



WEIMAR INSTITUTE BULLETIN

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Vol. 2 No. 3 May/June 1978

COLIN STANDISH TO HEAD NEW COLLEGE

EXPERIENCED LEADER PIONEERS EDUCATIONAL PROGRAM

Colin Standish, Ph.D., President of Columbia Union College in Takoma Park, Maryland, has announced his acceptance of the invitation of the Weimar Board to head the Institute's educational program. Dr. Standish flew to California to meet with the Weimar Board at its annual retreat and to announce his decision personally. "I have always believed," he reported, "that the only place to be is where God leads."



Colin Standish, Ph. D.

Dr. Standish came to the Institute in January to meet with the Educational Advisory Council, but without any thought of becoming directly involved with the project. As the education meetings progressed, however, he became increasingly caught up in the seriousness of this new ad-

venture. At the request of the Weimar leadership, he returned to Washington ready to seek the counsel of the Lord, and of his superiors in the Columbia Union and the General Conference. And by the last week in March, he announced that he would be resigning as President of Columbia Union College, effective at the end of this academic year, to accept the Weimar invitation.

As his light accent readily reveals, Dr. Standish is rooted in Australia. He received most of his formal training — including a Ph.D. in clinical psychology — from the University of Sydney. He taught in the teacher training program at Avondale College from 1965 to 1969, and during those years developed an ever-deepening regard for the educational principles advocated by Ellen White.

In 1970, Dr. Standish transferred to West Indies College, serving first as Academic Dean, then later as President. In 1973, he accepted the call to head the psychology department at Columbia Union College. The following year he served as Academic Dean, and by 1975 assumed the position of President. His administration has been marked by continual attention to the unique principles of Adventist education. He led in a move which sought to persuade the C.U.C. constituency to relocate the college to a rural setting. (Continued Page 3)



First Conditioning patients will stay in the pleasant six bedroom "Doctor's House"

HEALTH CONDITIONING PROGRAM BEGINS

Rather than wait for the completion of the remodeling on the main Health Conditioning Center building, the Board has voted to begin a program almost immediately on a smaller scale.

Zane Kime, M.D., and his health committee, outlined a three-phase schedule which calls for the conditioning program to start on May 8 with up to six guests and their spouses. These guests will stay in the six-bedroom "Doctor's House," a pleasant building which used to provide overnight accommodations for non-resident physicians to the Weimar Medical Center.

During the second phase, additional housing will be developed, as may be needed, utilizing other suitable buildings at the Institute. Remodeling work will continue in the main HCC building, as funds allow. Dur-

slated as classrooms will be scrubbed and painted by the college family.

In the same way, faculty and students will establish avenues of service to the surrounding communities. These contacts with persons at the point of their real needs will provide the relevance and motivation for the classroom study.

The first year's bulletin will list a limited curriculum. The precise academic level(s) for

ing this phase, guest capacity could double to about 12.

Phase Three calls for the completion and opening of the main building, with up to 29 guest rooms, men's and women's hydrotherapy units, and the education room. This building can be opened by zones, as remodeling progress allows.

Guests in the health conditioning program will come expecting many of their life patterns to be modified. During their 28-day stay, they will learn new habits relating to proper exercise, wholesome diet, enjoyment of air, water and sunshine, adequate rest, stress management and trust in divine power. In this way, many health-damaging habits will be replaced by patterns leading to increased general health — all through natural means. The goal is to help the guests not only avoid impen-

ding illness, but to enjoy ever-increasing levels of wellness as they return to their homes.

Since the guests in the first phase of the program will not be able to utilize the completed hydrotherapy units, nor enjoy the larger rooms of the main HCC building, the initial fees for the 4-week program will be somewhat reduced. But Dr. Kime emphasizes that the full range of activities, lectures, and dietary instruction will be available even for the first guests.

An informational brochure is available from Weimar Institute upon request. If you, or persons of your acquaintance, are interested in having your (or their) names placed on the reservations list, mark the appropriate box on the Weimar Institute Information Request Form on the back page of this Bulletin.



formation request form on the back page.

