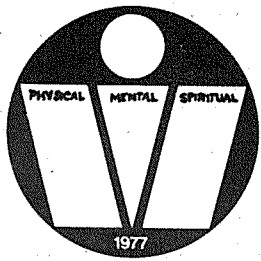


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Weimar Bulletin



Address
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Weimar Institute

Box 486 Weimar, CA 95736 DEC.-JAN. '84-'85

The Gifts of Christmas

By Ron Smith

Christmas! What a wonderful time! Images of glittering lights reflected in landscapes of ivory snow. The warmth of a gentle fire casting its flickering halo throughout the home. The aroma of savory fare prepared in ample abundance. Sounds of laughter and bells, singing and buoyant conversation. The glow of loving relationships as friends and family gather to share in the joys of genial companionship. And perhaps best of all is the giving and receiving of gifts, tangible tokens of our affection and commitment to one another. Christmas indeed is replete with blessed associations of the best and warmest kind.

And yet something is amiss. We hear complaints, perhaps having uttered them ourselves. "Christmas has become too commercialized." "We spend too much." And the corresponding resolution: "Next year I will do it differently." But the pressures to conform are heavy, and few ever stem the rising tide of materialism to structure Christmas around more Christian values. We feel compelled by social pressures which have been communicated to us through the media to give bigger and better, more expensive gifts, often taxing our sincerity, creativity and pocket book (or credit account).

Certainly it is time to examine the principles of gift giving more closely, not consulting the "traditions of men," but rather using the Bible as our sure guide. As we drink at this wellspring of wisdom, may God give us the spiritual guidance to apply the principles we discover to our own giving, bringing our practices into harmony with the principles of Christian experience. And so take a fresh look at the story of the Christmas Givers, the wise men.

"And when they were come into the house, they saw the young child with Mary His mother, and fell down and worshipped Him: and when they had opened their treasures, they presented unto Him gifts; gold, and frankincense, and myrrh." (Matthew 2:11)

Gifts of Worship

We have a beautiful and prototypic model of Christmas giving in the account of the wisemen. The first lesson we learn from their example is the lesson of **worship**. The wise men, we are told, "fell down and worshipped Him." The gifts given at the first Christmas were outward

expressions solidly rooted in an inner attitude of worship. They were given in a profoundly spiritual context to communicate their faith in the Saviour and their gifts represented tangible expressions of their devotion.

In like manner our giving to others can be an act of worship directed toward God. "And whatsoever ye do, do it heartily, as to the Lord, and not unto men." (Colossians 3:23). Whether giving to friend or family, acquaintance or stranger, we are invited to enter into the experience of the wisemen by giving "heartily, as to the Lord..." The Lord Himself has instructed us as to how we may best do this. When speaking of the goats and sheep, He recounts how those represented by the "sheep" had fed the hungry, given drink to the thirsty, housed the stranger, clothed the naked, visited the infirm and imprisoned. With their simple gifts they met real needs. He concludes His parable with "Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me." (Matthew 25:40).

Thus, to give "as to the Lord" implies fulfilling the real needs of the ones who receive our gifts. Of course, we must not feel that we can only give to those who are "truly needy." Rather, as we develop a deep sense of worship, we will with increasing sensitivity also discern and respond to the real needs of those who are nearest. As we do this, we can be certain that we are worshipping the Lord with our gifts as surely as if we had laid them at His feet.

Gifts of Self

The wise men "opened their treasures" when they gave to that little child in Bethlehem. Not content to present meaningless tokens, they poured out treasures which possessed personal significance. True, they gave gifts of great monetary value. But this cannot be the root of the value of these treasures. "Treasures" are objects we love, regardless of economic value. By giving of their treasures they were giving of themselves.

The gift of the Father was just such a gift. "For God so loved the world that He gave His only begotten Son..." For unto us a child is born, unto us a son is given:..." (John 3:16, Isaiah 9:6). The Savior "took upon Him the form of a servant, and was made in the likeness of men." Philipians

2:7. He gave Himself to us. But Christ was also a gift from the Father, given to us at an infinite cost to Himself. So intimate and bound up with the Father was Christ that Jesus Himself said "I and my Father are one." (John 10:30). When asked to reveal the Father, His response was "Have I been so long time with thee and thou has not known me, Philip? He that hath seen me hath seen the Father. John 14:9. This intimacy is so complete that it merges imperceptibly into the realm of identity. So close were the Son and Father that to know One is to know the Other. The very life that coursed through Christ's veins was the life of the Father. Thus the Father, dwelling in His Son (John 14:10), gave Himself to this dying world.

In like manner we can give gifts that are from our hearts. Not gifts that are simply given for the sake of giving, nor gifts that have value by virtue of their expense alone, but gifts that represent an outpouring of ourselves. We can give gifts that will help establish a meaningful bond of love, expressing our commitment to the receiver. And to the extent that our hearts are bound to Christ's heart, the love that flows out to others through our gifts will be the love of Christ Himself.

Gifts with a Message

The wise men gave "gold, frankincense, and myrrh." Gold is the king of metals and represents Christ's royalty. Frankincense was an incense used by the priest of the sanctuary, representing Christ's role as High Priest. Myrrh was a spice used to prepare the dead for burial, representing Christ in His role as the Lamb of God slain from the foundation of the world. The gifts of the magi symbolized and pointed to Christ. They were gifts with a message.

Christ Himself is a gift with a message. By giving His Son, God has communicated His love to us. Jesus, the Source and Object of the Gospel (the Good News), was a living love letter from God to this world. And we too are to be communications to all around us. Paul speaks of the Christian as an "epistle (letter)...known and read of all men." Our gifts are a wonderful opportunity to draw the mind of the receiver to the Source of all. They, like the gifts of the wise men, may point to Christ.

As we give and receive gifts this Christmas, let us remember the gifts of the wise men: Gifts of worship, gifts of self, gifts with a message.

(Ron Smith is in charge of Public Relations and Personnel at Weimar Institute.)



BOARD ACTIONS: NEW PRESIDENT

Paul Hawks

November 4 dawned bright and beautiful as the members of the Weimar Institute Board of Directors gathered on campus to conduct their business. Mr. Clyde Willard, chairman, called the meeting to order and led the board through the days' activities.

Schedule A Christmas Gift

Special 12-day Session



for Business People

NEWSTART HEALTH CENTER PROGRAMS

Sessions include:

- Physician's examination & consultation
- Full blood work
- EKG and stress testing
- Hydrotherapy treatments
- Lectures, demonstrations, cooking classes

1985 NEWSTART Schedule

Dec. 30-Jan. 24	Session I
Jan. 27-Feb. 7	Ministers' Session 12 day
Feb. 10-Mar. 7	Session II
Mar. 10-Apr. 4	Session III
Apr. 4-Apr. 14	10-day Break
Apr. 14-May 9	Session IV
May 12-June 6	Session V
Jun. 9-Jun. 14	Alumni
Jun. 14-Jun. 23	10-day Break
Jun. 23-Jul. 18	Session VI
Jul. 21-Aug. 15	Session VII
Aug. 15-Aug. 25	10-day Break
Aug. 25-Sep. 19	Session VIII
Sep. 22-Oct. 17	Session IX
Oct. 17-Oct. 27	10-day Break
Oct. 27-Nov. 21	Session X
Nov. 24-Dec. 19	Session XI
Dec. 19-Dec. 29	10-day Break

For further information, contact:
The Medical Director
WEIMAR INSTITUTE
P.O. Box 486
Weimar CA 95736
Ph. (916) 637-4111 Ext. 401

