be just where you were when you started.

Procrastination produces the same results. By putting things off, you're never really caught up. By the time you finally finish one project, others have piled up to take its place. Imagine, however, if you were to put on a burst of energy and finish doing the things you need to do. It would give you the same sense of fulfillment as if you were playing that game of tag and finally caught up to someone.

Time for a change

If procrastination has been a problem for you, how can you put a stop to it?

First of all, you have to recognize it as a problem and be determined to change. Exaggerate the cure. If you're a disorganized person, decide to become overly organized. If you're often late for appointments, make sure you're extra early for the next month. Then, even if you slip a little, you'll have made some progress.

Once you've done that, there are some definite steps you can take to fight the procrastination habit.

1. *Schedule your time.* Before you go to bed at night, sit down and plan what you need to accomplish the next day. Without a plan you'll end up wasting a lot of valuable time.

The simplest way to do this is by using a calendar or date book. You can write down when homework assignments are due, or when you have appointments or

**At the end of each
day, ask yourself,
"Did I finish
my priorities?"
Some things may go
undone that way,
but they'll be the
less important ones.**

activities you don't want to miss.

By scheduling your time, you can plan a day, a week or a month or more in advance. It will help you get control of your time, instead of letting your time control you.

2. *Recognize your priorities.* Decide what things are most important, and make sure you get them done.

When you plan the things you need to do each day, put them into three categories: things you *must* do; things you *should* do; and things you *would like* to do. At the end of each day, ask yourself, "Did I finish my priori-

ties?" Some things may go undone that way, but they'll be the less important ones.

3. *Do it!* When you're faced with an unpleasant task, stick with it and see it through to completion.

It's not wrong to feel uncomfortable with certain tasks, but ignoring them won't make them go away. It will make things worse.

When faced with a long-term project you're not too excited about, try this: Set aside 10 minutes or a half hour at a time, work on it that long, then stop when your time is up.

Take the case of working on that research paper we spoke of earlier. If you know about it weeks in advance, a little bit of work at regular intervals will keep you from being overwhelmed by your dislike for the project. What's more, you'll finish on time.

Overcoming procrastination won't be easy. It will take a lot of determination and self-discipline. Putting these steps into practice will help you get started in the right direction.

Since writing out your goals and plans on paper can help you accomplish more, here's a suggestion for you. Why not make the time to write to us and let us know how you plan to fight the procrastination habit? You'll find that by writing those things down and sending them off in a letter, you'll feel a sense of commitment to accomplish what you've set out to do — conquer procrastination.

Remember, too, the quote that says, "The great dividing line between success and failure can be expressed in five words: 'I did not have time.'"

Don't drown yourself in a sea of *I'm gonnas* or *I hopes* or *I'd like tos*. Put a halt to procrastination by starting *now*.

And next time you have something important to do and you tell yourself or someone else, "I will," remember:

Don't *will* — DO IT! □



Go, Team, Go!

By Wilma Vernich

Supporting the team — that's what cheerleading is all about! Are you considering trying out?

It's a challenging job. It requires an athlete's skill and stamina, an understanding of crowd psychology, lots of personality and the ability to work with others as a smoothly functioning team.

It's hard work, but it's a lot of fun!

We're talking about cheerleading, a sport in its own right that began in a small way about 85 years ago at the University of Minnesota.

Today cheerleaders, songleaders and yell leaders have become

Photos by G.A. Belluche Jr.

an institution for high schools, colleges and even professional sports teams. And they strive toward one goal — to effectively and enthusiastically lead a crowd in spirited support of their athletic team.

Becoming a cheerleader

What about you? Have you ever pictured yourself in a brightly colored uniform, leading cheers in a big gym or stadium? Perhaps the thought of hundreds of eyes on you is exciting, yet makes shivers run up and down your spine at the same time.

It you're considering trying out for the squad, you probably have questions and wonder what it's really all about. Before you commit yourself to the responsibilities and requirements of cheerleading, you'll want to do a little self-examination.

Cheerleading requires many hours of dedication, sacrifice and practice, practice, practice. A cheerleader must be an energetic person in good overall physical condition. An out-of-shape or undernourished body cannot perform with poise and grace all the quick twists, turns and tumbles required of cheerleaders. It requires the stamina and endurance that playing a game of basketball takes.

Another factor to consider is whether you'll be able to make it to all the games and practices. It might be helpful to talk to the cheerleading sponsor or coach ahead of time to get an idea of the kind of schedule the cheerleaders must keep.

Don't be afraid to ask questions. A little communication now might avoid a difficult situation later on. It's a good idea to talk these things over with your parents. You'll not want to create an extra hardship or burden if cheerleading is going to be a big strain on family time and resources. If transportation seems to be the only thing stopping you, perhaps you can arrange a car pool with other squad members.

Being on a cheerleading squad requires an unselfish attitude. You'll have to consider the

Cheerleading is hard work — and lots of fun! Preparing for tryouts involves exercise, maintaining good grades, a pleasant, positive personality and practice, practice, practice. (Photos by G.A. Belluche Jr.)

well-being of the entire squad, not just what you want.

The other members of the cheerleading team will look to you to carry out your responsibilities. Can you be depended on to be present and on time for games and practices? Are you a good loser as well as a good winner? Will you embarrass your team by showing extreme emotions in a close game? Do you listen to what your coach has to say?

Before anything else, a cheerleader is a student first. Are your grades up to par? Practices, games and special projects will mean less time for studies. You will have to carefully budget your time.

Sincere smiles

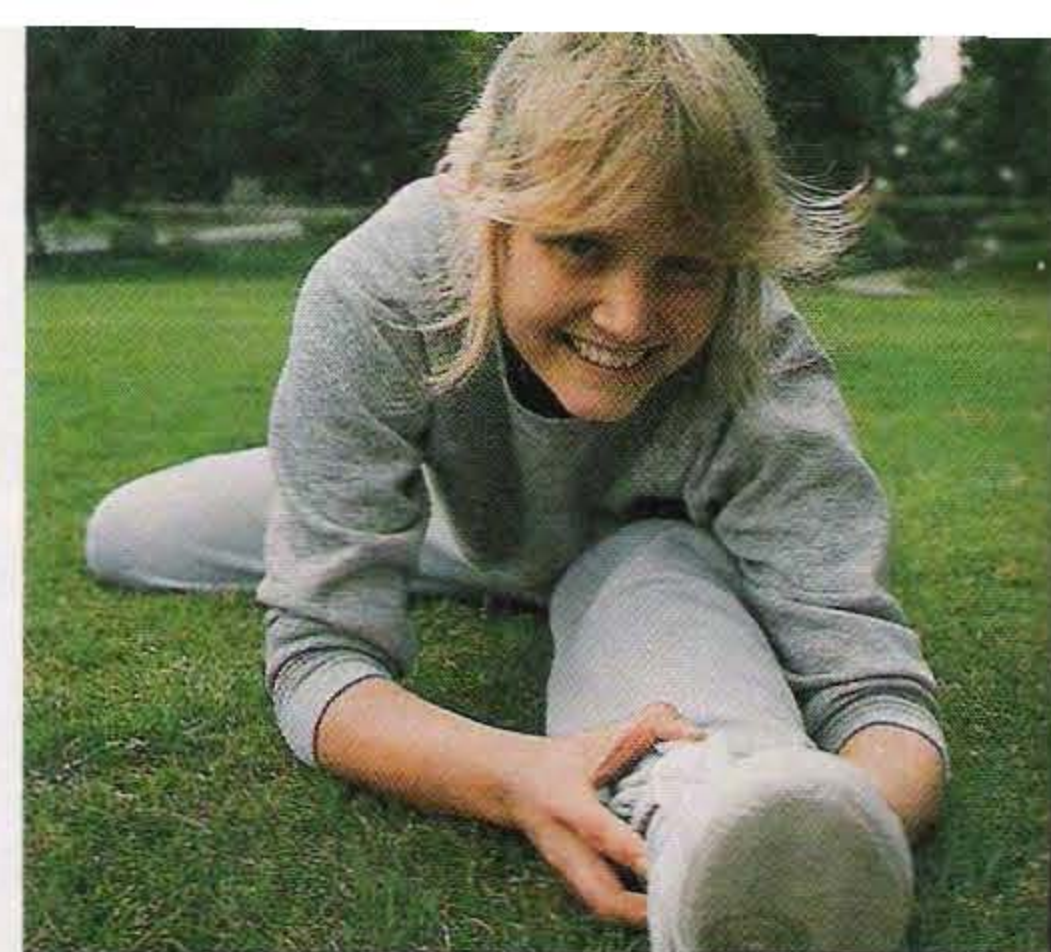
Let's talk a bit about your personality. One of the best tips is to be yourself — don't try to be someone or something you're not. But it is possible to expand the range of your personality — just because you're a little shy doesn't mean you couldn't be a good cheerleader.

However, since they're in front of other people, cheerleaders have learned how not to be timid and afraid of crowds. On the other hand, they should also avoid being overbearing, showing off or calling undue attention to themselves.

A good cheerleader is pleasant and has a genuine, sincere smile for everyone. If your heart is truly into cheerleading, it will show naturally all over your face. If you are enjoying yourself, others will enjoy watching you.

Not only will you be a leader in team spirit at the game, but other teens and adults will look to you as a leader off the court as well. Cheerleading is a highly visible activity. Develop good clothing and grooming habits to be an effective representative of your group and team.