Future articles in this Bulletin will give more information about the exact nature of the college experience. But in the meantime, join us in working and praying toward September 25, 1978, that it might be a God-ordained reality at Weimar Institute.



COLLEGE TARGETED FOR FALL OPENING

"VOTED: That Dr. Standish and the Administrative Council be authorized to proceed with plans toward beginning a college program by the Fall of 1978, with up to 50 students." The Weimar Board passed the action with a unanimous vote, and with only brief but supportive discussion. It was as though there could be no sensible alternative.

Nor was the Board unmindful of the staggering amount of work to be accomplished in the weeks ahead! Within hours after the vote, Dr. Standish was consulting with Dr. Thomas Geraty regarding the state licensing required to operate an authorized institution of higher education in California. The next morning he joined Robert Fillman and Dick Winn for six hours of in-

tensive planning. The broad outlines of a beginning program are taking shape.

Even though the Weimar College curriculum is largely experimental, the administration will learn the most from the first year if it closely resembles the years which will follow. Up to fifty students will learn side by side with a core of faculty members, devising a workable schedule that includes a balanced blend of community service, useful labor, and quality academic study.

Most of the physical preparation of the buildings for use as a college will be done by the students and faculty working together. Hospital ward buildings need to be renovated as student residences. Large rooms

Call To Commitment

Money always seems to be a vital topic, with important and urgent needs ever-present. Weimar is no exception, encompassing a developing ministries program which includes four major components. This article is to discuss present needs, but before we do, let's examine what your gifts in the past have done.

The dining room and kitchen, with the exception of the restrooms and new carpet, is nearing completion — including a new roof, new ceiling, terra-cotta tile, partial wood paneling, and several wood sculptured panels.

The conditioning center has been replumbed, re-wired, and new walls and restrooms added. A modern heating-cooling unit has been partially installed, and a new room is currently being put on.

The administrative office complex has been revamped and carpeted. This includes a president-business manager side-by-side office suite.

Our cassette-tape library has grown to thousands, and soon a purchase catalog will be available.

Seven bulletins have shared development news with a mailing list constituency which now includes over six thousand homes.

To date, approximately \$300,000 worth of gifts (cash and materials) have come to Weimar. This has enabled us to do the above renovations and to meet our monthly budget needs. The commitment of sacrificial giving flows both directions. The adult staff now numbers over forty people, none of whom draw a salary of any kind from Weimar funds. This allows each gift to go directly into refurbishment and operational needs. Weimar asks you to continue to give only that we may continue giving.

Many friends have suggested Weimar repeat the call to commitment given in its February Bulletin. Since that time the mailing list has almost doubled in size, and many new supporters are not aware of specific needs. Thus the following:

Regarding our Operational Budget:

1. Weimar needs three hundred friends who with God's blessings and a commitment to sacrifice, will give one dollar a day (\$30 a month) for six months: Total \$90,000.

2. In a similar, systematic way, Weimar needs three hundred friends who would commit .50 a day (\$15 a month) for six months. Total: \$27,000.

Regarding our Expansion Budget:

The Weimar Staff is also praying for supporters who can share special cash gifts. Such gifts have been our life-blood and have carried us forward during these critical first six months of Weimar's existence. It is a case of many streams, and not a single source, creating the river. This is a special project, unique in the world. We want Weimar to serve as a model for future city missions across the nation, that the darkest area of all — the large metropolises which encase 72 percent of our entire population — might be penetrated with the gospel of restoration and peace found in Jesus.

No. of Persons		Amt. of Gift		Amount Toward Total
25	X	\$5,000	EQUALS	\$125,000
150	X	1,000	EQUALS	150,000
150	X	500	EQUALS	75,000
200	X	250	EQUALS	50,000
200	X	125	EQUALS	25,000
500	X	50	EQUALS	25,000
1,000	X	25	EQUALS	25,000
1,500	X	10	EQUALS	15,000
2,000	X	5	EQUALS	10,000

TOTAL: \$500,000

Won't you consider joining us in the privilege of creating a river whose waters may reach beyond our greatest imaginings?

Leader Pioneers

Educational

Program (Cont.)