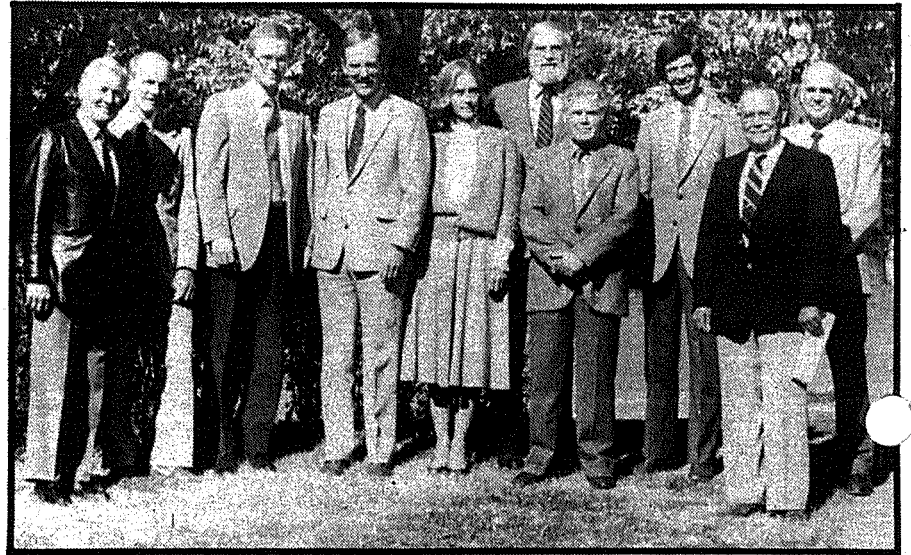
The most notable item of business was the election of Elder Dick Winn to the position of president. Dick has been serving as the interim president since the leadership role was vacated by Bob Fillman late in August of this year.

Elder Winn was one of the founders of the Institute and has been an administrator on the campus since Weimar Institute opened its doors in the spring of 1977. During this time Dick has served primarily as the director of spiritual ministries and as corporate secretary. Dick has played a major role in teaching at Weimar College and Weimar Academy. He has also served as a trusted counselor for many students and staff.

Elder Winn earned his B.A. degree in theology from Pacific Union College, later completing the requirements for the M.Div. at Andrews University, 1967. Prior to his work at Weimar, Dick had a decade of experience in pastoring, academy Bible teaching and Bible textbook writing for the upper elementary grades. He has written numerous articles and books and is well-known throughout the country for his lecturing on family life and on issues of The Great Controversy.

The Winn family has also been an active part of the institute since its inception. Dick's wife, Terry, was the first elementary school teacher for the Institute. She currently volunteers a significant amount of her time in accompanying the college choir and supporting various campus activities. Julie and Jeff Winn are students at Weimar Academy.

"My goal is to sustain the good work that has already begun at Weimar Institute, and to maintain the institutional philosophy which has been carefully developed over the past seven and a half years," says



Some of the Nov. 4 Board: Herb Douglass, Erhardt Zinke, Ronald Squier, Gerald Fillmore, Marilyn Wilcox, James Richmond, Clyde Willard, Dick Winn, Vernon Foster, Chuck Starnes.

Dick. "I see Weimar Institute as moving into a period of consolidation more than the development of new concepts of education and health care. We have seen a rapid growth of program and staff during Weimar's first seven years. It is now time for us to concentrate on the efficiency and effectiveness of the work that we feel called to do."

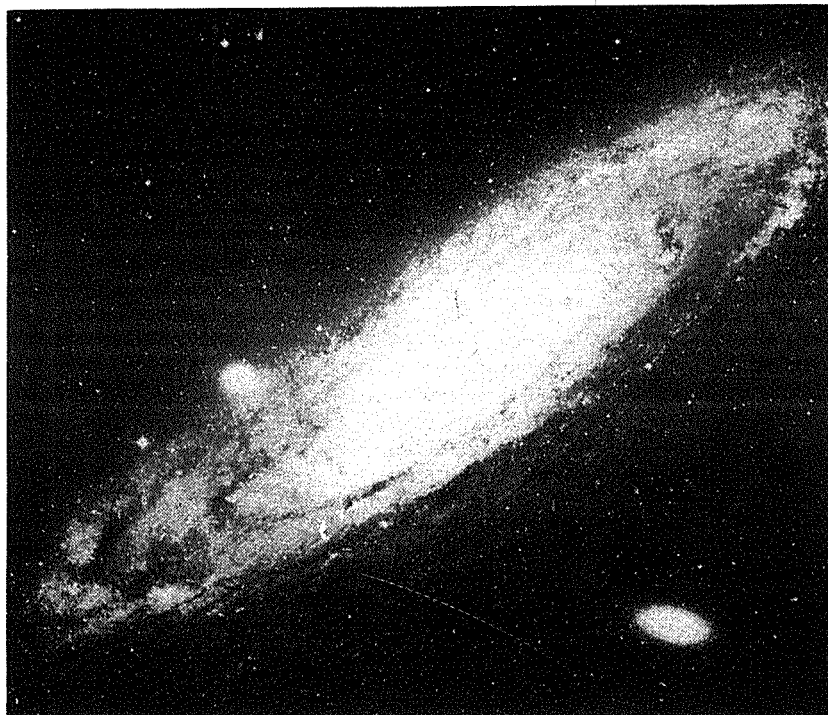
Other business taken up by the board included a preview of issues related to licensing for the college. Recent state legislation will require "authorized" schools, such as Weimar College, to meet specific criteria and standards established by the state. A review of the various options for licensing is imminent. Consideration must be given to the categories of Bible college, state approved college, and accredited college, as well as the autho-

rized category under which the college currently operates.

The board expressed its appreciation to Dr. Floyd Rittenhouse and Mrs. Dorothy Moore for their years of service on the board. One of the positions they vacated on the board will be filled by Dr. Vernon Foster, a physician from Meadow Vista, California who has volunteered much of his time to the promotion of the NEWSTART health education program. Dr. Foster has also been asked to serve as the chairman of the institute's development committee.

As an expression of its desire to become more actively involved in the support of the Institute, the board voted to increase the number of its annual meetings from two to four. The next board meetings are scheduled for February 17 and May 19, 1985.

GOD OF THE STARS



Sunday, October 28, a special day-long seminar, "Astronomy In The Bible" was presented in the Weimar chapel by Luther L. Clendenon from Aloha, Oregon.

A student of astronomy and related sciences for many years, Mr. Clendenon shared a personal collection of some of the most striking and conclusive recent discoveries in astronomy that display our Creator's glory and power. With slides and

plain explanation he unveiled the mysteries behind certain Bible texts on Orion, the Pleiades, Arcturus, the Sun, moon, planets, and stars. He especially stressed God's genius in the way He created the Earth and delicately balanced conditions in our solar system to sustain human life here.

One example of this was the perfectly controlled fission reaction going on in the sun. It is so evenly maintained that the

overall average temperature of Earth does not vary by even one degree. If the average temperature did rise one degree we would experience world-wide flooding from melting ice-caps. And a change downward to one degree colder would create a mammoth ice age. Even violent weather changes now do not affect this carefully sustained average temperature. When the weather turns unusually cold in one area it turns proportionately warmer in a different area; and the two extremes balance each other out.

Mr. Clendenon showed how the known facts of our universe eliminate the possibility of the theory of evolution being true. He also explained the shifting of constellations as they relate to the false science of astrology. This shift has thrown the "signs of the zodiac" off so that they are no longer accurate. Consequently, the predictions and horoscopes made today by astrologers using the zodiac have to be contrived fantasy. There just is no such story in the stars. Instead, they bear witness to the presence, love and care of an eternal, all powerful, Creator and Saviour Who only knows and controls the future.