Wherever you go, whatever you do, you'll be one of the first

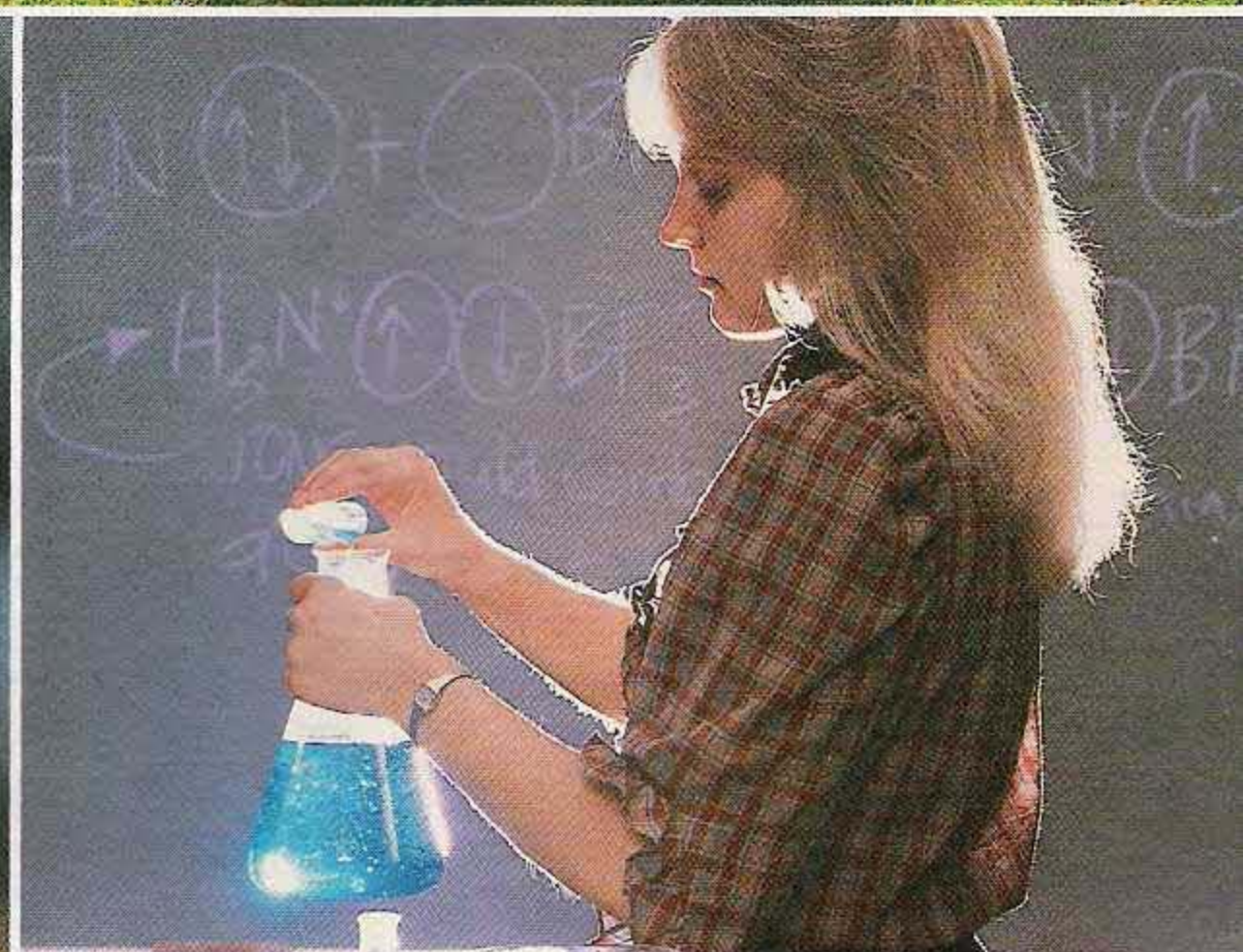


ones people will look to. Your influence on other people will be felt, whether it is good or bad. A cheerleader who is respected will receive the support of the crowd during a game.

Tips for tryouts

Cheerleading is an exciting and fulfilling responsibility. If you've decided to go for the challenge, here are 10 tips that can help you prepare for the tryouts:

1. *Set up an exercise schedule.* Include stretching exercises and exercises to increase your stamina. Check with the cheerleading



coach and read books to develop a balanced program. Work out at least 30 minutes a day, and don't overdo it the first day.

2. *Go to games.* By watching how the cheerleaders handle different situations, you can pick up valuable pointers.

3. *Check out material on cheerleading from the library.*

4. *Go to every preliminary tryout practice and meeting.* Here you will learn what is expected of you in the final tryouts. Generally, your enthusiasm, participation and potential at practice will count toward your

final tryout score.

5. *Practice the routines and cheers you will perform at tryouts.* Frequent and consistent practices five days a week are recommended over one long practice just once a week.

6. *Ask for help from those who have been cheerleaders.* They can offer encouragement and help you.

7. *Know the sports.* Make sure you are completely familiar with the sports for which you will be leading cheers. Learn the referee's signals.

8. *Prepare yourself mentally*

for tryouts. Envision yourself trying out before judges in the room where you will perform. Be confident, not cocky, and have a positive attitude.

9. *Be poised at tryouts.* Don't fall apart if you forget your routine. The judges will hardly notice if you smile, compose your thoughts and continue. Reacting well under pressure is an important part of cheerleading.

10. *At tryouts, present a clean, peppy cheerleader look.* Have your hair out of your face and wear neat, modest clothing. Smile! □

Inside The World's Best-Seller

By Lowell Wagner Jr.

*A behind-the-scenes look at the story of
the world's most fascinating book.*

Music floated across the valley on the chilly night air.

A young man, in his teens, sat by a campfire. Across his lap lay his instrument. From its strings he plucked a few notes trying to give voice to his emotions — fear, dread, confusion and the hope that it would all work out for the best.

The notes he played began to form a melody. He added some words. Slowly, the frustrations of the day found expression. And slowly, he began to see the solution to his problems — it was right there in the words of his song. "The Lord is my shepherd," he sang. "I shall not want."

He sang it one more time to etch it into his memory. Tomorrow he would write it down with his other songs. But for now, he wanted sleep. He lay his instrument aside, pulled his blanket close and gazed for a while at the dying embers.

In a few moments, David, the son of Jesse and soon king of Israel, slept soundly under the starry skies.

Song not forgotten

God may have given David an

inkling of what would become of his songs. He may have shown David that these songs would one day be included in the most important book ever written. No doubt if He did, David was dumbfounded! He must have found it hard to believe that God would use the songs of a teenager to help reveal His plan.

Since David's day, the Bible has become the world's all-time best-seller. Through the years more than 2,000,000,000 copies have been printed. It has been translated into nearly 300 languages and dialects.

If the Bible is so widely available, why do so few people know much about it? Where did it come from? How did it get to us here in 1984?

Does the Bible have a purpose? What is it? Do you know who its authors were or what languages they wrote in? Did David really talk like Shakespeare?

But the biggest question of all: Does the Bible have any importance to us today? We'll look at that last question first.

From the beginning of time God has had a plan. He has created a way that will allow Him to share with humanity the joy and happiness that He Himself enjoys.

But He gave us only one record

of what that plan is: the Holy Bible. Nowhere else can you find the details of His plan.

Only in the Bible can you find record of God's creation of the universe, the specifics of His law and His ultimate purpose for humanity. The Holy Bible is the most important book ever to be copied or printed. That is why it is important to have a good understanding of how the book itself came to be, of how God used humans to preserve His Word through the centuries.

The original languages

In the beginning, God created quite a few things. He did not, however, create the English language. Even Hebrew, the language the Old Testament was written in, wasn't in use until about 1600 B.C.

In the mid-1400s B.C., God inspired Moses to begin writing the first parts of the Bible as the nation of Israel journeyed through the Sinai Peninsula. In those long years, Moses composed the first five books of the

TEST YOURSELF

The first book of the Bible is named:

- A. Genesis.
- B. Generics.
- C. Genetics.
- D. Volume 1, Number 1.



Originally, the Ten Commandments were written on:

- A. Tables of stone.
- B. Pillars of salt.
- C. Dining room tables.
- D. The back of an envelope.



Bible, today known as the Pentateuch (Greek for "five books"). The Pentateuch is the first of the three traditional divisions of the Old Testament. It is called the Torah in Hebrew, meaning "the law," since it is here that God first reveals His law.

By 400 B.C. God had inspired His servants, including many prophets, to write the remaining books of the Old Testament. These have traditionally been lumped into two groups, the prophets and the writings. The prophets include books like Ezekiel and Isaiah that reveal what will happen in the future. The writings include more poetic works like Psalms and Job.

Between about 400 B.C. and A.D. 40, no new books were added to Scripture. But this doesn't mean that things stood still in the history of the Bible.

In these years, the Greek language had become the universal language of the Mediterranean world. By 285 B.C., so many Jews in scattered areas had forgotten Hebrew and had begun

speaking Greek that it became necessary to translate the Old Testament into Greek. That translation, the first major translation of a part of the Bible, was called the Septuagint (Greek for "70" because tradition had it that 70 translators worked on it). It seems the Septuagint is the translation that Jesus and His disciples quoted from.

It was this Greek translation of the Bible that was to help spread Christianity throughout the Mediterranean area. Had the Scriptures remained in Hebrew, only a few religious scholars would have been able to understand them. The Septuagint made it possible for the apostles to explain the Scriptures in a language most people knew well.

When the New Testament books were added to the Bible after A.D. 40, they were written in Greek.

"But what if I can't speak Greek?"

The Bible is in other languages today, though. A good thing too,

since hardly anybody speaks Greek anymore. Today the Bible, or portions of it, is available in nearly every language.

The Bible began making its way into English in the A.D. 1300s, but none of the translations pleased everybody.

Finally, in 1611, King James I authorized the printing of a translation today called the Authorized or King James Version. It became the most popular English translation ever, largely because of its careful approach to the Scriptures. Its grand, Shakespearean language is considered some of the most beautiful ever written in English. Even today, this is the best-selling version of the Bible in the world.

Best-selling? Yes. *Only* selling? No. Since 1900, the world has been flooded with new English-language versions of the Bible. The Revised Standard Version, the New International Version, the New English Bible and the Moffatt translation are some of the most respected of these.

In the late 1970s, the Authorized Version was updated with modern English. This revision is called the Revised Authorized Version (RAV) in Great Britain and known as the New King James Version in the United States. Unless otherwise noted, the scripture quotations in this magazine are taken from this version.

