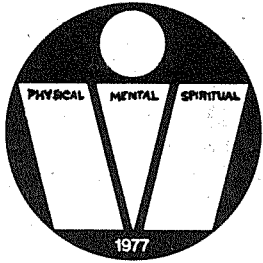


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Weimar Bulletin



Address
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Vol. 9 No. 1

Weimar Institute

Box 486 Weimar, CA 95736 February 1985

TROUBLE RESTING?

Vernon W. Foster, M.D.

(This is the second part of Dr. Foster's article on rest as a health essential. Many people today suffer from stress in an up-tight world and want to know how to relax and how to sleep. Here are some workable answers.)

Progressive Relaxation

Relaxation can be achieved by a simple technique developed by Dr. Edmund Jacobson in the 1930's. It is called Progressive Relaxation. Here is how you do it:

Sit in a comfortable firm chair. Put your feet flatly on the floor and be conscious of a good sitting posture. Concentrate on your legs, thighs, buttocks, abdominal wall, forearms, shoulders, back of neck, forehead, face.

Close your eyes and concentrate on both legs, checking for any difference between the right and left. Continue right up your body to your chest and arms noting any difference between right and left. Become conscious of your face and forehead as well as your neck. See if you detect any difference between right and left.

Check your breathing. Focus first on your right nostril and picture the air flowing freely in and out. Keep breathing slowly and then concentrate on the left nostril feeling the free flow of air in and out. Now concentrate on both nostrils, breathing deeply allowing two or three seconds for inspiration and the same for expiration. Do this for about 12 or 14 breaths.

Now focus your attention on your right hand and arm. Make a tight fist. Tense the forearm and tighten your upper arm by allowing your elbow to dig into your right side. Hold this for seven seconds then relax. Notice how relaxed the muscles of your arms feel. Your hand even tingles.

Repeat the same procedure with your left hand, forearm and arm. Relax.

Now work on your forehead and scalp muscles. Wrinkle your brow and hold it for a few seconds. Contract your forehead and temple muscles by closing your eyes tightly for seven seconds. Relax.

Focus on your facial muscles. Spread your lips back in a grimace. Hold for several seconds. Now tighten down in jaw and grimace. Hold for seven seconds. Relax. Drop your jaw and then close it; move the jaw from side to side. Relax and focus your attention again on your nostrils.

Focus now on your chest. Expand it by leaning forward in your chair and arching your back. Be aware of the rib muscles as you do this. Hold this for several seconds, relax by returning to the upright sitting position.

Tense your abdominal muscles and then relax them. Note the massaging action of the air each time you take a breath. The abdomen is actually relaxed with each inspiration. Proper use of the abdominal muscles helps expel the air from the lungs. Proper abdominal breathing relaxes your whole body.

Focus next on your upper leg (thigh) and buttocks. Tense these muscles and hold for seven seconds. Now slide your foot forward keeping the sole flat on the floor. Tighten the lower leg and foot muscles and hold for seven seconds. Relax. Repeat the same procedure on the left side.

Now return your attention to your breathing. Concentrate on the right nostril for a few seconds and then the left. Now both. Take ten deep breaths, slowly imagining the air going down through the diaphragm, through your legs, to the tips of your toes.

Now you are relaxed. You can open your eyes and face your world with new freshness and poise.

Sleep Disturbances

There are many disturbances of sleep. There is somnambulism or sleepwalking. This occurs in the stages of deeper NREM sleep. It is rather rare.

Narcolepsy is a more common condition in which the person has short periods of unconscious sleep occurring without warning. The cause of this problem is not fully understood, but it can be helped considerably by vigorous exercise on a regular basis and by contrast baths or the cold-mitten friction.

The most common sleep disturbance is insomnia — difficulty in going to sleep or difficulty going back to sleep when one wakes up in the night. There are a variety of causes for insomnia. One common cause is the use of drugs. Stimulants such as tea, coffee, and cola drinks keep us awake because of their caffeine content. Sedatives may also be a cause of insomnia because the body develops resistance to their effect. Psychiatrists call this phenomena "tolerance." The more we use, the more we need to get the same effect. Some drug addicts can take 100 times the average therapeutic dose of a "downer" and still not get overly sedated.