A final feature of this outstanding series was a look into inner space: the wonders of God's creation within the human body. Through a slide and study presentation the nervous system Mr. Clendenon revealed how precious is the power of choice God gave man and what it has to do with the formation of a Christ-like character and the breaking of wrong habits.

This seminar was much appreciated by all those who attended and we look forward to Mr. Clendenon's return next year.

GOD LIKES THE REAL YOU

Buddy Kruger



Can you guess? What is "epidemic" in Eastern and Western culture today; a most popular inter-faith religion; worshipping material objects, theories, philosophical ideas, people and occupations; requires the sacrifice of one's noblest ideals and then gives nothing worthwhile in return? Disgusting? Outrageous? Ought to be banned? You're right!

That's Idolatry!

Idolatry is a way of life for most people. They get into it long before they recognize it. Usually beginning in childhood, caught or taught, it carries over into adult years unsuspected, unresisted. Most do not realize there's a better way to go — an attractive alternative.

So, what's an idol and what's wrong with idolatry? Here's a surprise! An idol can be anything, anybody, anywhere. Idolatry comes alive when we allow some thing or somebody to absorb the best and most of our attention, thought, time and energies. It often can be most clearly seen in our leisure time activities. How you spend your free time can indicate where idolatry has a grip on your life. What's so bad about it is what it does to you to cheat, rob and ruin your chances for real life; how it blocks your finding the real things you're searching for. It fills up the place of Him Who alone can meet all your needs.

Idolatry exploits our basic human needs purporting to supply them. But instead it leaves us with greater emptiness and despair than before. We feel as if we've been deprived of some hidden value; that someone, something has stolen our better possibilities. Many teenagers and adults cut short their own lives in suicide because of this futility and emptiness they experience in today's idolatrous society.

The needs idolatry specially works on are these: our need to define what is real, lasting, and reliable; our need to be loved; to receive comfort and healing when suffering loss or disappointment, to feel successful and valued, to be secure against future need, to have a future by belonging to a bigger cause.

Idolatry has its pushers, drugging us with lies about what is real. They come to us in the form of Hollywood movies, T.V. actors, actresses, values and scenes, radio programming, media magazines, popular books and novels, etc. These present unbalanced or distorted trends of thought

and action, negative patterns and models for us to follow and make decisions with. They tell us what others think will be "good" for us. We increasingly rely on these for understanding, for judgment, for reality on how to live well. But there's no truth here, no reality, only a "mirage", pretence moving farther away from what is good. According to idolatry self is the only reality: "Live for yourself! You decide what's good! If it feels good, go for it!" Who hasn't tried this philosophy and found it bitter and discouraging in results?

Idolatry also promises love. So we infatuate, immerse and lose ourselves in another human being only to be used, abused, and tossed away when a better worshipper comes along. What we thought was love ended up hurt and misery.

Food, drugs, alcohol, amusements, sports, gambling, etc. — all idols when we turn to them to comfort us and compensate us for losses and disappointments. But they leave us sick, degenerated, broken in body, mind and pocketbook.

As a "bank" against future needs man tries to make his security with money, cars, goods, houses, land, gold, silver. Idolatry of this sort only rewards him with killing stress as he worries how to secure his securities.

Many human organizations, clubs and institutions offer belongingness, but at the price of a selfish interest. They just want your money or investment instead of you.

Spending ourselves and resources on these is unfulfilling. Idolatry never keeps its promises. It can't! All it has to give is cheap counterfeits. Only the One Who made us for Himself can really satisfy our needs. He has a "corner on the market", a monopoly on true reality, love, healing, value, security, and belonging. We must turn our attention to Him. He is our true Home. That's why He told us long ago that it was for our good to "not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them, for I, the Lord your God, am a jealous God..." (Deut. 10: 12,13; Ex. 20:4,5). Idolatry is a substitute for the real thing: a satisfying, active relationship with the one and only God of heaven and earth. Compared with knowing and living with Him, idolatry is flat and tasteless.

So what is unique about God? What does He offer us instead? Here is a friendship so deep, so reliable you can build your whole life on Him. If you take all that time and mind-body effort you've been spending on idolatry and put it into association with

Him, you'll find what you're really looking for.

Also, His second commandment listed above gives us a view of Him, what He's like and what He does. It shows us how concerned He is about reality and realness in you and me. Stating the commandment from His perspective throws this light on His Character: "I will not make or accept anyone to replace you in heaven above, on earth below, or in the seas. For I the Lord your God, am jealous for you alone."

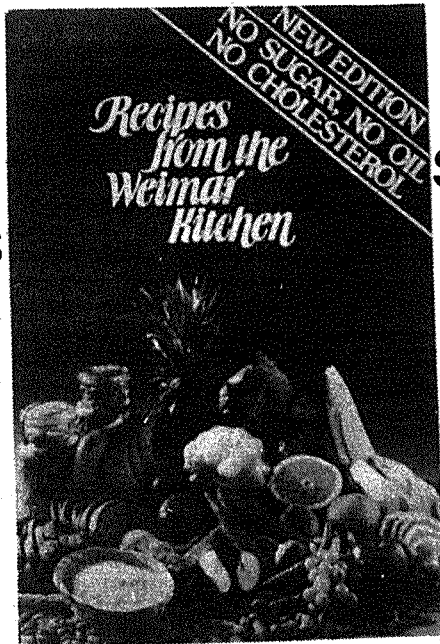
In other words, God here promises you and me that He will never settle for anything short of connection with the real You. You may think you're too ugly in sin, too hopeless a case, too helpless for God to want anything to do with you. You may think He can't really want you. But you're wrong. His commandment says so. He wants no substitute, no props or masks, no pretenses or fancied-up models. He loves and wants and is jealous for the authentic, genuine, you. He's very particular about



that. He wants you to be transparently honest with Him. He'll be the same with you. He'll take care of the ugliness, the shame, and sin in your life. He'll erase all that mars you. He's not ashamed to accept you for He believes in you and your potential. He's jealous for your true worth and personhood to be developed and seen. What mobility is within your reach by walking with Him!

Isn't it senseless to go on wasting your time, chasing idols and mirages, when you could use that time so well getting acquainted with this Real God — the God of the Bible and Jesus Christ Whom He sent. Why not meet Him in the Scriptures and strike up a continuing conversation with Him this Christmas season and all through this coming new year?

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A FAVORITE RECIPE



FESTIVE YAMS

- 2 c. mashed baked yams
- 3/4 c. finely crushed cornflakes (nutrigrain)
- 1/2 c. drained crushed pineapple
- 1/4 t. coriander or vanilla
- 2/3 c. chopped, lightly blanched pecans or roasted almonds
- 8 slices of canned pineapple
- 1/2 c. orange juice (or more as needed)
- 1 t. orange rind

Scrub yams well. Wrap in foil. Bake at 500° for 30 min. then 350° until done. Mix thoroughly the first four ingredients. Shape into 8 balls. Roll balls in chopped nuts. Chill for 30 minutes (or until ready to use later). Arrange 8 slices of pineapple in baking dish. Place the yam balls on top. Bake 15 minutes at 375°. Remove from oven and spoon hot orange juice and rind over each mound. Return to oven and bake 5 minutes longer.