David's song

Even as David was singing on that night many years ago, God went to work. He wanted this teenager's song preserved forever. God watched over that song, kept it safe through the generations. He knew that someday we too, like David, would be tired and frustrated and confused. We would look for the answer to our problems and find it — right there in the words of Psalm 23:


"The Lord is my shepherd," David sang. "I shall not want." □

Illustration by Monte Wolverton

R BIBLE KNOWLEDGE

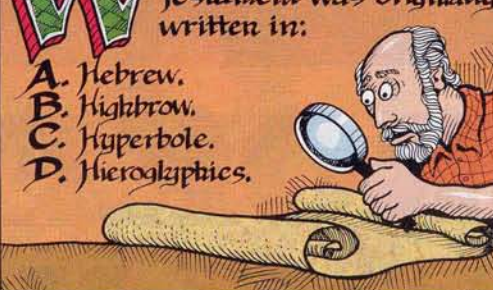
God inspired the first five books of the Bible to be written by:

- A. Moses.
- B. Michelangelo.
- C. Mozzarella.
- D. Michael Jackson.




What we call the Old Testament was originally written in:

- A. Hebrew.
- B. Highbrow.
- C. Hyperbole.
- D. Hieroglyphics.



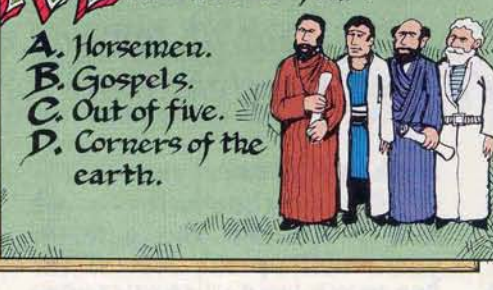
The young man who would later become King David was once a:

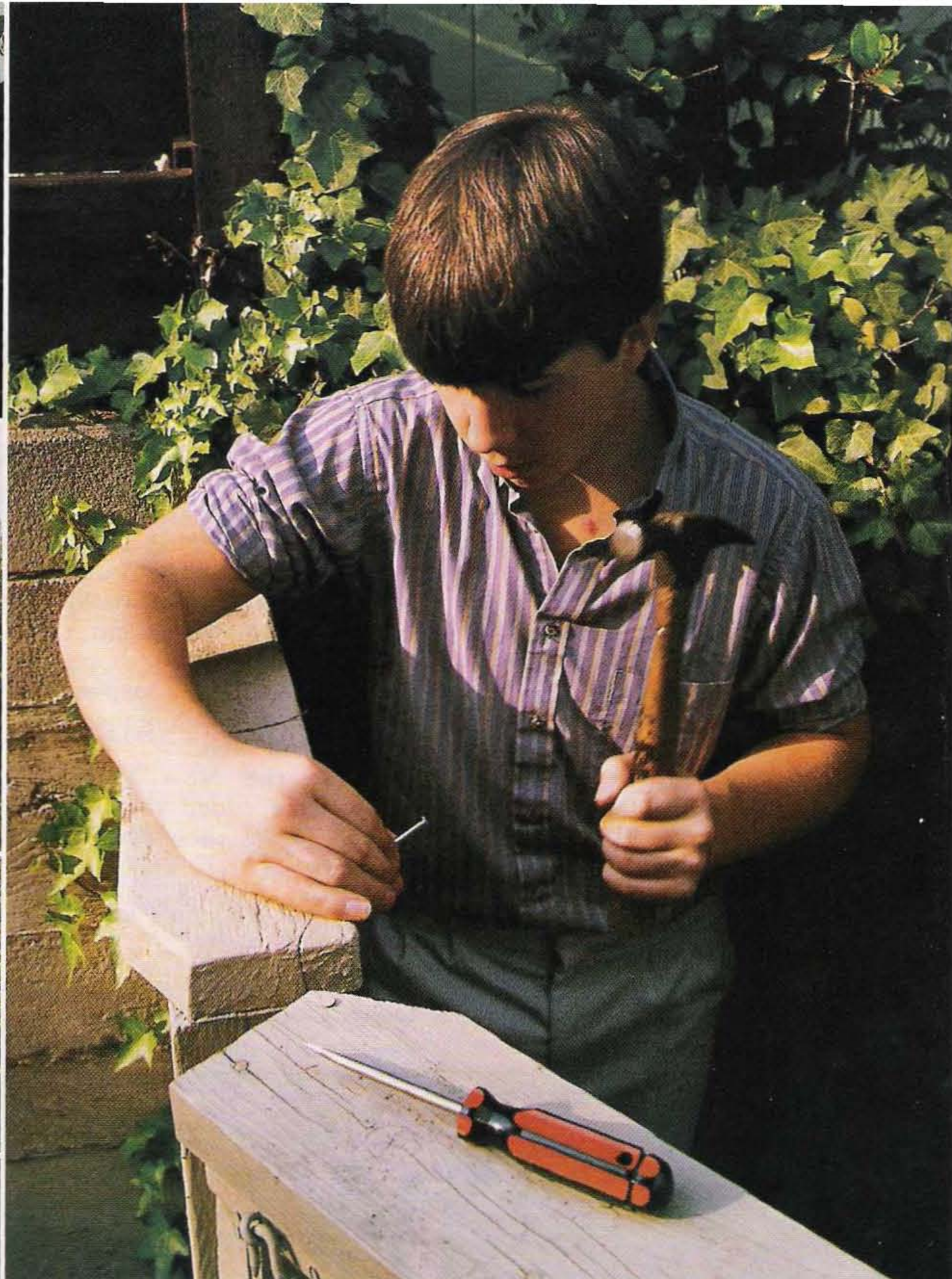
- A. Shepherd.
- B. Shortstop.
- C. Sheriff.
- D. Sans serif.



Matthew, Mark, Luke, and John wrote books commonly known as the Four:

- A. Horsemen.
- B. Gospels.
- C. Out of five.
- D. Corners of the earth.





BROKEN- Pass Me the Hammer

By Roger G. Lippross

*"Doing it yourself" can be a lot of fun and can save you money.
But you'll need the right tools for the job.*

"Hey, John! Could you pass me a hammer and then hold that end up while I nail this gate

back together?

"Good, that's it — we finally finished the gate. If you'll nail up the rest of the fence boards that were

knocked over by the storm, I'll start cleaning up this mess."

Working together on home repairs and construction can be rewarding and exciting. It can

also save lots of money because you won't have to pay a repairman's high labor costs.

But to do most jobs around the house, yard or car, there's something you will need — tools.

What you can do with tools

You take pride in the things you own and so naturally you want to keep them in tip-top shape. You'll need tools to maintain and repair your things.

You can also use tools to build useful items for yourself or to give as gifts. A woodworking class, or other shop classes at school, can be a good introduction to a constructive and interesting hobby — a hobby that might even turn into a career!

Imagine the excitement of making your own bookshelf, chess board or stereo stand. Or how about a spice rack for your mom or a lamp for your dad?

Tools can give you a lifetime of use and enjoyment. And it can be fun to collect them. Collecting a tool kit doesn't have to cost a lot and it doesn't have to be done overnight. I've been at it for 35 years, and I'm still adding to my extensive tool kit today.

You should start with a simple, basic, multipurpose tool kit that will enable you to do a variety of simple (and later, with experience, more complex) jobs around the house, garden or car.

Central storage place

A good place to begin is with a toolbox. This serves as a visible central storage place where the tools can be kept and where they can be easily found. It also provides a way they can be conveniently moved around. If the toolbox can be locked, it can be a safe, secure way to help you keep your tools for a lifetime.

A lockable steel box is best, and sometimes you can find these at special sale prices. But if you can't afford one, get yourself some kind of box. My youngest son started out with a shoe box for his collection. He moved up to a wooden box, then to the lockable steel box he has now.

You'll find that your first few

tools look lonely in the toolbox, and you'll want to fill it with other tools — added encouragement to build your collection.

Some basic tools

Now let's start on the fun part — collecting the tools. What we need first is a list of basic tools that will be useful for a wide variety of applications.

Here is a list of often-used tools. You'll want to get advice from your parents or shop teacher about which ones to get first, and what other tools you may want for your specific needs.

- 1 regular size claw hammer
- 1 mallet
- 3 regular screwdrivers (large, medium, small)
- 3 Phillips screwdrivers (large, medium, small)
- 1 adjustable open-end wrench (Crescent wrench, adjustable spanner)
- 2 pair of pliers (small, medium)
- 1 pair of vise-grip pliers
- 1 set of socket wrenches (socket spanners)
- 1 set of wood chisels
- 1 utility knife
- 1 hacksaw (12-inch size)
- 1 12-inch square (set square)
- 1 24-inch level
- 1 tape measure (12 foot)
- 1 crosscut hand saw with medium teeth, 8 or 9 points an inch
- 1 hand drill
- 1 set of drills (bits)
- 1 medium tooth file
- 1 sanding block
- 1 oil can

So how do you get all these tools? It may take some ingenuity and patience, but you can come up with many of these items inexpensively.

This is a great chance to get together with your dad, granddad and maybe your uncle or neighbor and ask them if they can help you start your own tool kit, as well as help you learn to use the tools.

They may have a spare screwdriver or hammer that they'd be happy to give you to start your tool kit off. Perhaps they have some extra nails, wood screws and

**Soon your tool kit
and you will help
make your world a
little bit better
place to live!**

nuts and bolts you can have. Keep the different sizes and types in separate cans or glass jars.

One inexpensive way to add to your tool kit is to buy used tools at estate sales, garage sales, open-air markets and swap meets. Be selective — make sure they are in good shape and that they really are at bargain prices.

Buy the best quality you can afford. It pays off in the long run because if you use quality tools properly, and only for their intended use, they won't have to be replaced.

Staying safe

Tools bring with them a responsibility to be safety conscious. Don't leave them where young children may get into them and hurt themselves.

Be careful working when others are around. Take your time, take breaks and don't work when you're tired. Fatigue can cause injuries. Keep your tools sharp because dull tools are harder to use and are more likely to cause injuries.

If you add power tools to your collection, be sure to follow the manufacturer's recommendations and be even more safety conscious. An organized, safe work area allows you to work more efficiently.

After you gather some tools, you'll want to put them to use. Your library probably has books on home repairs, woodworking projects and automobile maintenance. Talk your ideas over with your parents, relatives or neighbors. They can probably give you some valuable advice and help.