Avoid all drugs, and especially alcohol, if you want to get a good night's sleep.

Persistent insomnia can be a serious thing. It may be a symptom of underlying body or mind problems. Early awakening may be a sign of an organic depression which might require psychiatric care. (Do not worry about this if you have had six hours of sleep.) Persistent insomnia may require a thorough checkup in a sleep laboratory.

In mild or occasional cases of insomnia, the following program may prove helpful. It is worth trying.

1. Establish a regular daily schedule. Get out of bed at the same time each morning. Go to bed at the same time each night whether you are sleepy or not.

2. Eat your meals at the same time each day. Eat a light evening meal or even skip supper if you are having a weight problem. Do not drink liquids with meals and avoid spices.

3. Avoid drinking any alcohol. This is a very important item, although you may find authorities who disagree or who may even prescribe this as a sedative.

4. Have an adequate and regular exercise program.

5. Applying gentle heat to your body is a helpful aid to sleep. Do not take a hot bath before going to bed — it is too stimulating. Take a neutral bath or shower or apply warm fomentations.

6. Try to sleep where it is quiet. You may have to use ear plugs.

7. Be sure your room is well ventilated with fresh air. Properly ionized oxygen as found in outside air can make the difference in your getting restful sleep.

8. Try counting slowly. Just say: "one...two...three..." Counting one second at a time may get you to sleep in a minute or two.

9. Do not get upset if you do not go to sleep. Lie quietly in bed and you will have catnaps without realizing it. Eight hours of lying in bed will give you the equivalent of four hours of sleep — and you will break the vicious cycle caused by worry.

10. Try to end your day on a low key. Avoid physical or emotional highpoints near the end of the day. Try your relaxing exercise given above. Avoid TV, especially the spectator sports.

11. Spend some time in quietness: reflection, meditation, and prayer. Gratitude leads to sound sleep.

12. Make sure the bedroom is dark. Then see how long you can keep your eyes open.

13. Try recalling the last time you had a good night's sleep.

14. Still cannot sleep? Do not get discouraged. Remember Napoleon? He got less sleep than you do, and he conquered most of Europe. Thomas Edison claimed he slept less than two hours a night. We do not

Continued on page 3

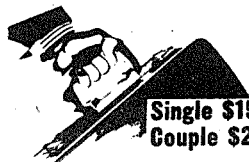
FEATURES

Chocolate or Carob? p. 3

You Can Do It Too! p. 5

Who Dug The Chasm? p. 6

In a hurry? No time for a 25-day NEWSTART health session? Get many of the benefits of a regular session in just 12 days at our Mini-NEWSTART March 10-21.



Single \$1500
Couple \$2700

Make reservations now.

See page 2.



RHEUMATOID ARTHRITIS: After 30 Years, The Pain Is Gone!

(Angel Love Combs, NEWSTART guest December 30 to January 24, 1985, as told to Barry Kimbrough.)

"I am very glad I came. This experience is really going to turn my life around." For Angel Love Combs the NEWSTART program has greatly aided her ability to cope with rheumatoid arthritis — a condition she has lived with for 30 years. "I was get-

ting depressed because of the rain which irritates my arthritis and increases the pain. Chronic pain is very depressing. You know when you go to bed that the pain is going to be there when you get up the next morning."

Like many diseases, there is no immediate cure for rheumatoid arthritis in the current medical market. But daily applying God's eight true remedies will lessen the pain and make life a little easier for those with this condition. "Because of my walking," Angel commented, "I've already found muscles I didn't know I had when I first came. My mental outlook is better." Walking — an exercise many take for granted — is not so easy for Angel. "I have to wear shoes which are specially made for people with arthritic problems in their feet. Although they are expensive, they make walking much easier. Otherwise, I can't walk."