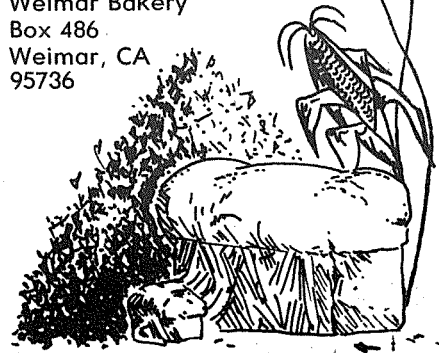
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___ 90°	Wheat Free
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___ 90°	Sprouted Wheat-Salt Free
___ 90°	Whole Wheat-Salt Free
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___ 1.25 lb.	Granola-Salt Free
___ 1.25	Whole Wheat Dinner Rolls-18 per pkg.
___ 1.00	Coconut Macaroons- One Dozen

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Adequate rest is essential for health. It is the way nature restores depleted reserves. As long as we live we constantly use energy. Even without physical activity we have basic caloric needs for keeping our heart beating and the blood coursing through our arteries and veins. It takes energy to breathe. Our brain is active during sleep.

We call this minimum energy requirement the basal metabolic rate or BMR. Measured in calories it amounts to between 1200 and 1400 calories for the average adult.

All of us add calories to what our basal rate is. The total caloric expenditure may be from 2,500 to 4,500 every 24 hours. A construction worker will use up more calories than a teacher or a draftsman. Every cell in the body expends energy. Rest helps us resupply these cells with the energy potential they need. With rest they can "catch up" on needed repairs.

REST AND RHYTHM

Rest is an extremely important part of life's rhythm. It is just as important to health as is activity. Rest is a time of fulfillment. We look forward to the end of the day or end of the week when we can stop and change pace, spend time in relaxation, and recharge our batteries.

You must rest to stay well. Your body is designed so that it cannot function without adequate periods of rest. To maintain vibrant health, you must have a balance between activity and relaxation. Even our most vital organs need rest. One of the best examples of the balance between rest and activity is your heart. The heart is the

strongest muscle in the body. In a twenty-four hour day it beats more than 100,000 times, pumps more than 2,000 gallons of blood and seldom misses a beat.

Such a heavy work load needs rest. A normal heart beats on the average of once every second. It only takes one tenth of that second for the heart to contract. In the remaining portion of the second the heart muscle relaxes. During this time the diastolic pressure of the blood vessels forces blood through the coronary arteries bringing each muscle cell its nutrients and oxygen.

Other organs of the body have this cycle of work and rest. For instance, the filters of the kidneys operate in shifts — one third of the glomeruli are active at any given moment, one third rest, and one third are in preparation, on ready-alert for action.

One of the reasons why you should not eat between meals is that the salivary glands, stomach, and other digestive organs need rest and time to manufacture the digestive enzymes.

Your entire body is filled with rhythm. Like a dancer, if you go with that rhythm, you are in tune with yourself. If your living habits are contrary to that rhythm, you will find yourself out of tune with health.

Proper rest habits contribute to the quality and intensity of life. They also add length to life and strengthen mental and physical efficiency.

THE VALUE OF SLEEP

Another major rest restorative is sleep.

We know there are two main types of sleep: REM sleep and NREM sleep. You need each type in order to reap the restoring benefits of sleep.

REM sleep is an abbreviation for "rapid eye movement" sleep. This is the first stage we go into when we fall asleep. The eyes move horizontally in rapid sequence. It is in this stage that most dreams occur. In order to maintain health, we must have 20-25% of our sleep in this stage.

The deeper sleep is called "non-rapid eye movement" sleep. In this stage, the

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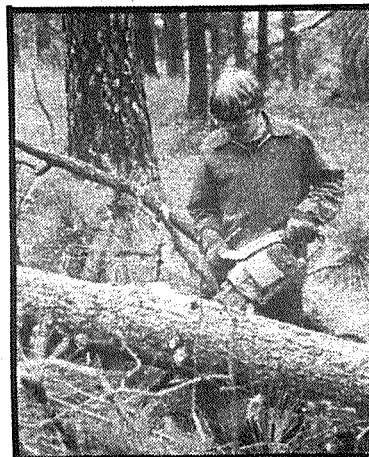
Drug



Work Education With Vocational Training

Weimar's work education program continues to spawn the application of new ideas in its various departments. Over the last seven years much discussion and study has gone into how to reorganize the work departments for vocational training; the object being to use the work departments such as the farm, bakery, store, offices, housekeeping, auto body shop, forestry, maintenance, etc., to teach students the viable principles of how to make a living with the work activity while at the same time meeting the immediate needs of the Institute.

Such a training for the students would greatly increase student motivation and interest in the work; more swiftly develop worker maturity to take personal responsibility for correct, good quality work; increase productivity both on the job and in



Safe use of chain saws

the classroom; and improve morale and personal worth. Included in the training could be classroom lectures and demonstrations, group problem-solving and individual practice in real life situations, teaching of business principles in simple record keeping, using the vocation as a new place to share Christ with others, learning safety measures and habits, and taking a few field trips to outside facilities and professionals in that vocation.

To a greater or lesser degree these ideas are being tried here at Weimar on an experimental basis. One such training course is developing in the forestry department under the direction of Bud Kruger. Weimar's "Forestry" program is not the typical government-defined training state foresters receive. It's a practical, tree and wood management course, seeking to teach students a self employable trade much in demand today.

The course runs four days a week for four hours a day over an eleven week period. This amounts to 150-160 course hours devoted to the study and practice of the es-

sential concepts. During this time a student will learn the basic procedures for cutting, handling, and storage of firewood, using power equipment safely, disposing of slash, and tree trimming and beautification. Other features include stress on physical conditioning and safe work habits in lifting, climbing, loading and unloading, two-cycle engine maintenance for chainsaws and a hydraulic wood splitter, the techniques for falling, limbing, and cutting up trees, how to buy one's own equipment, how to market one's skills in hiring out or setting up a personal business. The students also build their own climbing safety harness, learn tree climbing with ropes, and how to trim out a tree making it healthier, safer, longer living and better looking. Practice continues even off campus as the students use their acquired

Eng

skills

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outrea



Falling trees successfully Left to right: Bud Kruger, Bob Hancock, Cory

Opportunities For Service

The personnel director announces the following openings for dedicated, qualified, Seventh-day Adventist Christians: Send or call for an application from the Personnel Director, Weimar Institute, P.O. Box 486, Weimar, CA 95736 (916) 637-4111.

Agricultural Supervisor
(gardens and green houses)

Chaplain (Newstart Center)

Contractor (Construction)

Food Service Supervisor

Office Manager (Bakery)

Physician

Physician (Female)

Registered Nurse

Shop Manager

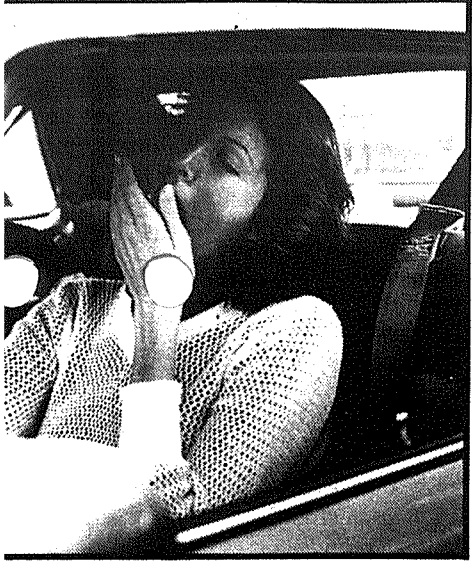
(Auto Body)

Store Manager

Executive Secretary

ND STRESS

ernon W. Foster, M.D.



types of sleep. You p the re or "rapid the first sleep. The sequence. ns occur. ust have non-rapid tage, the eyes are more or less fixed, although there may be occasional movement. About 75% of our sleep falls into this stage. When we go to sleep, we pass rather rapidly to NREM sleep which is divided into four stages according to the depth of sleep. After about 70 minutes, we return to a lighter stage and into REM sleep for 30-45 minutes. Again, we return to NREM for 60-70 minutes. This cycle is repeated four or five times during a seven or eight-hour sleep period. Drugs and alcohol bypass the REM sleep

and are definitely injurious to the restorative value of sleep. Taking a strong sedative may keep us asleep eight hours, but when we awake we feel tired and have not received the healing benefit of REM sleep.