It won't be long before your tool kit and you will help make your world a little bit better place to live! □

News & Reviews

Let's Dance

Would you like your next big dance to be extra special? Why not learn a few new steps?

Knowing a variety of dances can really add to your enjoyment. The more you know, the more fun you and your partner can have!

The modern waltz, for example, is a graceful, good-looking, popular dance done to three-quarter time music — music with a one-two-three, one-two-three beat.

Your parents, or friends who are good dancers, will usually be quite happy to teach you what they know. A little time spent learning a new dance can make a world of difference.

Here's a simplified modern waltz lesson:

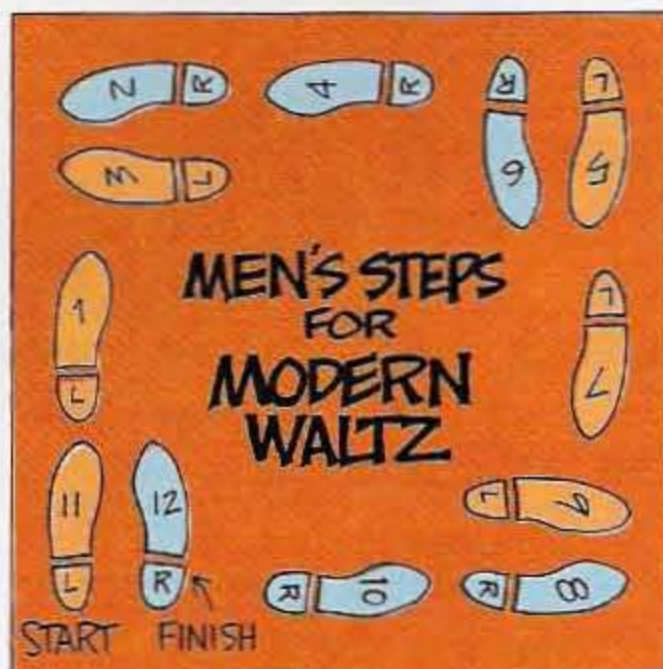
Place your feet together and squarely face your partner. The boy places his right hand in the middle of the girl's back with his fingers pointing down. The girl's right hand is held with his left hand. Her left hand rests on his shoulder. This is a basic starting position for many ballroom dances.

On the first beat of the music (the chart will help you better understand this), the boy steps forward with his left foot (No. 1) while the girl steps back with her right foot.

As the second beat begins, both do a quarter turn counterclockwise while stepping to the side (No. 2) in the direction of the turn.

On the final beat, bring the feet together (No. 3). For the boys, this means sliding the left foot toward the right foot. Girls will bring the right foot

Want to waltz? Follow the chart below and the instructions in the article, and you can be waltzing in no time at all!



alongside the left.

These three steps then repeat with the footwork reversed. That is, the *girl* steps forward with the left foot, and so on. As these two sequences alternate, the couple will appear to be traveling in a square or box.

Once the basic waltz step is mastered, fancy variations can easily be added. Learn this popular step, then teach a friend. You'll be sure to make your next dance one to remember! — *By Robert Taylor* □

Taking It off the Chin

It's bound to happen. If you're a male, sooner or later you'll wake up with tiny hairs sticking out of your face.

The problem for most young men is removing these hairs without bleeding to death. Believe it or not, shaving doesn't have to be suicidal. In fact, with the right methods and a little practice, it can be quite easy.

The first step in obtaining a comfortable yet close shave is to prepare your face. Too many men try to jump out of bed and drag a razor over their flesh without giving their skin time to wake up.

This causes problems because oil and perspiration accumulate on the face at night, causing the skin to swell. It takes a few minutes for the skin to return to normal. If you attempt to shave too soon, it's easy to cut yourself.

Take a hot, damp towel and apply it to your skin first.

Another method is to just splash hot water on your face before you begin shaving. If you are going to shower, why not do that before starting to shave? This opens the pores and removes debris that might cause injury. It also helps you get a closer shave by bringing more of the



hair shaft above the skin.

The next ingredient needed for a successful shave is the right equipment. Electric razors have become popular, but the blade razor is still the most popular. So let's concentrate on how to use the blade razor.

There are many types of blade razors, but whether you use a single- or double-blade razor, you'll need shaving cream. This helps lubricate the skin so the razor will slide easily over your skin, rather than grabbing it.

The first step is to apply the shaving cream. Buy a cream that feels good and is effective for your skin type. Rub it in a circular motion against the grain to help the hairs stand up.

Let the shaving cream stand for at least two minutes. This helps soften your whiskers. The longer the cream is on your face, the better. Some experts even say that 15 minutes couldn't hurt. But two minutes seems to work best for most shavers.

Next, check your blade to make sure it has no nicks or rough edges. Carefully clean the blade before shaving just to be safe.

Now you're ready to begin. Use long strokes, moving in the

direction your hairs grow. Don't chop at your face with the blade or shave against the grain. Take your time! Haste will only cause you to lose time (and maybe even some blood!).

So remember, prepare your face, use the right equipment and master the proper technique. These tips will help you save face in your shaving endeavors. — *By Joel Rissinger* □



Digging Into Gardening

You take a few dried-up seeds, toss them in the ground and pretty soon, a miracle happens! Add a little water, pull a few weeds and before you know it, the tiny green shoots have become big plants offering you all kinds of goodies to eat.

People everywhere, from crowded cities to giant farms, are growing gardens. Have you ever wanted to get in on the fun, but didn't know how? Or maybe you thought you'd need lots of land to be able to grow anything.

Well — surprise! — there are as many different kinds of gardens as there are different kinds of gardeners.

Getting into gardening isn't that hard to do. All you need is some dirt and some sunshine. Even if you live in an apartment, you can have a garden by planting your crops in large pots or planters and putting them in a sunny spot.

Whether your garden will be big or small, there are a few things you should think about before planting that first seed.

First of all, make a list of what you would like to grow. Don't just wander down to the store and buy whatever kind of seeds strike your fancy. Base your choices on things like climate and the amount of space

you have as well as what kind of vegetables you like to eat the most. If you take time to plan your garden, you'll be much happier with the results.

Before you begin planting, decide just how much time you're willing to spend with your garden. Be realistic about this, since time is a major key to good gardening. If you plant too



much, you won't have time to take care of it properly. It's better to grow a few plants and watch them thrive, than to plant too many and get frustrated as the weeds choke them out.

Want to make your garden extra fun? Get your whole family involved! If you don't already have a garden, talk to your parents about starting one. If your family already has a garden, ask if you can help — maybe even plant and care for a special part of it yourself.

You'll find that taking care of your garden can sometimes be a lot of work. But as the summer goes on, and your vegetables ripen, you'll get a great sense of satisfaction from seeing the fruits (or vegetables) of your labor. Happy planting! — *By Lowell Wagner Jr.* □

News & Reviews

The Town That Turned Off the Tube

Can you imagine a town without television? If you can, you'll have some idea of what it was like for many of the residents of Farmington, Connecticut, last January. Following a townwide resolution, promoted by the Farmington Library Council, many citizens turned off their sets for a month.

One council member said the campaign was intended to encourage alternatives to television, like games, hobbies, reading and conversation. Another goal was to get people to be more selective and less habitual about what they watch on television.

Have you ever thought about what you watch and why you watch it? Most people have one or two favorite shows they regularly try to see. But, sometimes we watch television just because it's there.

Some programs are worthwhile. But there are also many that just waste your time.

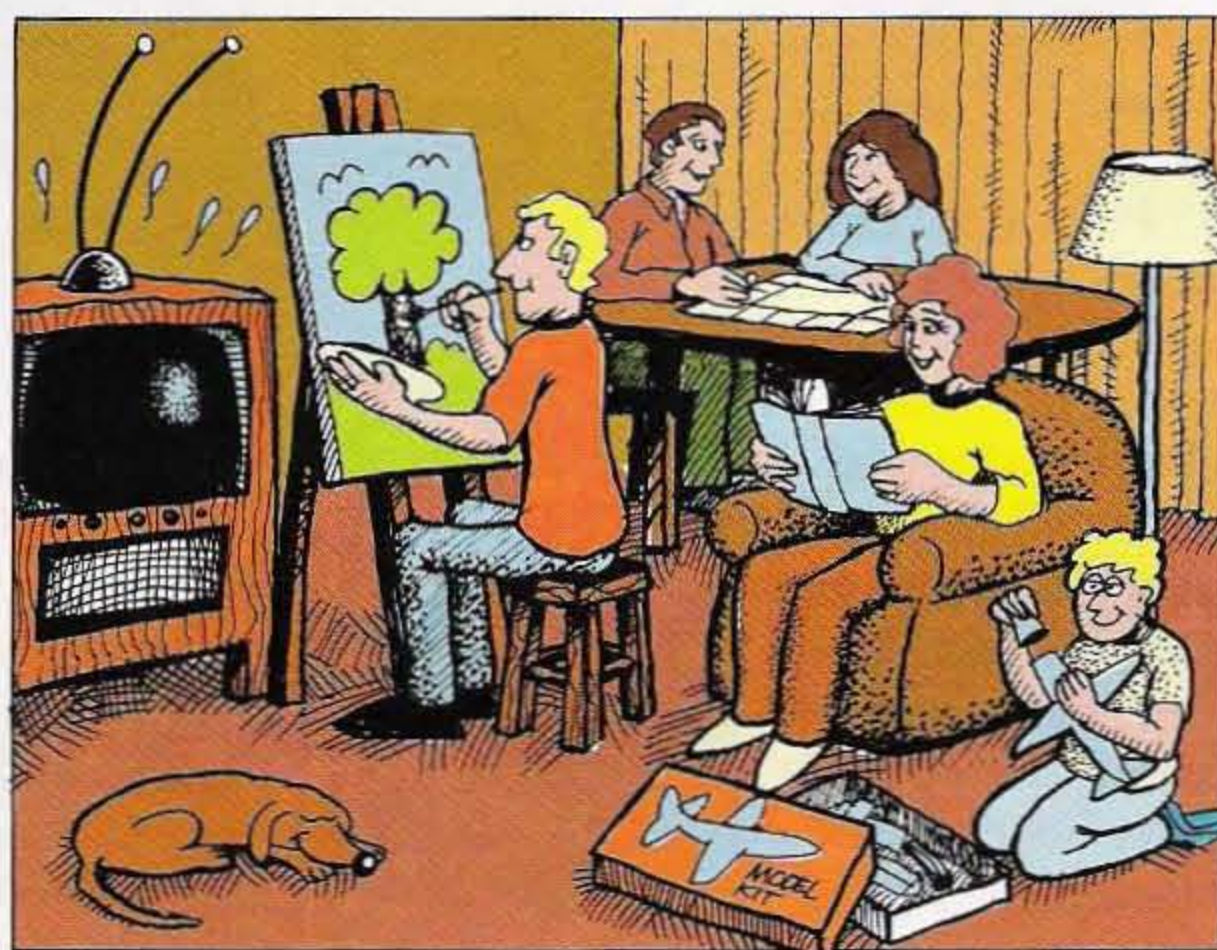
How can you get the most out of television? Let's take a look at a few ways.