In coming to Weimar Institute, Colin Standish keenly anticipates the rare joys and challenges of pioneering a college, starting only with empty buildings and a heart full of dreams and ideals. Upon his arrival in June, he will be intently involved in selecting a faculty, designing a curriculum, carefully screening student applicants, and even preparing the buildings.

During his weekend meeting with the Weimar Board, Dr. Standish frequently emphasized that we dare not move in any direction until we are certain that our position is supported by the inspired counsels. "But once we are certain," he affirmed, "then we must move ahead confidently, certain that God will open the way." He was most emphatic in pleading with the Board not to let Weimar lose its uniqueness.

The individual members of the Board share one common conviction — a conviction often expressed during the Board retreat: God has led in the selection of the chief administrative officer for the Weimar College.

OPHTHALMIC EQUIPMENT NEEDED:

1. Slit Lamp with applanation tonometer
2. Retinal fundus camera
3. External ocular camera

Dr. George Chen
WEIMAR INSTITUTE



Al Barnum and friend

From The Weimar Kitchen

Having announced our new recipe book in this issue of the Bulletin, we are sure that many of our readers will be soon savoring good wholesome meals in like manner as enjoyed daily by our staff and visitors. Until then, why not try out these two yummy recipes from Shirley's own file?

WHOLE WHEAT BREAD

Place 4 C. hot water in mixer. Add 2 T. salt, mix. Place in blender and blend thoroughly: ½ C. water
1 C. grape juice
16 pitted dates
½ avocado
Add this to the mixture in mixer.
Add:

1 C. apple sauce
3 T. yeast
9 C. whole wheat flour
Thoroughly beat this mixture for several minutes. Let this rise for 1 ½ to 2 hours. Add in about 1 C. whole wheat flour.

Thoroughly knead and mix. Add about 8 ½ C. whole wheat flour. Let rise until double. Knead down and shape into six loaves. Place in greased pans and let rise until about double in size. Bake at 350 degrees for 40 minutes.

GARBANZO-RICE LOAF

1 ½ C. soaked, cooked garbanzos
1 ½ C. cooked brown rice
1 ¼ C. water
½ onion, chopped fine
1 Tbsp. soy sauce
1 tsp. salt
½ tsp. garlic powder
Blend garbanzos with water until smooth. Add remaining ingredients, except rice, and blend well. Pour into bowl and add rice; mix well. Drop by tablespoon onto cookie sheet and bake for 30 minutes at 325 degrees. May be baked in casserole for 30 min. covered, and for another 30 min. uncovered at 325 degrees.
May be made into a loaf. Bake



Inner City Building in Sacramento

Inner City

Following the January retreat on City Ministry several of Weimar Institute's own young people made a commitment to this work in Sacramento. They meet every Sunday morning in the city with Al Barnum and other dedicated Inner City workers. There is a period of study until around 11:00 o'clock, at which time they go to the adjoining house to work. Much renovating has to be done on this older building before it can be occupied. This project, temporarily closed down to raise more support, will be the home of those people whom the Lord directs to be in charge of the Inner City work.

One Sunday no work could be done on the house due to lack of tools. But the day turned out to be an exciting adventure. Al took four of them on a tour of the area, stopping to visit friends.

Marti Breakie and Linda Covert had these reactions:

"We saw a power in Sacramento that looked as though it had held sway for ages. We saw small kids under that influence, and what kind of spirit derives from it. We sensed the feeling of fight in



The day begins early as Al Barnum opens the Center for waiting kids.

every kid we met, and it made us really stop and think. Our call to city ministry is simple enough. It's a call to throw out a light in a dark area where sin is only a bit more condensed. We saw tragic lives in need of this light, in need of the necessities of life, but most of all in desperate need of real, genuine love. Dick Winn (Weimar Chaplain and Retreat Director) has said, 'How can these people be expected to make their decision about God if all they know about Him is harsh and unattractive?'

"The real difficulty in Inner City work is communication — talking to people with completely different life-styles. But we see no problem here! God has promised, 'and I will be with thy mouth, and with his mouth (we go two by two), and will teach you what ye shall do' (Exodus 4:15). And, 'I

will instruct thee and teach thee in the way which thou shalt go: I will guide thee with Mine eye' (Psalms 32:8)."