Not only has she begun a healthy exercise program, but she has been able to lay aside several medications which had harmful side effects. Angel had ulcer surgery twice previous to coming to Weimar. "It was felt that my arthritic medications were a great part of the cause of the ulcers." Now with the encouragement of the qualified NEWSTART medical staff she has discontinued using many of these. "In

the past I have taken as many as 7 pain pills in a 24-hour period. But I had two yesterday, and 3 the day before that. Also, I am no longer taking my sleeping pills. As of last night, I did manage to sleep." She added, "I've cut down on my muscle relaxants."

The hardest part of any lifestyle change is maintaining it when outside of the environment in which it was adopted. Angel, however, is determined to continue this new way of living. "When I go home there are going to be some changes. My husband sent me to Weimar to learn about a healthful lifestyle, and I have already written to him saying that he can expect things to be different. I am taking all the lectures home with me on tape so that my family will know that this isn't just my idea."

As Angel can attest, the greatest true remedy of all is trust in God. "I've attended every morning worship so far, and I've started reading the Bible since I have been here. I picked up the room copy and before I knew it I had read 3 or 4 chapters of the book of Genesis! When I told Dr. Nixon he said, 'Praise the Lord!'"

We are glad to have been able to share in Angel's "new start" on the road to health. "All I can say," she concluded, "is that it has really been worth the money for me and my family."

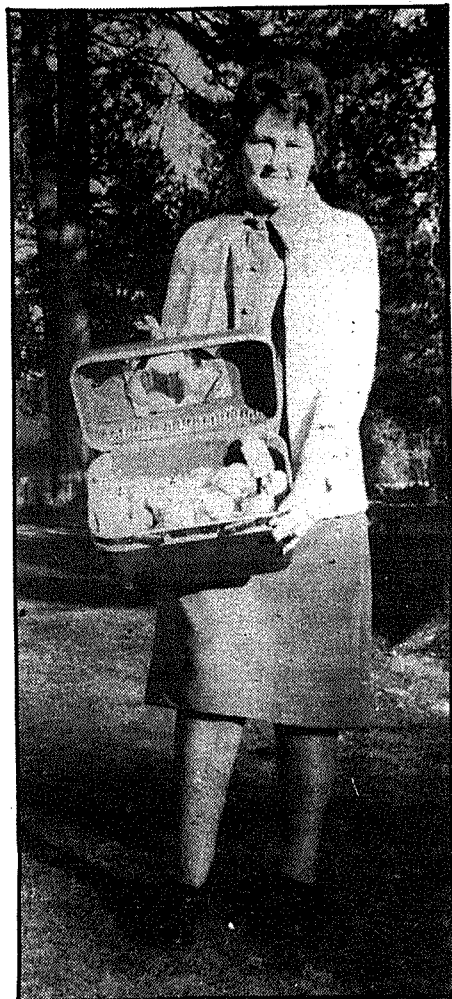
Physician's Observations

By Sidney Nixon, M.D.
NEWSTART Physician

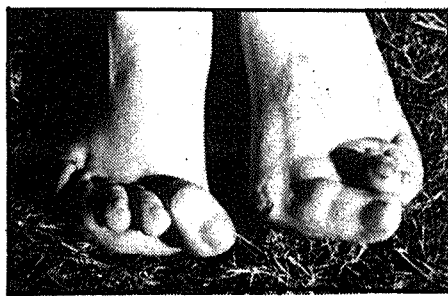
Rheumatoid arthritis began 30 years ago at age 21 during Angel's third pregnancy. Without an understanding of whole plant food nutrition, her diet has included all types of animal meats and products, and reduced plant food substances. Ham has been her favorite animal flesh.

As joint-lining cells and white blood cells carried on their civil war, ligaments and tendon sheaths loosened. As joint deformity increased, exercise and work capacity decreased, forcing her early retirement from nursing. For a mind and tongue accustomed to "hyper-speed" pace, inability to respond with a similar physical pace added frustration. Cardiac arrhythmias indicated other body organs were being affected. Angel's daily dosing list grew to 10 medications and 13 vitamin, mineral, and electrolyte supplements. Still the joints' pain relentlessly grew worse. As her body fought to resist the entrance of harmful meals, the war extended to the walls of her digestive tract, and she experienced excruciating pain in the middle of every meal. One severe bleeding episode, and a second attack with severe abdominal stress, swelling, and pain, secondary to medical therapy, required surgical repairs. Rain-pain-depression cycles dragged her down.