- Don't let television control your time. That sounds simple, but remember, it's easy to get hooked. Purposefully skip your favorite show sometime, or go an entire evening without turning on the set. If that leaves you nervous or irritable, your television may be running your life more than you thought.

- Be selective about what you

watch. Check the listings in the newspaper or a magazine like *TV Guide*. Before you turn on a program, ask yourself if it will be worth spending your time on. Once the set is on, don't just drift from channel to channel or watch whatever happens to come on next. Plan what you're going to watch.

- Once you limit the amount of television you watch, you'll probably find you have more free time. Fill it with hobbies, reading, developing a skill — or



just talking to family and friends. Those are things that will prove to be of lasting value.

Don't be a slave to the set. The effect of television on our world is tremendous. Whether that effect is good or bad depends on what you do with it.

— By Tom Delamater □

Proverbs For Today: It's Almost Dawn

Have you ever watched a sunrise on the desert?

My family had been driving across a desert portion of New

Mexico in the early hours of the morning. It was a dark night with hardly any light — until the first faint flicker of dawn appeared.

Jagged mountain summits were the first things to become visible. Soon we could make out faint images along the road that later turned into strange-looking desert plants like ocotillo, mesquite, yucca and Joshua tree.

At first the desert reflected only a pale orange hue. But as we drove along, the eerie but beautiful landscape slowly brightened until it was bathed in glowing orange.

It was exciting to see the sun rising over some low peaks, soon to stand totally above the horizon. I couldn't help thinking about Proverbs 4:18, "But the path of the righteous is like the light of dawn, that shines brighter and brighter until the full day" (New American Standard Bible).

The desert's graphic illustration of this reminded me that God speaks of a wonderful new world coming in the near future, to replace today's confused and violent one that He calls a world of darkness.

Those who choose to live God's way today are shining as lights in darkness, glowing "brighter and brighter." They are preparing to help end this present dark society, and usher in the new world of light and peace!

If you would like to read more about this exciting and hopeful new age, just write for the free book *The Wonderful World Tomorrow — What It Will Be Like*.

The next time you are up early enough to catch a sunrise, remember how it illustrates God's promise of a marvelous new world about to dawn, a world you can be part of! — By Jim Roberts □

Teen Bible Study

Let God Talk to You

By Richard A. Sedliacik

Did you know that God will talk to you today — if you let Him? But how does God talk to us? What does He have to say? And why is it important that we listen to Him?

God does not speak to us today in an audible voice. He talks to us through His written Word — the Holy Bible. In a real sense, the Bible is God's Instruction Book for humanity.

Just as a manufacturer sends along an instruction manual describing what his product is intended to do, how it does it and how it is to be maintained, so God has an Instruction Manual for humanity, His supreme physical creation. In it God tells us what we are, why we are and how to live so we may achieve His awesome purpose for our lives!

As the foundation of all knowledge, the Bible contains information we desperately need to know. It is full of knowledge that could not be obtained anywhere else.

In this study, we'll learn why it is so important to let God talk to us today. Before you begin, be sure to get a Bible, pen or pencil and paper. Look up the scriptures that answer the questions. Writing out the verses will help you remember the principles God wants you to learn.

1. How did God reveal His will thousands of years ago? Genesis 17:1-3, Exodus 33:11 (first part), Deuteronomy 5:1-4 (especially verse 4), Hebrews 1:1. How did God later speak to humanity? Hebrews 1:2. Where are the words of God and Christ preserved for us today? II Timothy 3:16, Romans 1:1-2, Zechariah 7:12.

In the days of the patriarchs and prophets of the Old Testament, God at times spoke to His servants face to face. At Mt. Sinai (Horeb), He thundered out the Ten Commandments to the nation of Israel.

Jesus Christ came to earth to further reveal God's will and plan for humanity. His words were recorded in the New Testament, which includes other vital information God inspired His servants to write.

God caused these inspired writings to be

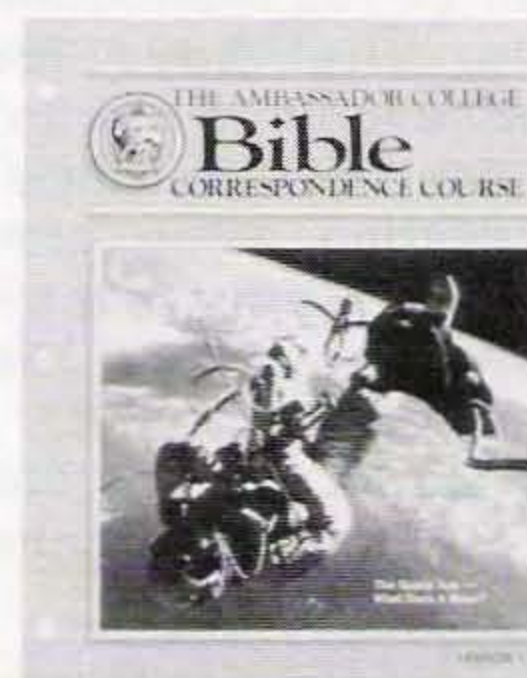
preserved and put together to form the Holy Bible we have today (see, "Inside the World's Best-Seller," on page 11). Therefore, when you read the Bible, realize that God is talking directly to you!

2. What is God's Word called? John 17:17. Can we absolutely depend on what God tells us in His Word? Titus 1:2, John 10:35 (last part). Will God's Word stand forever? Isaiah 40:8, I Peter 1:25.

God has revealed Himself as a God of truth. Since the entire Bible is the inspired Word of God, we know that it is true.

3. In His Instruction Book for humanity, God gives us the rules and guidelines for leading a happy, interesting and fulfilling life. Where is the foundation for these instructions found? Read and summarize Exodus 20:1-17. How are these foundational principles summarized? Matthew 22:36-40.

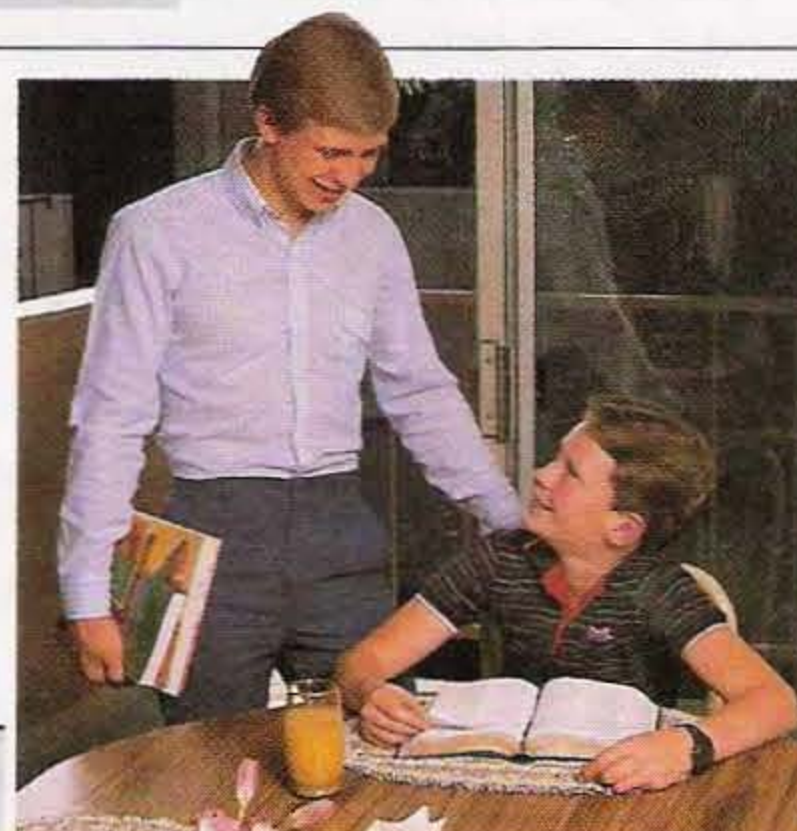
God's Word reveals a way of life based on the Ten Commandments. They show us how to love God and our neighbor. God amplifies them throughout the Bible and shows us how to apply them.



ENROLL IN FREE BIBLE COURSE

This short Bible study is a sample of the study method used in each monthly lesson of the Ambassador College Bible Correspondence Course. You can enroll in this free course by writing to the Youth 84 office nearest you. See inside front cover for addresses.

No matter what your age, reading the Bible is a way you can listen to what God has to say to you. (Photo by Craig Clark)



4. Does God tell us He will bless and look favorably on those who treat His Word with respect and awe? Isaiah 66:2. Will things go well for those who seek to learn and do what God says? Psalm 1:1-3 (especially last part of verse 3), Luke 11:28.

5. What does God think of David, one of the kings of Israel? Acts 13:22. Just how valuable did David consider God's Word? Psalm 119:72, 162.

David knew from practical experience that God's Word contains a priceless storehouse of wisdom and understanding!

6. Did David let God talk to him through His Word? Psalm 119:9-10. Did he often think about how to apply it in his life? Psalm 119:97. What fantastic benefits did he receive as a result? Read and summarize verses 98 to 105.

David diligently studied the portion of God's written Word available to him in his day. Wherever he was, David thought about God's law and how to apply it to his life and the society in which he lived.