Later they visited a family with six little boys.

"The house was 'Alabama in the 1890's alright — as Al described it. What a shock to watch those little boys stream out around our feet with smiles all over their faces. Al told them about the house we're working on, and they made a deal. If James, twelve years old and obviously in charge, and his brothers would come on Sunday to work on the house with us, we'd come and help him on his 'house' sometime. 'Al knows the correct way to give out favors to street kids. This was only one of the many insights into this work we gained that day.'"

Marti and Linda leave us with an appeal: "Fellow Christians, if you know that you have something to offer people who live in the streets, live to hate, but are searching desperately for some kind of peace, why not come and give some of what you have been given? We meet every Sunday

at 9:00 o'clock. Take the 12th Avenue exit, go south and turn left again on 33rd Street which will take you to 5th Avenue. The Inner City building is on 5th Avenue right next to McClatchy Park."

The time is near when large cities will be swept away and all should be warned of these coming judgments. But who is giving to the accomplishment of this work the wholehearted service that God requires? (Evangelism, page 29.)



H.C.H. Remodeling

Shortage of funds has made it necessary to temporarily suspend some phases of the Health Conditioning Center remodeling. The building which houses 28 private rooms with baths, two large hydrotherapy rooms, and a lecture-demonstration room, is needed before the health conditioning program can achieve full operation.

We currently need to proceed with several major items for which we do not have the necessary funds. The county requires ceramic tile for the bathroom floors and walls to a height of four feet. Tile is also required for the hydrotherapy rooms' floors and walls. The tile must be ordered several weeks in advance, but the bill must be paid upon delivery.

Another major need is for

bathroom cabinets for all the private bathrooms. While we have had offers for volunteer work from cabinet workers, we must furnish the plywood and other materials.

Even though some parts of the remodeling have been suspended, work still continues on others. The electrical work is nearly completed, sheetrock is ready for taping and finishing, necessary roof repairs are well under way, and the heating system is being installed.

We plan to proceed with remodeling the HCC building as rapidly as funds become available. We believe that it is God's desire to share the health information He has given us as effectively as possible. The HCC program will help to do that.

Grease Or Oil

Zane R. Kime, M.D., M.S.

In Leviticus 7:23, the Lord told Moses that the children of Israel were not to eat any manner of fat. Now, most assuredly, the Lord was telling the people not to use any animal fat in their cooking, for processed vegetable fat was not available to the Israelites.

An early health reformer, Ellen White, in the book *Counsels on Diet and Foods*,

also made this statement on page 200: "You should keep grease out of your food. It defiles any preparation of food you may make." On page 236, she goes on to say: "The grease cooked in the food renders it difficult of digestion." On page 350, she speaks of butter and how it also can obstruct digestion. And on page 354, the author brings forward the information that fried potatoes are not healthful, for grease or butter is used in preparing them.

Grease is a word commonly used in Ellen White's day to describe a variety of oils and fats, as Dr. Harvey Kellogg wrote in the *Health Reformer* of May, 1877: "If people will use grease of some kind, we would recommend 'vegetable lard' in preference to hog's lard. Nevertheless, we do not recommend the use of any free fat." As you can see from the above quote, Dr. Kellogg used the word grease when he was referring to vegetable fats or oils.

If animal fats have the property of obstructing digestion when used in cooking or frying, can we avoid them and use vegetable oils? Are the vegetable oils and fats different, not obstructing digestion? Modern medical textbooks of physiology definitely show that fat is fat, whether it is animal or vegetable, and can obstruct digestion for many, many hours. Dr. Davenport in his textbook *Physiology of the Digestive Tract*, mentions corn oil, cottonseed oil, olive oil, butter, and lard as all being equal in obstructing digestion. So we can say very accurately that any kind of free oil, or fat, will

obstruct digestion, and it makes no difference to the stomach whether we fry our potatoes or vegeburgers in lard, butter, corn oil, or safflower oil. If one of the reasons that we do not use butter or lard in cooking or frying is that it obstructs digestion, certainly the same reasoning would apply to vegetable oils, without question.