When we do not get enough REM sleep, the body tries to make up for this lack on the next night of rest. In the case of alcoholic delirium tremens (DTs), the body has been deprived of REM sleep for such a long time that it tries to catch up even while the person is awake. The hallucination and agitation are dreams occurring while a person is awake. Most dreams that we have during sleep occur in the REM stage.

How much sleep do you need? Most adults need seven to eight hours of sleep. Children need more, and babies require as much as 20 hours out of a 24-hour period. As we get past 50, we need less sleep. It is all right to get up at four or five in the morning, and many older people do that very thing. If you are going to do that, you should go to bed at nine or ten in the evening.

Too much rest can be harmful. Forty years ago it was standard surgical practice to keep patients in bed two weeks after surgery. Mothers were kept in bed 10 to 14 days after delivery. This was wrong and caused body weakness, blood clots in the veins, and other complications. Now surgical cases usually get up within hours of their operation, and mothers get up within hours of delivery.

UNDERSTANDING FATIGUE

Basically there are three types of fatigue. The first is related to illness or injury and is called toxic fatigue. Bed rest is essential in this type of fatigue.

The other types of fatigue result from normal activity and stress. Normal fatigue is either hypertonic or hypotonic.

Hypertonic fatigue comes from too much mental and emotional stress without a balance of rest and physical activity. Draftsmen, accountants, teachers, doctors, and other sedentary occupations may experience this type of fatigue. Spectator sports, anger, anxiety and other negative emotions are important causes. The treatment for this type of fatigue is relaxing exercises and even strong physical activity.

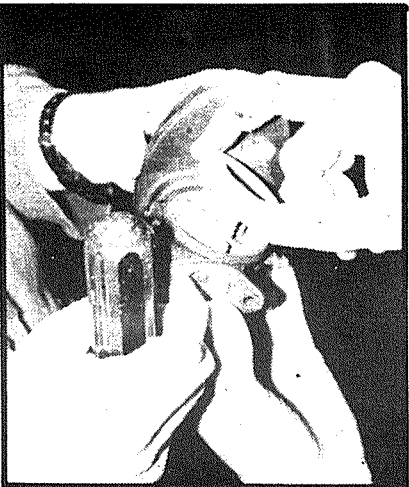
Hypotonic fatigue, on the other hand, comes from too much physical activity. It can come from sawing wood or digging ditches or some other strenuous activity. If you get fatigued on only slight effort it may be a sign of physical unfitness or a chronic degenerative disorder such as emphysema or heart disease. The treatment for hypotonic fatigue is sufficient rest and graduated exercise in addition to physical therapy.

An old proverb says, "The sleep of the working man is sweet" (Ecclesiastes 5:12). Physical exercise promotes sleep and is an excellent tonic in promoting muscle relaxation and relieving hypertonic fatigue.

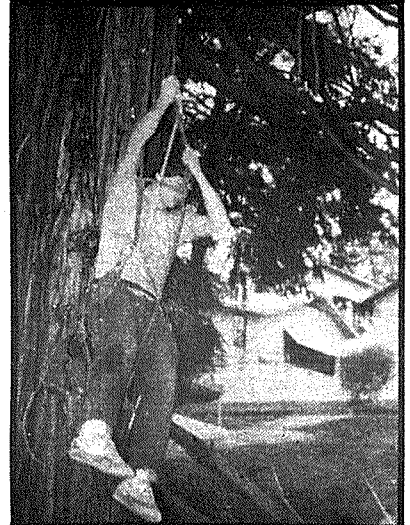
(To be continued next month: Relaxation and Insomnia.)

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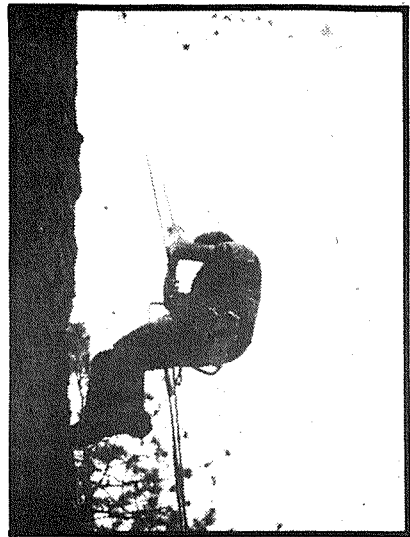
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Engine and equipment maintenance

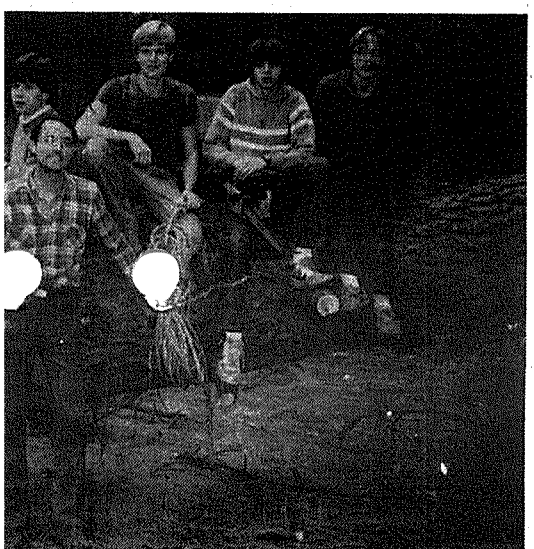


Using a safety harness and ropes

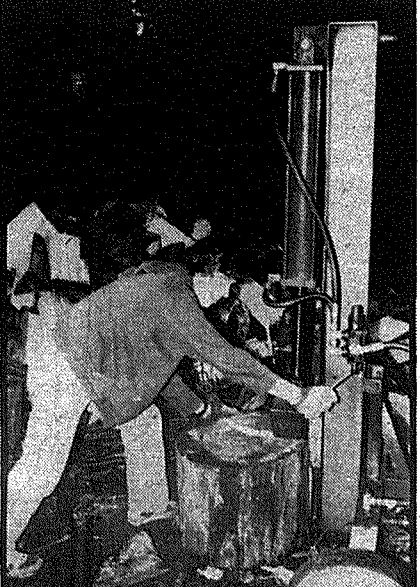


Tree climbing and trimming

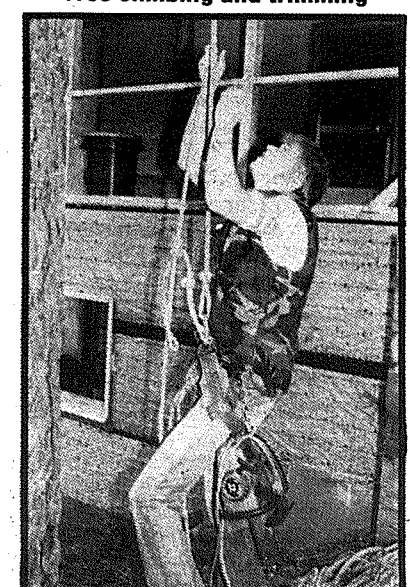
skills to trim or remove trees as a good neighbor service during their community outreach program on Fridays.