Because he listened to God's instructions, David was exceedingly blessed. He became wiser than his enemies and understood more than his teachers. David proved that God's Word is true by putting it to practice in his life.

7. Does God want us to prove that His Word is true? I Thessalonians 5:21. What does God want us to do with the precious knowledge He conveys to us? James 1:22.

God wants us all to have happy and successful lives (John 10:10, III John 2). That is why He has given us His Instruction Book that contains the vital keys for successful living. In it God reveals to us vital instruction on subjects such as marriage, sex, money, work and getting along with others. As we learn and apply these principles in our lives, we prove that His Word is true by the blessings that result.

8. How will following God's way of life affect our understanding of His Word? Psalm 111:10.

A vital key to understanding the Bible is to read it with the attitude of applying what you learn to your daily life.

9. Is God's Word useful for correction and reproof — for showing us where we are wrong and what to do about it? II Timothy 3:16, Hebrews 4:12.

God wants us to avoid developing habits that will hurt us. By letting God talk to us in His Word, we can discover harmful practices and attitudes in our lives and learn how to correct them.

As you read the accounts of Old and New Testament personalities, think about how you can apply the lessons you learn from them. God had portions of their lives recorded so that we could profit from their experiences (Romans 15:4, I Corinthians 10:6, 11).

10. Notice now an important example King David set for us today. Did he ask God to help him understand His truth and apply it in his life? Psalm 119:18, 33-34.

When you read and study the Bible, first ask God to help you understand the true meaning of His Word. Ask Him for guidance in understanding His message for you. Then begin your study, thinking about how you can apply what you learn.

But where is a good place to begin reading and studying the Bible? One way to begin your study of God's Word is to read it all the way through from Genesis to Revelation. This will give you a broad overview of what is in the Bible.

11. Many also find it helpful to study one subject at a time. But does all the information on any one subject always appear in one place? Isaiah 28:9-10.

God has caused the Bible to be written so that the truth about any one subject is often revealed "here a little, there a little." So if you want to learn what God has to say about a subject, find the passages in the Bible relating to that subject. A good concordance (a book that shows where specific words appear in the Bible) is essential in this method of study. The marginal references in your Bible are also helpful.

Another study aid is the Ambassador College Bible Correspondence Course. Each lesson puts together relevant scriptures about a major biblical truth. See the box on page 23 to learn how to enroll in this free course.

12. Will the knowledge of God that we may come to know and understand today, spread throughout the world in the soon-coming world tomorrow? Isaiah 2:2-3, 11:9.

Through His servants the prophets, God has revealed what life will be like in the future. They reveal a utopian paradise of peace, happiness and joy because everyone will know, understand and practice the way of life God reveals to us in the Bible. The whole world will then be listening to and applying what God has to say to humanity.

Now is the time to let God talk to you. Begin tapping the priceless knowledge that will help you to experience a successful, happy and rewarding life! □

Dear Youth 84,

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

Q. My problem is that people like to tease me, and I don't know how to make them stop. For example, my friends keep saying that I "love" a boy on my school bus, even though he and I are just friends and have no romantic interest in each other at all. This is just one example of many.

A. You are not alone in your frustration at being teased. All of us at one time or another have been made fun of and resented it.

Of course, some teasing is harmless, and is merely an expression of fondness between friends who like to joke with each other.

This kind of teasing hurts no one and should be laughed off, or countered with some good-natured response.

Teasing that is continual, harmful, in bad taste or otherwise offensive is another matter. While no one can force another to stop destructive teasing, some things can be done.

If the teaser considers you a friend, calmly but seriously inform him or her in private that you do not appreciate the jokes and that the teasing is hurting your friendship. If the teaser is not a friend or doesn't care how you feel, then try to avoid him or her or the situation that gives rise to the teasing.

Further, if a person is teasing you to hurt you (instead of merely enjoying friendly banter as mentioned above), then he or she is doing so to see you react. Teasing makes people like this feel they have power over you. To make them stop teasing, do your best to stop reacting to it. It is boring to tease someone who doesn't care one way or the other.

Take heart — no teasing lasts

forever. Develop patience in the face of it if you must, while you wait for the teasing to end.

Q. I am the youngest of three kids and I have a problem. I have a severe temper and sometimes lose control and shout (even at my parents whom I deeply love) or even hit my brothers. Nobody else in the family has a bad temper. Why do I?

A. Every person is different from every other, and even different from brothers and sisters in the same family. And, every person is the way he or she is because of a complex mixture of heredity, environment and experiences. Since you didn't give much detail about your background, it is impossible to tell you why you have a temper problem when others in your family don't.

But don't let your not knowing why you have a temper problem make you give up trying to change and be different. Yes, it can be helpful to do some deep thinking about why we have certain personality problems, like shyness or a bad temper, but sometimes too much looking backward can be harmful.

It can be harmful because it can make us feel like a helpless victim of our past, or it can give us an excuse not to

change by placing the blame on someone else or on circumstances we think are beyond our control.

Actually, most personality problems — bad temper included — are simply bad habits we have allowed ourselves to fall into. And since they are our habits, we must take responsibility for them and change them.

The way to do this changing varies with the problem, but in the case of bad temper the key is to resolve to stay in control *when you first feel the anger brewing within you.*

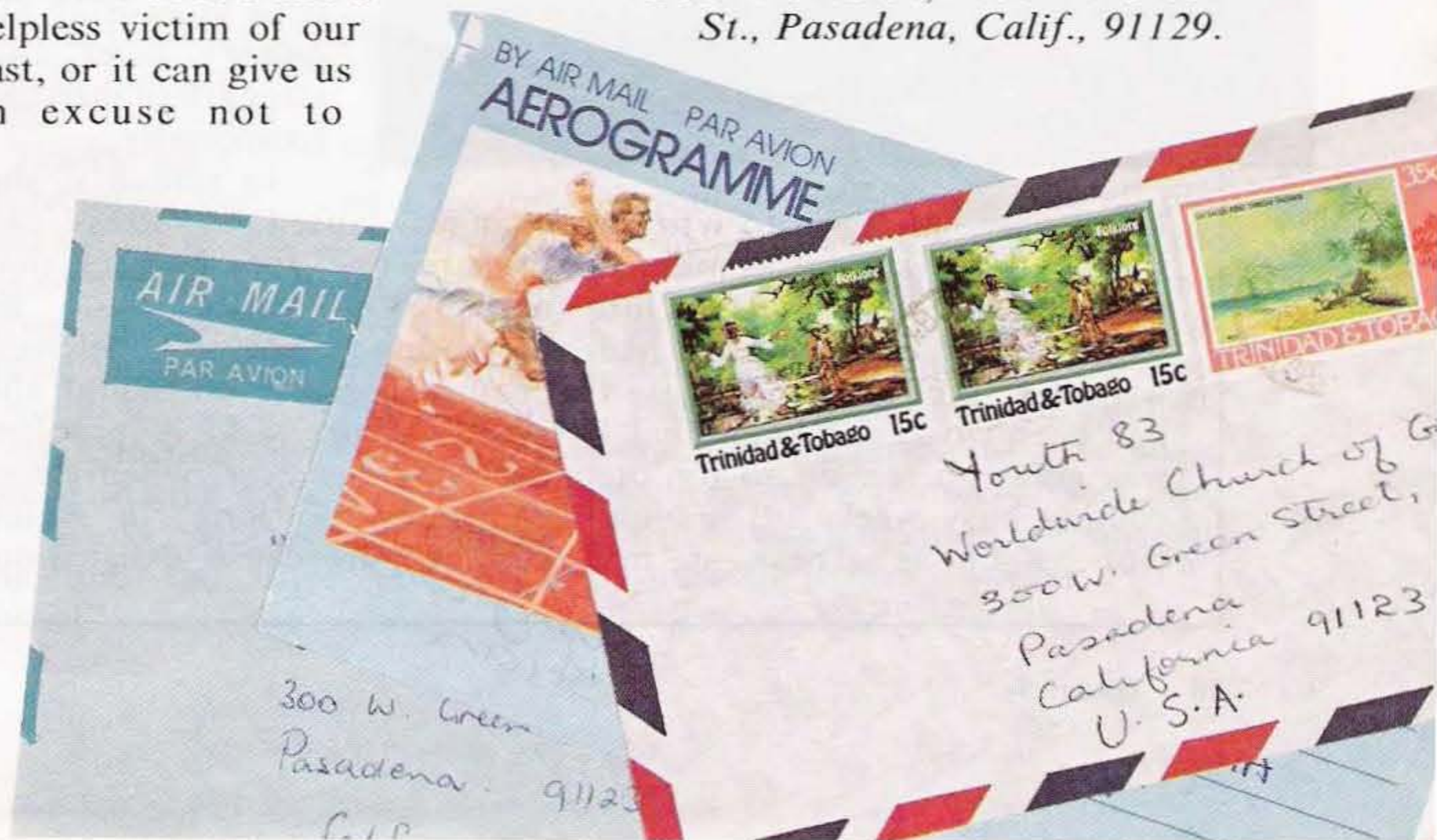
If you wait till you are extremely upset before you try to stop yourself, the chances are you will not succeed.

Try the old standby of counting to 10. "But," you ask, "what do I do if I'm still mad when I've reached 10?"

Well, the basic point is not to act rashly. If you need to, get away and cool down by going jogging, swimming or cycling, or just collecting your thoughts. (This doesn't include thinking up new verbal attacks to use on the other person!)

More information about how to control your temper appeared in the article "Anger — Fight and Beat It" in the July issue of *Youth 83*. □

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 84," 300 W. Green St., Pasadena, Calif., 91129.



READER BY-LINE

Too Much to Do?

By Edith Herrmann

I was upset. There I was lying on my bed, fighting tears and mad at myself. Why? Because I was helplessly lying there instead of working to solve my problems. Then it occurred to me how incredibly ironic the whole situation was.

You see, my problem was that

subject. And ironically, there I was, letting stress get the best of me.

I already knew *The American Heritage Dictionary* defined stress as a "mentally or emotionally disquieting influence" and being "subject to pressure or strain." Furthermore, *The Plain*

Truth stated that stress is "how we react to what happens to us," as well as what happens to us.