When Ellen White speaks of grease being cooked in the food and rendering the food difficult of digestion, she also defines how much should be used in the food. "You should keep grease out of your food. It defiles any preparation of food you make. Eat regularly and eat only food that is free from grease." (CDF 354).

In my clinical practice, I have seen indigestion and many chronic intestinal ailments clear up beautifully when the grease and oils are removed from the diet. Fruits, grains, vegetables, and nuts in limited quantities, is the diet chosen for us by our Creator, and will promote a healthy body and a sound mind — and will not obstruct digestion.

Another problem that can cause stomach upset is eating too many varieties of food at the same meal. It is good to have a large variety of foods over a period of time, but it is best to have possibly only three or four different varieties at any one meal.

Health reform is progressive, and every person has to progress at their own rate. We cannot push a person into health reform any faster than they are willing to go. The principles of health reform, if forced upon others, can become a divisive issue, not only in the home and church, but also in the community. With this understanding, that we can do more harm than good by pushing health reform on those around us, we can then relax and let the Lord lead each and every one as they are ready. We can educate and present factors, but it is the work of the Holy Spirit to prepare and impress hearts with the truth.



Announcing . . .

Providing an attractive answer to those who still wonder whether a natural diet can be tasty, the Weimar Kitchen has produced its first cookbook. With a Foreword by Weimar Medical Director Zane Kime, M.D., the book features recipes used and recommended by our dietary staff.

The 227 recipes printed on 62 spiral-bound pages cover the whole menu — from breads, breakfasts, main dishes, gravies and soups, to vegetables and sweet things. They aid the creative cook in preparing meals comprised entirely of natural ingredients. The recipes do not call for animal or dairy products, nor for sugars, oils, synthetic vegetable proteins, or other highly refined foods.

The recipes were compiled, tested, and checked by Tena Penner, R.N., from the Weimar staff, with the assistance of Dr. Kime and Shirley Fillman, Food Service Director. Miss Penner explains that the recipes are intended for use by persons in transition between a complex, refined diet and an even simpler diet requiring few, if any, recipes.

The initial run of 1,000 copies was sold almost as quickly as it was bound. A second printing of 2,000 copies will be available by the time you receive this Bulletin. You can receive a copy by sending in the order form printed below.

Please send me copies of FROM THE WEIMAR KITCHEN, at \$3.50 each, which includes tax, postage, and handling.

(Please print clearly:)

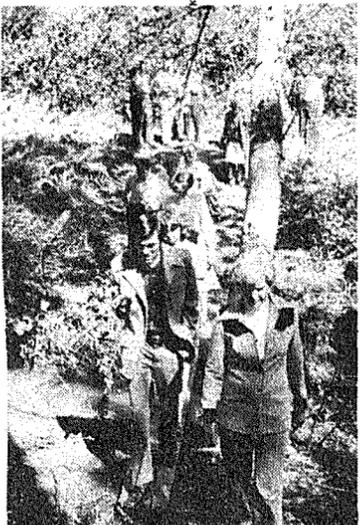
NAME

ADDRESS

CITY (state) (zip)

Make checks payable to Weimar Institute.
Allow up to four weeks for delivery.

John Balukian arrived on March 6 and asked if there might be anything he could do to help us. Our secretary ventured that we had just received a shipment of carpet to be laid in the office complex, and wondered if he could help with that. Turns out that John was a professional carpet layer, with a van in the parking lot filled with carpet-laying tools, gluedown mastic, and other supplies. He stripped the floors, installed ten rooms full of carpet, and spread a lot of smiles before he left! How our Lord provides!



Retreat Guest enjoy hiking-jogging trails

Growing pains: With more than 40 persons living on the grounds and working diligently toward their preparation, we have outgrown our capacity to add more urgently needed staff. We pray constantly for an opening in this impass. quality people are God's greatest gift to Weimar Institute. But where shall they live?

Be happy in your faith at all times. Never stop praying. Be thankful, whatever the circumstances may be. I Thes. 5:16-18 Phillips.