Continued on page 3



Angel continues taking only two of the 23 medications she arrived with.



"My feet are no longer swollen and they rest flatter on the ground."



"The pain is completely gone! Only the deformity remains."

1985 NEWSTART Program Dates and Details

1985 NEWSTART Schedule

Feb. 10 - Mar. 7	Session II
Mar. 10 - Mar. 21	12-DAY Mini-session
Mar. 31 - Apr. 25	Session III
Apr. 28 - May 23	Session IV
May 26 - Jun. 20	Session V
Jun. 23 - Jun. 29	ALUMNI WEEK
Jul. 7 - Aug. 1	Session VI
Aug. 4 - Aug. 29	Session VII
Sep. 8 - Oct. 3	Session VIII
Oct. 6 - Oct. 31	Session IX
Nov. 3 - Nov. 28	Session X
Dec. 1 - Dec. 19	19-DAY Maxi-session

Sessions include:

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

NEWSTART Costs

Full patient \$3,500
Spouse patient \$2,650
Spouse companion \$1,200

Reduced rate for short sessions.

We encourage the spouse to attend so he/she can help the patient continue the program at home.

Approximately 20%-30% of total cost can be covered by insurance if your policy pays for "outpatient costs."

We are covered under medicare B.

Reserve a place for me in the _____ dates _____ program.

My need is:

health education and disease prevention
heart disease
high cholesterol or triglycerides
hypertension
diabetes
cerebrovascular disease

cancer
kidney disease
arthritis
allergies
obesity
other

Name _____ Phone (____) _____
Street _____ area _____
City _____ State _____ Zip _____

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Chocolate Or Carob?

By: Dottie Allen

KEYS TO HEALTH

God's Eight Natural Remedies

NUTRITION   
EXERCISE  
WATER 

SUNSHINE   

TEMPERANCE  

AIR   

REST   

TRUST IN GOD 

Acronym by
Bill Dawson

Design by
Terry Zeyen

Reference: E. G. White, *The Ministry of Healing*, p. 127.
(Pacific Press Publishing Association, Boise, ID, 1905).

Both of Angel's home physicians have been through the NEWSTART program, her general practitioner-surgeon and her vascular surgeon. They urged and finally insisted that she come for the 25-day lifestyle health education program. On arrival, Angel admitted, "I have lost the spark. I can't bounce back any more."

She began immediately to improve. With vigorous hydrotherapy, including paraffin baths, blood circulation was stimulated to aid the joints. Regular meals of whole plant food and early to bed for plenty of rest enabled her to exercise on the bicycle from 40 to 100 minutes per day by intervals. Her walking increased from one to eight miles per day. On departure day, she actually ran part of Weimar's 1/2 mile campus-loop without pain.

During the final physician's consultation, we went over her progress together. She held up her hands, saying, "The pain is completely gone. Only the deformity remains." "My feet are no longer swollen and rest flatter on the ground." Right ankle and knee and left shoulder and left jaw joint pains are gone, along with back pain. Abdominal pain during meals is gone. Irregular pulse still remains. Weight decreased 10 pounds, and serum triglycerides dropped from 261 to 111 mg/dl. She continues with only two of the 23 medications she arrived taking. Best of all, she has found a basis for building her trust in the Lord who loves her. She has begun reading the Bible, and spoke her first prayer aloud, thanking the Lord for His great goodness in her life.

PRAISE GOD, FROM WHOM ALL HEALING FLOWS!

Continued from Page 1
recommend that. But if you have trouble sleeping, don't get discouraged — perhaps you are a genius!

Selected Reading

Guyton, A.C., *Function of the Human Body* Philadelphia. W. B. Sanders Co., 1974. pp 345-350.