I knew that stressors (things that cause stress) were anything that made an unusual demand on a person's mind or body. I knew that this included the good as well as the bad.

I had just been studying how stress alters the functions of many parts of the body, including the brain, the muscles and the internal organs. These changes increase a person's ability to cope by causing his energy level and strength to increase temporarily.

In actuality, the changes caused by stress can prepare one for dangers that are not present, such as increasing a person's defenses against disease even though the person is not sick. A problem develops, however, when stress continues too long, in which case it may cause exhaustion,

illness and even bodily damage.

What have I learned to do in order to cope with stress? First, relax. Do something to get your mind off the problem for a while. Exercise can be relaxing to both mind and body.

Next, be aware and be realistic. If you continually dwell on your problems, they seem to be magnified. A disturbing event may cause less stress if one could predict, overcome or understand the problem.

Be positive. With your mind on the goal, the obstacles will seem easier to handle.

Manage your time. Putting first things first sometimes means sacrificing things of less importance. It helps to avoid new problems and solves the present ones.

Be physically fit. A person in good health is better able to handle stress than a sickly person.

Avoid unnecessary stress. Entertainment with loud noise, continual themes of violence, crime and tragedy can cause stress. That's not relaxation.

Finally, get outside help. Anxiety can be overcome with good words from God, friends and family. The Bible gives many words of encouragement, showing that with God, all things are possible.

Well, as you can probably tell from this collection of information, I succeeded in writing my speech. At the same time, I learned how to handle the busy weeks before high school graduation and how to deal with problems that will surely develop in the future. □

Editor's note: Edith Herrmann, from Gladewater, Texas, was 17 when she sent this article to us.

If you would like to submit an article for the "Reader By-Line" section, send it to: "Reader By-Line," Youth 84, 300 W. Green St., Pasadena, Calif., 91129.

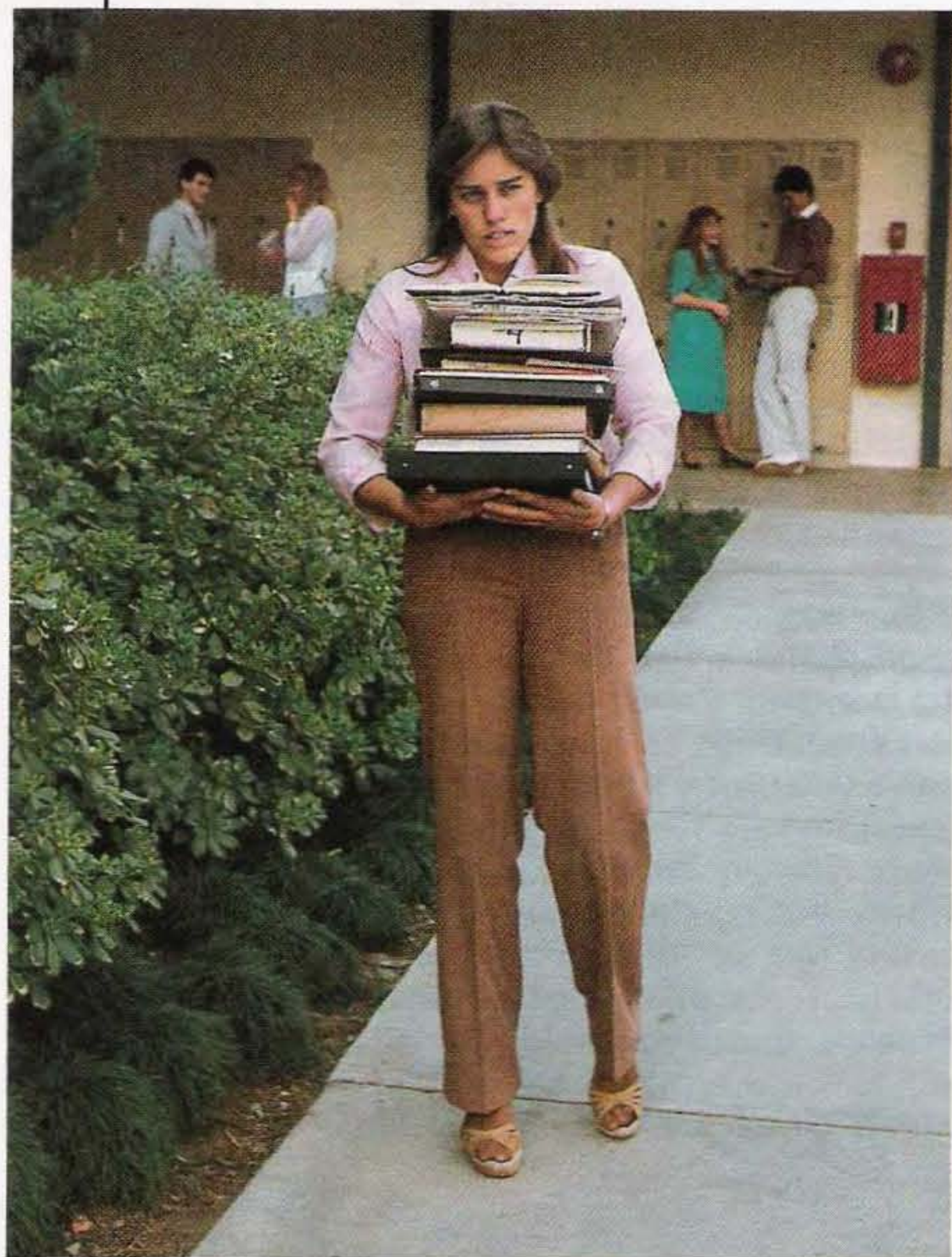


Photo by Barry Stahl

I had only one week to write a speech for a special combined Girls' Club and Boys' Club meeting, and everything I had written so far I hated. Because I had been tired, and knew that I was going to remain so for the coming busy weeks till graduation, I chose stress as my

Your Name

(Continued from page 2)

name. Your name reflects your character. If you do this, then every physical accomplishment that you achieve will mean something.

Let me illustrate my point. There are dozens of famous people whose names are nearly as familiar to you as your own — movie stars, sports personalities, politicians, musicians.

But what you know about them is not just what they are famous for.

You know about their illnesses, drug arrests (John DeLorean), legal battles (Groucho Marx, Lee Marvin, Helen Reddy), temperament (John McEnroe), dishonesty (Spiro Agnew, Richard Nixon), divorces (there are too many to list).

By contrast, there are a few famous names like Roger Staubach and Jerry West who prove “good guys” don’t have to finish last.

Names like Bear Bryant, John Wooden, Golda Meir, Helen Keller demonstrate men and women of character and discipline not only can become well known but successful and respected.

And their names say it all.

For the past four years you have walked the halls of high school. You probably haven’t left a whole lot behind — except your names.

Tonight, you take your first tottering steps on your own, to get on with the business of making a name for yourself.

In just a few minutes we’ll all hear your names read. Then you’ll come up to the platform and walk across the stage to receive a diploma with your name on it — the name your parents gave you.

You will walk off this stage, diploma in hand, and walk into life.

From here on out your name is the one you make for yourself. Make your name a good one. □

Good Advice

(Continued from page 4)

mistakes.”

“Yes, sweetheart, we all do, and a single mistake shouldn’t be held against anyone. It is the continual repetition of the mistake that makes it so threatening, because it becomes a habit. Our habits reflect our character.”

“Can’t habits be changed?”

“Yes, but only through great effort. However, most people don’t want to admit their faults — even to themselves. It is a mistake ever to think that you can change others just because you care for them, or that they will change because they care for you.

“So now, while you are young and free from emotional entanglement, is the time for you to make your own list of principles you consider important in others, and then set out to live by them yourself. That way, when you find a man that you admire, he will admire you too.”

Love isn’t blind

“I didn’t realize that love was this complicated,” Trudy said soberly. “I thought it was just wonderful feelings about someone else that made you want to be with him all the time.”

“That’s what most of the world has thought, honey. That’s why there’s so much unhappiness. People base their decisions on feelings only. But, as the actress said, love isn’t blind. You have to think with your head as well as feel with your heart. And you have to think first. I did, and I’ve had a lifelong love affair ever since.”

Trudy gave her mother an appreciative hug. “Can I borrow your list for a while so I can make one of my own? Then I guess I’d better see how I measure up!” she added, smiling ruefully. “I guess it would be unfair to expect more from someone else than I am willing to give myself.

“Thanks, Mother. That movie star, and you, sure gave good advice!” □

Get Happy

(Continued from page 7)

person, such as at a restaurant where the waiter or waitress comes to your table several times during the meal, accept a challenge. Resolve to yourself: “I am going to try my best to get this individual to smile.” Really try. If you succeed, you’ll feel good. If you don’t succeed, you can still feel good because you will have strengthened the giving habit.

The bottom line

Giving of yourself. That’s the primary key to successful human relationships. Everyone has days when things don’t seem to start off right. On days like that, the last thing in the world you feel like doing, you think, is being cheerful. The reason is you are thinking of yourself, your problems, your concerns. Just like others are thinking about their problems, their own worries. That’s why they are grumpy.

You don’t have to be a slave to the grumps. That doesn’t mean putting on a false smile or pretending you’re happy when you’re not. There used to be a popular song that recommended pretending you’re “happy when you’re blue.” And it went on to promise all kinds of wonderful things if you “just pretend.” The melody was beautiful, but the message was meaningless.

You don’t have to cover up a heavy heart with a false face. You don’t have to pretend you are happy.

Get happy!

How? You pray to God, don’t you? Why don’t you give Him your problems? All that bothers you, bring to His attention. Your problems won’t suddenly all disappear, but you will be given the strength to solve and overcome them. You won’t have to worry about them. You will experience peace of mind. And, you will have genuine happiness to pass on to others. As a matter of fact, you will have a hard time keeping it to yourself. It really works.

Try it! You’ll like it! □

Sexual Lust

(Continued from page 29)

drawn away by his own desires and enticed. Then, when desire has conceived, it gives birth to sin; and sin, when it is full-grown, brings forth death."