WEIMAR RETREAT RESERVATION

Name (please print)

Address

Number of persons included in this reservation: (zip)

Husband & Wife Date: Title:

Single Male

Single Female

Please enclose \$10 per person per retreat. Balance payable at retreat. Make checks payable to WEIMAR INSTITUTE. Mail to:
Weimar Institute
P.O. Box A
Weimar, CA 95736

Needs

As Weimar looks toward beginning the Health Conditioning program in May of 1978 and the opening of Weimar College in September of 1978, several pressing needs require immediate attention:

(1) We need to acquire bedspreads, blankets, and linens for the HCC guest rooms. Several rooms in other buildings will be used until the HCC building can be completed.

(2) We need to complete the hydrotherapy rooms in the HCC building (see the article on HCC progress).

(3) We need materials to adapt hospital wards for student housing. Our plan is to make the preparation of housing a student work project, but we will need to supply the materials.

(4) We need to continue developing an adequate library for the College. We need many books of various kinds, but especially Spirit of Prophecy books.

Our most urgent need is for increased funds to permit the efficient preparation for HCC guests and college students. Both programs will begin to develop their own funds and take us closer to the time when Weimar Institute will be truly self-supporting.

★ RETREAT UPDATE ★

At press time, this is the status of the retreats for the Spring calendar:

May 19-21: Communication in Christian Marriage, Ted and Pat Wick. FULL

May 26-28: "What Lack I Yet?", Margaret David. FULL

June 16-18: "The Man Who Is God," Edward Heppenstall. We are glad to announce that his scheduled European trip has been postponed, and the retreat announced, and then cancelled, in previous *Bulletins*, is now back on the calendar. There are still some openings for people who desire to share this depth study of Jesus Christ in His humanity.

June 23-25: Education and Redemption, Dick Winn. For parents, teachers, school board members, and all others who wish to examine in depth some of the unique principles of Adventist education. Still about a dozen openings.

A retreat fee of \$25 per person covers meals, housing, speaker's expenses, study materials and overhead. Registration for each retreat is limited to the first 40 persons who submit a \$10 deposit. As soon as Weimar receives your reservation and deposit, you will be notified of your status. After 40 reservations are confirmed, the next 10 applicants will be placed on a waiting list, pending cancellations. All other deposits will be returned.

Growth Glimpses

More than 6200 persons are now on the Institute *Bulletin* mailing list, and it is growing at the rate of 200 new requests per week.

Under the direction of Dr. Fred Riley, our Agricultural Director, more than 170 fruit trees, bearing six different kinds of fruits, were planted on the southern slope of the hill below the water tank.

As of this printing, the Retreat Center at Weimar has hosted more than 360 guests in nine different retreats. Even though the retreat center still looks more like a hospital ward than a mountain lodge, most guests conclude that the blessings of the retreat outweighed the spartan housing.

To explain the purposes of Weimar Institute, Richard Fredericks has held meetings with interested groups in Philadelphia, Washington, D.C., Provo, Salt Lake City, Walla Walla, Denver, Portland, Riverside, and more than a dozen California communities.

Youth from Pine Hills Junior Academy, under the direction of Ron Ritterskamp, have come on two occasions for all-day work bees. They raked pine needles off the lawns, swept walkways, scrubbed bathrooms, and enjoyed that tired feeling of having worked very hard.

Two hiking-jogging trails have completed on Weimar's back property. One of them literally "tunnels" through high, dense manzanita. The other, longer trail follows a noisy creek through the shade of a tall pine forest. Both trails, designed and built mostly by Helmut Neussle, circuit past the old Weimar graveyard, perhaps providing added incentive to those who still doubt the importance of regular exercise.

Our new neighbors to the south just made us an offer: While he is busy building a new medical practice in Auburn, would the Weimar staff be willing to tend their orchard? In exchange, we can benefit from the harvest — from more than 200 apple, peach and plum trees!

WEIMAR INSTITUTE INFORMATION REQUEST FORM
(Please Print Clearly)

NAME

ADDRESS

CITY STATE ZIP

Please send me a Weimar Institute College Bulletin and student application form.
By September, 1978, I will have completed.
(level of education)

Please send me a brochure regarding Weimar's Health Conditioning Center.