Left to right: Dean Strait, Greg James, Haneock, Cory Bell, Don Lorenson



Eric Flynn operates a hydraulic splitter



manual and vocational training for students. We are finding it a successful and rewarding approach to work education.

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5 Sale Ends December 30

MORE FUN THAN A BYPASS

Frank McGinnis
(NEWSTART guest October 28-
November 22 as told to Bud Kruger)

This has been a lot more fun than a bypass, cheaper too, and a lot more effective! Let me tell you how it happened for me.

My wife and I have lived in Carmichael, California — a suburb of Sacramento — for 20 years. There I've been a salesman for manufacturers of automotive equipment.

We've lived a pretty good life. Our diet has always included an ample supply of garden vegetables and whole grain bread. I don't use salt, or smoke. I did embellish our diet with stuff on the outside like generous quantities of (Snickers) candy bars and I could wade through a lot of (Baskin Robbins) ice cream. And I guess these became contributing factors to my problem: escalating blood pressure due to heart disease.

I began going to an internist in Sacramento for treatment. And we were able to keep the high blood pressure under control pretty well with diuretics. But after 15 years my situation worsened. I developed a painful arthritic gout from the high uric acid level in my blood. So I had to quit the diuretics. I began using alternative medications — about 8-10 — some rather powerful drugs that had conflicting side-effects. I had no way of knowing whether or not I was going to be so dopey from



Frank and Peg McGinnis

some side-effect that I couldn't keep my business engagements or whether I was going to be wide awake all night! I was wasting a lot of time, with my performance and sales going down. It was coming to the point I could hardly walk because of the pain from hardening of the arteries in my legs. I have no doubt or question at all that the next step for me would be a bypass operation. But a bypass only buys you a little time. As far as correcting the problem, it doesn't really do anything for you.

I had no alternative choices until I read

about the Pritikin program in the Wall Street Journal. I called them and they sent me out some literature. I decided to go take the Pritikin program but first I touched base with my internist about it. He told me I would just be wasting my time, and he gave me some different medication. So I put it off. Several months later I saw a very thorough article in the Sacramento Bee about Weimar's Newstart Health Program and was impressed. When I mentioned it to the internist, he just gave me the same reaction: "No, don't have anything to do with it. It's just a waste of time and money; no point in having anything to do with it at all!" But I got to thinking about it: "Hey! I've got more at stake in this than he does. I don't for a moment question his integrity. But if he's misinformed..." I decided to go ahead, call, and enroll. I had only a choice of the Newstart Program or a bypass.

My wife, Peg, came with me and we've been just overjoyed at the welcome and results we've experienced here. I especially want Peg to learn the cooking end of the program like maybe how to make tofu taste like ham 'n eggs.

We were expecting more of an impersonal hospital setting here but found it really different. As a rule you don't find

this type of atmosphere at a medical facility. All the doctors and nurses just made us feel very much at home the moment we walked in the door. I had a hangover from all the medication for the first few days. But now I'm off every one of the drugs. And my blood pressure is under control better just with this new lifestyle than with all the drugs I was taking before. And that's the way it's been here at Weimar. It's not a matter of "treatment" so much as that of a lifestyle for health. It's just a shame the medical profession on the outside doesn't have a grasp of the merits of this lifestyle. Their thrust is almost totally in the wrong direction as I see it.

As a side comment, I've never seen so many 22 inch waists in my life. It's just incredible! The only ones showing weight problems here are the patients. Everyone else is as slim as can be. Knowing you shouldn't eat certain things is all well and good; but knowing WHY you shouldn't eat them is much more valuable, which is what we gleaned from your program.

We're not Adventists but happen to be Catholics and we want to commend you for including the spiritual aspect in your program. It's really an important part of our being and can't be separated from the rest of the treatment or lifestyle.

Physician's Observations

By Sidney Nixon, M.D.

Vascular disease symptoms and signs are prevalent for Frank, but just looking at his physical appearance would never tell you so!

CLAUDICATION:

Frank's legs get tired, ache and pain in the muscles — when he is walking vigorously or uphill. His feet are chronically cool.

Cause: Diet and lifestyle have plugged the arteries to his legs and reduced blood flow.

CORONARY ARTERY DISEASE:

Frank had his heart attack 16 years ago. At the beginning of the NEWSTART session during his initial exercise treadmill at 80% predicted maximum pulse, myocardial ischemia was seen markedly as 3-4 mm ST segment depression at three minutes. He felt no chest pain!

Cause: The heart's coronary arteries cannot keep up with the heart muscle's need for more blood during exercise. They are plugged sufficiently by lifestyle and diet so that the muscle outworks its blood supply. Some hearts are able to cramp and call for rest (angina), other hearts are forced to keep on working and drop dead. For one-third to one half of the people who die today of a heart attack, sudden death is the first and only warning they receive!

HYPERTENSION:

Frank has known he has had high blood pressure for 15 years. His maximum recorded blood pressure was 240/138. All of the many, many antihypertensive medications have not reduced his high blood pressure. But they did make it hard to think, function and live! On admission he was taking Aldomet and Catapres, yet his BP was 180/90.

Cause: Generalized arterioclerosis and vasoconstriction from the wrong foods in the diet and lack of exercise, increase blood pressure.

There is a good possibility that atherosclerosis has plugged the arteries leaving the aorta for the kidneys. The kidneys worriedly send the molecular message (renin) to raise the pressure to maintain blood flow to filter and clean it for the rest of the body.

TRANSIENT ISCHEMIC ATTACK:

Following strenuous exertion, Frank had experienced one episode of cerebral vascular insufficiency — complete short-term memory loss and disorientation.

Cause: Atherosclerosis in brain blood vessels is often perceived as aberrations in vision, speech, confusion, or numbness or loss of hand-arm or leg function. These episodes may precede a completed "stroke" or "head attack."

NEWSTART Program Summary:

Whole plant food caloric consumption ranged from 700 to 1000 per day, and walking endurance increased from 1 to 9 miles. Exercise endurance by treadmill (Bruce Protocol) had increased from 3 minutes (6.7 METS) to 7 minutes 47 seconds (12.4 METS) after three weeks. Weight decreased 11 pounds. Antihypertensive medication was reduced in dosage and frequency and was stopped in the second week. Frank noticed the "90% absent" sense of smell returning. His blood pressure remained in the range of 150/90 and 170/100 off all medication. Exertional leg fatigue decreased markedly and foot coldness disappeared.

It is thrilling to be able to support fully a patient's strong desire to live as healthy a life as possible without medications. So often the fear of presumed complications stop both doctor and patient from choosing the best options. As Frank and Peg bring their diet and exercise habits, water drinking and breathing patterns, sunlight and outdoor living exposure, temperance, rest, and trust in God into harmony with Heaven's lifestyle, they are preparing for eternity's health and happiness.

Frank best articulates his thankfulness, "Not only have I experienced a remarkable restoration of health, but have had a thoroughly enjoyable time in the process."

"In addition to regaining a state of physical health I had too long taken for granted, I am entirely free of all medication, with its debilitating side effects."

"I thank God, and the enlightened and caring staff of NEWSTART for an exciting and speedy recovery."