Think about it: A young man walks past a newsstand and, without trying to, his eyes fall on a magazine. There is a picture of a naked woman on the cover. This is the moment of temptation. Remember: Temptation is not sinful. It is *yielding to temptation* that is sinful.

The young man has a decision to make. He can look away and walk on, fleeing the temptation, or he can decide to yield to it.

If he is "drawn away by his own desires and enticed," he's in big trouble. As he picks up the magazine, responds to his lust and looks at pornography, he is deliberately choosing to receive the temptation into his mind. The result is a lustful, adulterous act. He has sinned.

So by sexual lust we mean any sexual thought or deed that potentially disobeys or dishonors God and that potentially degrades or destroys people.

Everyone battles lust

Make no mistake: All of us, male or female, face at one time or other a struggle with sexual lust, or lust for beauty, power, fame, wealth or some other way to wrongly please ourselves. In all tempting situations, we must choose whether to give in or to resist.

Paul tells us that Jesus Himself "was in all points tempted as we are, yet without sin" (Hebrews 4:15).

Did you catch that? Paul said "in all points." That means Jesus was tempted sexually, too, but He did not yield. He defused the dynamite and brought it under control. He mastered it.

It is Jesus' example we must look to. He met and conquered temptation, and so can you and I. How? Jesus submitted His life, time, mind, energy and physical

possessions to God the Father.

The secret to keeping the dynamite from exploding is not to light the fuse. Allowing your sexual lust to run rampant, without even attempting to control it, is wrong. We need to learn to submit ourselves completely to God's way of life.

As James advises: "Therefore submit to God. Resist the devil and he will flee from you. Draw near to God and He will draw near to you" (James 4:7-8).

Easier to resist

What a wonderful promise! If we try to resist sexual lust, Satan will actually run away from us. It will become easier and easier, with practice, to resist. We will be drawing closer to God, and God will draw closer to us and help us overcome all our problems.

Jesus offered more sound advice in Matthew 5:29: "'If your right eye causes you to sin, pluck it out and cast it from you; for it is more profitable for you that one of your members perish, than for your whole body to be cast into hell.'"

Obviously, Jesus didn't mean we should literally pluck our eyes out. If looking at something causes you to lust after it and sin, like in the example of the young man with the magazine, then *don't look at it*. It's as simple as that. Turn your head away before you allow the temptation to take over.

Often, the reason we have problems with impure thoughts and actions is because of the garbage with which we fill our minds. If you are polluting your mind with pornography of any kind, you need to get rid of the stuff fast! You can't expect to have pure, right thoughts and actions if you are filling your mind with junk.

Avoid movies and television programs that flaunt sex and sexual situations. Stop reading books and magazines that blare sex. Don't stay in situations that could potentially lead to sexual sin. So don't give Satan an opportunity (Ephesians 4:27).

After all, Jesus taught us to pray that we not be led into temptation (Matthew 6:13). Avoiding temptation is up to us.

How to beat temptation

Here are some more practical points from the Bible to help us overcome lust:

- Stay away from all appearance of evil, and avoid situations where temptation could occur. See I Thessalonians 5:22. Do you create problems for yourself by being alone with your date in a parked car or on a living-room couch, for instance? Are you involved in petting or necking, which turn on what's difficult to turn off? Remember: Flee!

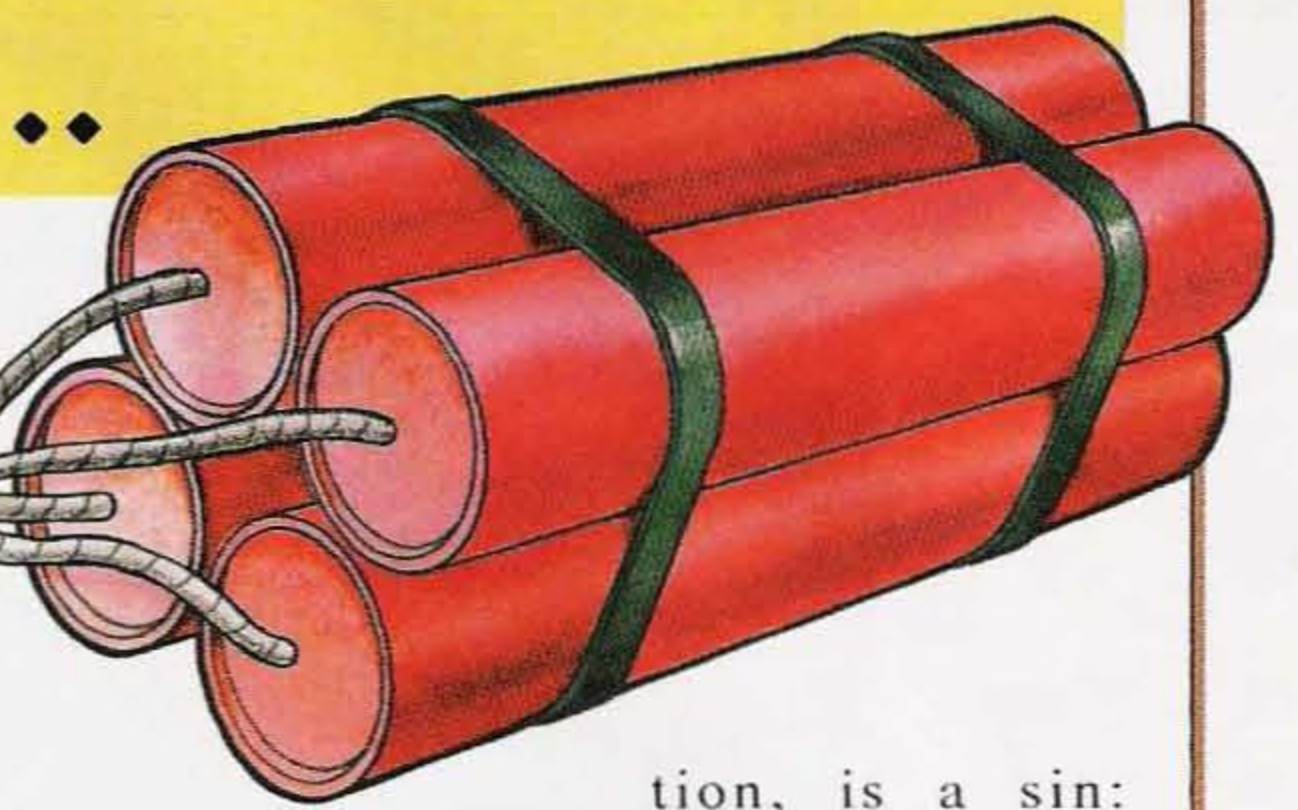
- Keep in mind this encouraging promise from God: "No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it" (I Corinthians 10:13).

To begin with, God Himself will never tempt you. But on top of that He promises to never allow you to be tempted to the point that you *can't* resist. No temptation will be too much for you. You can escape sexual lust if you really want to. And it's comforting to remember that you're not the only one with the problem.

- Here are more encouraging words: "Blessed is the man who endures temptation; for when he has been proved, he will receive the crown of life" (James 1:12). A crown of life awaits you if you overcome sexual lust. Concentrate on the future reward you can receive for doing what is right, today. With each victory over temptation, God will be building His character in you.

- Jesus said, "Pray, lest you enter into temptation" (Matthew 26:41). Pray for success before the fight begins. Prayer helps you get on God's side in the struggle, and with that kind of help, how can you lose? Pray and ask God to help you defuse that dynamite called lust. □

BY THE WAY...



Sexual Lust: Defusing the Dynamite

By Dexter H. Faulkner

Sex — this society throws it at us from every angle!

Movie and television screens flaunt it as harmless entertainment. Books and magazines wallow in it to sell copies. Advertisements blare it to push products. More and more social events throw guys and girls together in potentially compromising situations.

The result? We find ourselves surrounded with sexual temptations. And sexual temptations lead to sexual lust, which in turn leads to terrible consequences!

Consider the letter that one young man wrote to *Youth* 84:

"I am 17 and I have a serious problem. You see, I have indulged in pornographic books and movies, and now I'm paying for it. It isn't that I can't stop doing these things, because I have. The problem is with my thoughts, with my mind.

"My mind is in such a state that I can't look at most girls in school without wanting to sleep with them. I'm becoming more tolerant with things that at one

time, when I was younger, I would have turned away from.

"I don't want to submerge these thoughts only to have them pop out again. I want to root them out, replace them, so they will not trouble me again. Please! I can't let another year go by with this problem troubling me. I can't walk around with my eyes closed. Please help."

People plagued with sexual lust have a big fight on their hands. They can't put on big blinders or go to live on a desert island or mountaintop.

What they can do, though, is admit the problem and deal with it through God's help. Let me explain.

Right and wrong attraction

There's nothing wrong with healthy sexual attraction. God created it. Sexual attraction adds an almost indescribable joy to right marriage relationships. Just because we have sexual thoughts or desires doesn't mean we are weird, perverted or sinful.

But Jesus taught that sexual lust, just as common to everyone as normal sexual attrac-

tion, is a sin:

"You have heard that it was said to those of old, 'You shall not commit adultery.' But I say to you that whoever looks at a woman to lust for her has already committed adultery with her in his heart" (Matthew 5:27-28).

What is lust? Most teenagers and adults would not admit to being adulterers, yet most have experienced sexual lust. The dictionary defines lust as a desire to gratify the senses, or sexual desire. Now, sexual desire is a gift of God — it is not evil in itself. It's the misuse of that desire that can lead to big difficulties.

Lust — an excessive desire or a passion out of control — is like dynamite. It is sin and leads to other sins. It is extremely dangerous.

Sexual lust dishonors God and destroys people young and old. The apostle Paul wrote: "Flee sexual immorality. Every sin that a man [or woman] does is outside the body, but he who commits sexual immorality sins against his own body" (1 Corinthians 6:18).

There is a difference between temptation and lust. Let's make it clear. In James 1:13-15, we read:

"Let no one say when he is tempted, 'I am tempted by God'; for God cannot be tempted by evil, nor does He Himself tempt anyone. But each one is tempted when he is

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Illustration by Bruce Hedges



YOUTH ON CAMERA

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