Please add my name (or those attached) to the Weimar Institute mailing list so that I can be kept informed of future progress.

I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send a tax-deductible receipt.

I need information about

Fat And Vitamin A Absorption

George D. Chen, M.D.

Vitamin A deficiency is a real threat to life and vision, especially in children throughout the world. It causes night blindness and, in many parts of the world, is the leading cause of blindness due to scars and ulcers which form on the eyes.

Provitamin A (carotene) is the form found in plants, and is in highest concentration in bright yellow, orange, and dark green fruits and vegetables. The provitamin A is converted to vitamin A in the body. Vitamin A is a fat soluble vitamin. Concern has been voiced by some individuals that a diet low in fat may result in a vitamin A deficiency in some people. Is this a valid concern?

A native population in the highlands of New Guinea was studied by Dr. Sinnett, et al.¹ These people live on a diet primarily of sweet potatoes (90 percent of food intake) and vegetables, with negligible meat. Dietary analysis revealed that 94.6 percent of calories were from carbohydrates, 3 percent from protein, and only 2.4 percent from fat. The population was lean, physically fit, and in good nutritional status. No diabetes or gout was found. Ischemic heart disease was rare, if not absent, as indicated by resting and post exercise EKG.²

No evidence of protein deficiency or vitamin deficiency was noted in this population. They were found to be more physically fit than the Australians, who have a much higher fat intake.³

How long can one go in dietary fat and still absorb vitamin A, when it is available? An elemental diet, Vivinex (used only in extreme problem nutritional cases), made from amino acids, vitamins, minerals, carbohydrates, and fat in what is considered to be optimum proportions for utilization, has a caloric fat content of 1.3 percent. This diet is recommended for continuous usage for up to 12 months. It has been used continuously in one case for years. Even for growing children it works fine. One 14-year old boy grew 6 inches in one year while on this diet. This elemental diet is used only in extreme problem nutritional cases. No resulting cases of vitamin deficiency have been reported.

The question regarding vitamin A adequacy should really be: am I getting enough

foods containing vitamin A in my diet? Not, am I getting enough oil or fat? One carrot per day will maintain a normal vitamin A level in most individuals.

Any individual who is conscientious enough to go on an all-natural diet should be an individual who understands that the secret to good nutrition is variety, and would automatically be serving adequate amounts of carotene-rich foods.

An oil-rich diet does not protect against vitamin A deficiency. This was born out in a ten-State nutrition survey⁴ which showed a high prevalence of low vitamin A levels in the lower socioeconomic classes and young people of all sub-groups. These people were on the typical American diet of 40-45 percent fat.

Normal individuals, on an all-natural diet with variety, should have no concern that they are getting enough vitamin A.⁵ Insufficient vitamin A intake is the problem in vitamin A deficiency, and not a free-fat deficiency.

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THE WEIMAR S.D.A. ELEMENTARY SCHOOL

Last October the new Weimar Adventist Elementary School opened its doors to five enthusiastic staff children. Since that time their number has grown to eight, their ages ranging from seven to ten.

Although the school primarily is operated for staff children, two other children have been accepted.

Held in the basement of the Winn residence, the classroom is cheerfully decorated with Bible verses, flowers, and individual treasures reflecting the personality of each student. Sunshine streams through the windows while time is kept on an old "Cola is refreshing" clock which now reads "Take time to be with Jesus."

School hours are from 8:30 to 12:30 each morning. In the afternoons the children work with their parents doing active, physical labor. On "days off" they glide gracefully by, a caravan of smiles on bicycles; or play happily among the tall evergreens the games of growing, imaginative children.

School begins with a prayer circle, at which time the students are invited to share in the larger-than-their-lives needs of the community, world and church. Then day by day prayers of family, friends, and private heart desires are shared. Many troubles that could and do crop up even in a small school such as theirs are brought to the throne of grace each morning, and during the school hours. For the children are learning more than the proverbial "three R's" — they



are learning how to relate to life, and each other, in a practical Christian way, while they watch God answer prayer.