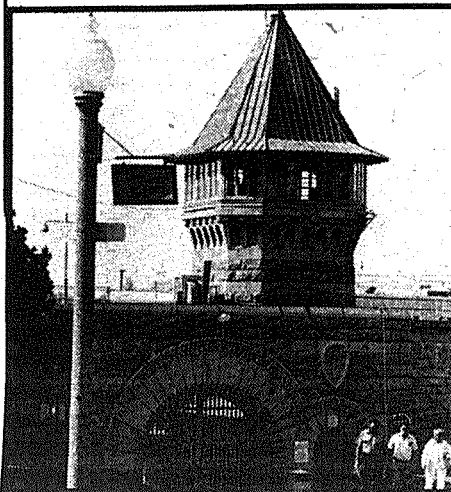
Making Friends In Prison

compiled by Steven Siciliano

As a community service of Weimar Institute, prison ministry has been growing in popularity. Student involvement began two years ago when two college freshmen joined a weekly visitation program conducted by a non-denominational Christian group. Stories of their experiences attracted the attention of others and the following year the number of visiting students went up to four, including three from the academy. The school then began to sponsor the program, assigning outreach credit to those involved and covering expenses.

Now in its third year, ten students participate on a regular basis. Two staff members, one of whom has been going for three years, are also involved in one-to-one visitation through the M-2 program. (see below).

To communicate some of the facts and philosophy behind prison ministry, here is a compilation of remarks made by those who are actively involved. (Quotations not credited to a specific source are taken from interviews conducted with four men on the Weimar campus. These statements were not necessarily direct responses to the questions beginning each section.)



At the gate of Folsom Prison

Isn't it frightening to visit a prison?

Commenting on his first visit, one who's been going regularly for over two years said, "I was a little shaky because I'd never been in a prison." Since the visits are conducted in a special hall and not in the cells themselves, he added that it is "very comfortable under these circumstances."

A student who visits a minimum security detention center said he had "the movie prison image," and thought it might be "a threat to my life," and instead found it to be "a nice campus." As the inmates approached to greet them, "any fears and anxieties I had vanished totally," he said.

A staff member sums up the general feeling in this way: "It's been much better than I expected. Once you get past those first misconceptions and first feelings you find out that, boy, there is really a lot of untapped resources in these people who are in prison. They are fantastic people. They've just made some wrong choices and mistakes."

Why do you go, just to "convert the prisoners"?

As one student said to an inmate who asked a similar question: "We're here to be your friends and get to know you, and see if we can help you in any way."

"He (the inmate) knows I'm a Christian. My object is to be a friend. If it results in bringing him to the Lord, I'd be happy. If I don't...everybody needs a friend."

"You are not in anyway responsible for changing the offender, nor for keeping him out of trouble, nor for making him happy. You are responsible only to give him the experience of a relationship with a positive, caring person." From *Volunteers in Corrections*, quoted in *M-2 In Touch*, November 1984.

What do you do there, preach?

"I'll ask what he's going to do with his career...just trying to help him make some solid decisions. Sometimes we'll get into a Bible study. We'll get into a topic that he's interested in and he'll ask a bunch of questions."

Continued on page 7



Bring NEWSTART To Your Community!!

Now YOU can be a Health Educator with
NEWSTART HOMESTYLE

It's EFFECTIVE!

"People have really learned and become excited about the principles of healthful diet and lifestyle changes. They leave the classes more excited about healthful living than when they began." — Len Tatom, Eugene, OR

It's in DEMAND!

"We have our class completely full with 25 people enrolled and have a waiting list started. We are so excited about the tapes and Kit II also... Thank you so much for this tool for sharing these ideas with others?" — Drs. Harald and Beverly Giebel, Ukiah, CA

It's SIMPLE!

"Today I began my first NEWSTART HOMESTYLE PROGRAM with 7 ladies in a friend's home and want to say how much I enjoyed sharing it with them." — Mary Grieve, Australia.

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Continued from page 6

"They're alone in the world, afraid of the future. (We) reassure them that they can make it in the world. God can get them together in this life, a good job, good friends... That's what is relevant to them."
"We even played basketball with the prisoners one time."

"The Lord God through Jesus Christ holds out His hand all the day long in invitation to the sinful and fallen. He will receive all. He welcomes all. It is His glory to pardon the chief of sinners. He will take the prey from the mighty, He will deliver the captive, He will pluck the brand from the burning..." Ministry of Healing p. 161.

Does it do any good?

"The prison officials say inmates with visitors are more contented, not likely to be fighting and things like that. They need to have somebody to identify with."

"80-90% of them never go back to crime. (Referring to M-2 wards.) They find a stability through that M-2 relationship and they're able to get out and succeed and be useful."

"It's just the magic of what happens to a person who is really down and out on himself and feels a total failure, he feels like he's worthless, he can't do anything or succeed, and somebody else comes along and expresses faith in him and trusts him with friendship and says, "hey, I don't think you're so bad, I believe in you, I believe in you enough to come and visit you, I believe in you enough to write to you, you're valuable to me." And that begins to rub off on this guy or gal. And they start believing in themselves again, and thinking, 'hey, maybe I can make it.'"

"It's a gift of self-worth that's given to these people through your personal friendship. And of course that is really made successful if there's enough time in the friendship for Christ to be brought into it."

"The Saviour's example is to be the standard of our service for the tempted and the erring. The same interest and tenderness and long-suffering that He has manifested toward us, we are to manifest toward others." Ministry of Healing p. 162.

But does it do any good on a spiritual level?

"After nine months I can't say that I've converted him or anything like that. But he began to think about things. It was his first religious encounter. He feels he's becoming a Christian. He finally realizes there is a God and that He (God) loves him."

The inmates respond positively to the elements of a Christian lifestyle. "When they hear why we live the way we do, they say, 'that makes sense.'"

"I think soul-winning is this preparatory work of winning the confidence of somebody and getting them to open their eyes to higher values and that there is a more excellent way of life than they've been living and that it is available to them. Sometimes you can't get that message across just by talking. You have to get it across by being seen in your life. And that's what this does. By example, by association, while you're talking, the message is conveyed and that makes eternal impressions for good."

"The love of Christ, manifested in word and act, will win its way to the soul, when the reiteration of precept or argument would accomplish nothing." Ministry of Healing p. 163-64.

Isn't it a big inconvenience to visit prisons?

"If anybody wants to go I think it's a good experience. It shows (me) I really have something special (in the Lord) that people need."

"It's really been exciting. When you share like that it opens up a whole new world. It's an experience that really lifts the spirits. It draws out the sympathies that Christ put there (in your heart)."

"I come out of there with just a high feeling you might say, to know that we have shared, we have made an impact. I see young Christians who have not really established an ongoing relationship with the Lord very firmly just craving to go also. They begin to see that they have something, even though it might be on not too deep a level, that these inmates can relate to. They can see that they are filling a need. And I think that it's allowing them to grow at a faster rate."

"As we partake of His Spirit, we shall regard all men as brethren... Then we shall meet them in such a way as not to discourage or repel them, but to awaken hope in their hearts." Min. of Healing p. 165.

Continued on page 8



Hopelessness can breed futility, hate, and more crime

Weimar Bulletin

Weimar Institute is a multi-phased ministry whose keynote is SERVICE. Working in harmony with the basic tenets of the Seventh-day Adventist Church, the Institute is comprised of physicians, educators and other laymen. Our primary goal is to uplift God's character as the One who restores His image in His people on earth. Weimar Institute ministers to the physical, the mental and the spiritual aspects of humanity. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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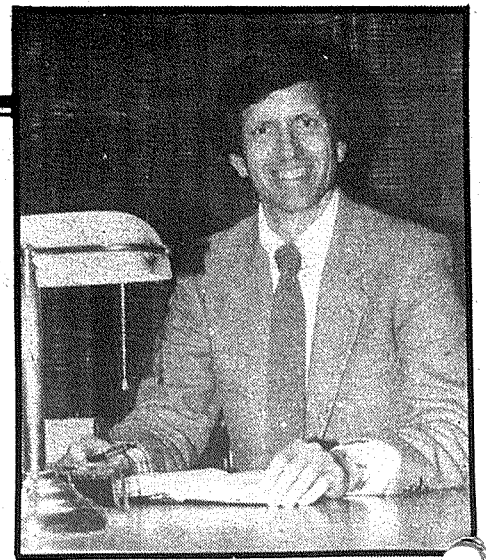
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IS WEIMAR LIBERAL OR CONSERVATIVE?

By Dick Winn



I must admit to a little glow of satisfaction when people ask that question. I am aware of many people who are just becoming acquainted with Weimar Institute, and — using the typical meanings of these overused words — wonder if this is a liberal or a conservative organization.

And those who are convinced that it certainly must be a conservative group of people might be surprised to learn that others are suspicious that we are too liberal! Others are scratching their heads, not certain how to read the signals.

The sense of satisfaction I feel when people can't figure us out does not come from a half-hearted attempt to ride the fence. We are not trying to strike an easy compromise, half way between traditional liberal and conservative positions, thus trying to blend with both. We like to believe that we know where we stand, but

that we are not satisfied with the typical meanings which people bring to these words.

In a nutshell, I am persuaded that there is a difference between a conservative lifestyle, and the methodologies often tied in with conservatism. There is every good reason to be in favor of a disciplined, consistent lifestyle, carefully aligned with high personal standards. But there are many people who hold that such a conservative lifestyle can be maintained only by certain heavy-handed methods often associated with this position.

Frankly, I fear that the conservative lifestyle has fallen into disrepute among many thoughtful people just because of these methods. To be specific, many people view the conservative as one who is quick to impose his view of right and wrong on others with little regard to their

individual freedom of conviction.

Often the conservative is quick to use the methods of judgment, guilt manipulation, and pious ridicule to intimidate others into seeing things his way. He is intolerant of alternative views, and uses the black-and-white reasoning which says, "If you don't entirely agree with me, you are entirely wrong, and therefore an enemy."

Conservatives often hold that obedience can be simply commanded or muscled into being, and view loving patience as sentimental weakness. They are more concerned with the rightness of a position, than for the dignified freedom of the person who may choose to hold that position, should he be trusted and respected.

All too often, I have seen uptight conservative parents literally drive their children into rebellion, then use that very rebellion as evidence for more harsh treat-

ment and rejection. They then look at the "liberal influences" in society to blame for their children's spiritual wanderings.

At Weimar Institute, we believe that a truly conservative lifestyle can be upheld without resorting to any of these methods. Indeed, we are convinced that high personal standards can be embraced enduringly only when people are trusted to see the inherent wisdom of God's standards, and given the freedom to choose what is right. Admittedly, the path to obedience won't be as tidy and outwardly rapid in its benefits as that pushed by more conservative elements. But if Paul could say, "Let every man be fully persuaded in his own mind" (Romans 14:5), then so can we.

I like to look at it this way. When I'm dealing with myself, I am quite conservative. When dealing with others, I find it healthy to be trustingly liberal.

Re-Creation Unlimited Coming to Weimar

By Sue Chirco

Vacation time!

...one of the main focuses on Re-Creation Unlimited. Developed and directed by Fred and Lavon Ramsey of California, this new and unique outreach is designed to provide Americans with a more enjoyable summer vacation. Dedicated Christian people give of their own holidays to volunteer their time and talents to work with the various Re-Creation Unlimited programs offered at campsites throughout California. Included in the programs are activities such as: hiking, boating, waterskiing, picnicing, classes in nutrition, cooking, crafts, nature, physical fitness.

The programs are for the entire family! The goals of those affiliated with the Re-Creation Unlimited family are to provide both a unique and rewarding experience for Americans on vacation, and to present to these people the beauty and character of Jesus Christ. Through these programs, and, most importantly, through meaningful friendships between the campers and volunteers, these goals are being reached.

In preparation for service with Re-Creation Unlimited, the Ramsey's conduct weekend seminars which instruct volunteers in the principles of

sharing Jesus with men and women of all ages and from all walks of life. "Sixteen Basic Skills for Reaching Secular People for Christ," is the focal point of the seminar presentation.

Those interested in becoming volunteers for Re-Creation Unlimited should contact Fred Ramsey for more information at P.O. Box 53, Lakehead, CA 96051, phone (916) 547-4872.

A Seminar will be offered at Weimar Institute on the following dates: February 8-10.

Contact Paul Hawks, College Dean, for more information and registration.

Continued from page 7

How can I get involved?

On a local level check with your church or church conference office to see if there are any individuals or groups in your area who are involved in prison ministries.

Or, get in touch with Christian organizations operating with the express purpose of serving the needs of prisoners. Jesus Behind Bars is one such program. It is a non-profit, multi-faceted ministry organized by Seventh-day Adventist lay persons. Spreading around the world, it provides a variety of services including counseling of inmates and their families, chaplains-in-residence, inspirational meetings, promotional television programs, hot lines and more.

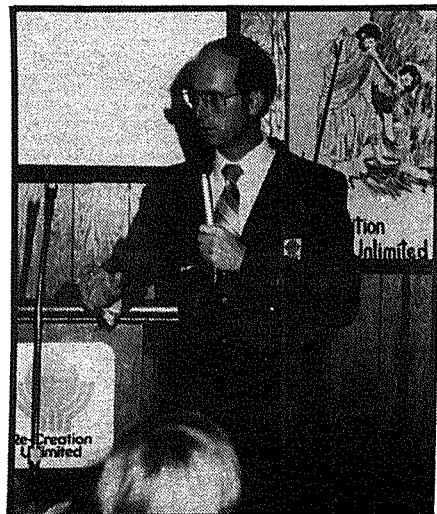
Contact Jesus Behind Bars, P.O. Box 7949, Orlando, Florida 32854. Phone (305) 869-7727.

A very successful program operating in California since 1971 is the M-2 (Match-two) program. The M-2 program "matches" an inmate with a friend on the outside. Its goal is "to alleviate prisoners' feeling of alienation and rejection" and to promote "successful completion of parole and re-entrance into society as productive, law-abiding individuals."¹ "Our mission is clear — to find friends for men, women and teens in prison and to see those friendships change lives."²

Contact M-2 Sponsors, Inc., San Quentin, CA 94964.

(1&2 taken from M-2 InTouch, M-2 sponsors of California newsletter, November 1984.)

"My own heart was melted and overflowing with the love of Jesus, and I longed to present Him in such a manner that all might be charmed with the loveliness of His character." Ellen White, referring to her visit to a prison, 4T p. 292.



Fred Ramsey: director of RU

CALL TODAY!
 Join a "learning group" at RU Seminar this season! Do it today.

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Jan. 19-21	Angwin, Cal.	D. Duerkson (707) 965-3843
Jan. 25-27	Sonora, Cal.	L. Record (209) 584-1591
Feb. 1-3	Lynwood, Cal.	L. Schaffner (213) 638-0433
<u>Feb. 8-10</u>	<u>Weimar, Cal.</u>	<u>P. Hawks (916) 637-4111</u>
Feb. 15-17	Thou. Oaks, Cal.	R. D'Amico (805) 499-4363
Feb. 22-24	Cent. Wash.	Eld. Kilcher (509) 663-3053
Mar. 8-10	Apison, Tenn.	H. Kuebler (615) 236-4214
April 19-21	Caldwell, Ida.	C. Hall (208) 459-1627

 — Registration and materials \$35.00 per person. Discount for six-week advance registration. Enrolled students half price. No charge to Seminar Alumni —