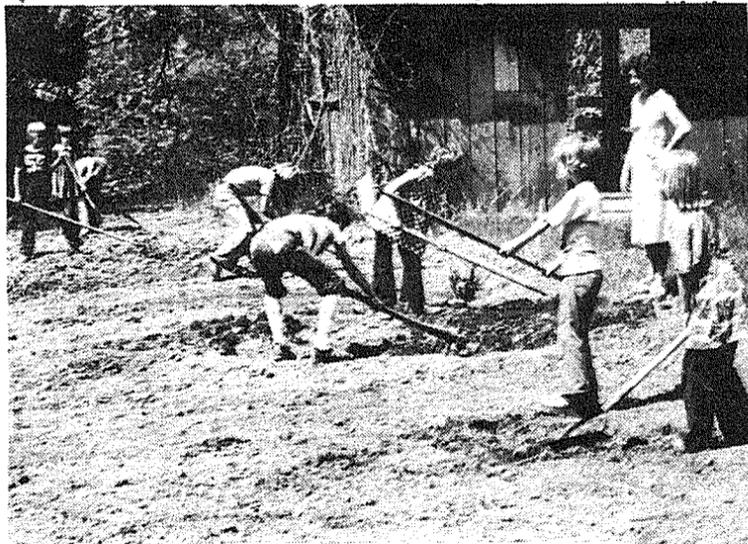
Certified teacher, Terry Winn, wife of Weimar chaplain Dick Winn, feels that unless the children find useful application of the principles taught in a Christian school, such as they attend, they will not be fitted to live in or contribute to the real world to today. Thus, they manage to find some activity each day that will benefit the Institute, help someone in some way, or just make someone happy. They rake leaves and pine needles, help clean-up buildings, or plant flower bulbs. One day they collected all the debris along the road that passes by the main grounds. Another time they stormed Terry's kitchen to make cookies for the staff lunch hour. Terry quotes Ellen White when she says, "There is untold value in industry. Let the children be taught to do something useful." CT 125 "This is when they are the happiest," observed Terry.

Among the children's current learning experiences is planting individual gardens. Down in the field just below the old water flume you will find eight neat garden plots.

Working side by side with the students is their teacher. Something special is growing there already! It's called friendship and cooperation.

The Weimar Elementary school is much like any small school, yet is unique in many ways, too. The schedule is flexible, covering subjects daily such as math, spelling, reading and English. Staff member Lea Bowman, an experienced teacher with special training in foundation reading skills, assists with the lower grades. Scripture songs are learned and sung with gusto by the youngsters. Each student has an active prayer list. And, the Holy Spirit is invited into the classroom each day.

Asked what the needs of the little school are, Terry immediately mentioned library books, and a current set of children's encyclopedias. Good reading material is a real necessity for growing, eager minds. "But," added Terry, "we need the prayers of everyone most of all!" Which is not hard to understand when one considers that these young students will be among the leaders of tomorrow, the tomorrow that holds the bright promise of a soon coming Saviour.



Teacher Terry Winn and students make garden plots ready for planting

Lord, increase our faith!
Luke 17:5

NOTICE

Office Hours:
Monday through Friday: 8:00 AM-5 PM.
Sabbath: Closed
Sunday: Not usually open, but try us — we might both be surprised!

Telephones:
Business line: 916-637-4111.
Emergency calls after business hours: 916-637-4186. (This is a private line; use only for urgent calls.)

Visiting:
A casual walk-through of the campus — most any time you want.
A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.
Please note: We do not conduct Sabbath Services at Weimar. And on retreat weekends, we reserve the meetings and the dining lodge for registered retreat guests only. We know you will understand our request that you schedule your weekend visits for non-retreat weekends.

"Human agencies are to be employed in this (third angel's message) work. Zeal and energy must be intensified; talents that are rusting from inaction must be pressed into service. The voice that would say, "Wait; do not allow yourself to have burdens imposed upon you," is the voice of cowardly spies. We want Calebs now who will press to the front — Chieftains in Israel who with courageous words will make a strong report in favor of immediate action. While the selfish, ease-loving, panic-stricken people, fearing tall giants and inaccessible walls, clamor for retreat, let the voice of the Calebs be heard, even though the cowardly ones stand with stones in their hands, ready to beat them down for their faithful testimony."