Current Research on Sleep and Dreams, U.S. Public Health Service (Franklin Watts, N.Y., 1981).

Here are some facts to help you evaluate chocolate and its suitability as a food compared to carob. Then you can make a sound decision based on facts and not on taste alone.

CHEMICAL TOXICITY: All brands of cocoa from which chocolate is made, contain more tannin per cup than tea which has approximately two grains tannin per cup.

Theobromine in chocolate causes headaches, central nervous system irritation, general or localized itching, depression and anxiety. Caffeine content may be as high as 112 milligrams per cup of cocoa beverage. Carob contains no tannin, caffeine, or theobromine.

ADDITIVES: The bitter flavor of chocolate requires additives, as well as large amounts of sugar to mask it and make it palatable.

Oils must be combined with chocolate to eliminate the grainy texture.

Chocolate has a minimum of 50% of the calories from fat. When milk, cream, or oil are added to help texture, it produces an extremely rich, heavy, oily, indigestible, unhealthful item.

Carob does not have this bitter flavor so does not need additives, excessive sugar, or oil.

HARVESTING: Cocoa beans come from countries where sanitation levels fall far below those in the United States. Workers

cut the bean pods from the cacao tree, and pile them in the yard to ferment for three to eight days. Fermentation is essential to develop the chocolate flavor. But insects, rodents, and small animals make nests in the piles and many kinds of contamination can occur. Also during the fermentation process, the temperature rises and heat builds up, which promotes the growth of bacteria and molds. Quantities of aflatoxins, the cancer producing agent from life molds, are produced in the cocoa beans.* Carob requires no fermentation to develop its flavor.

The U.S. Department of Health, Education and Welfare list contaminate levels in chocolate from "insects, rodents and other natural contaminants" two ways:

1. Visible or solid animal excreta must not exceed 10 milligrams per pound.
2. Chocolate powder must not have more than 75 insect fragments in three table-spoons of powder.

Many individuals thought to be allergic to chocolate may be allergic to the animal parts within the chocolate. Carob has no known allergic reactions.

BREAST AND PROSTATIC HYPERTROPHY: Women are advised to discontinue the use of coffee, tea, colas, chocolate, and all forms of methylxanthines as a breast-cancer control measure. Many physicians believe the effect on the male prostate is similar to that on the fe-

male breast. Carob contains no methylxanthines.

Chocolate or carob? Is there any question.

*Aflatoxin may also be present in peanuts, corn, peas, beans, etc. that have been improperly processed or stored.

Further Study: and Reference Material

Booklet by United States Dept. of Health, Education and Welfare, "The Food Defect Action Levels"

FDA Guidelines and Compliance Branch, Bureau of Foods, 200 C. St. S.W., Washington, D.C. 20204

Chocolate, Coca Cola, Cocoa and Coffee. International Nutrition Research Foundation. Riverside, CA.

Journal of the Association of Official Analytical Chemists 62 (5):1076-9.

American Journal of Clinical Nutrition 6 (2) 1960.

Applied Microbiology 20:644-654, October, 1970

CHANGE The Trend!

Buddy L. Kruger

Even hitchhikers have noticed the trend! A middle-aged ranch-hand, on his trip from Washington state to Salt Lake City, Utah, a couple of weeks ago was thumbing a ride near Klamath Falls, Oregon. I stopped for him and soon we were engaged in a good conversation.

He had done considerable "hitching" in recent years, but of late he had begun to notice a disappearing of friendliness among fellow hitchhikers. "Used to be you could count on making friends everywhere you went," he said. "Why, wherever you found yourself there was always someone else who'd come over and sit down with you and share a cup of coffee and some good talk with you. You could get to know them while you waited for a ride. Not now though." He went on to explain how "hikers" more and more are afraid, suspicious, in a big hurry, self-defensive and stand-off-ish.

I was glad I picked him up. We learned much from each other as the miles passed. But his remarks about

friendliness have come back to me several times. They bother me! It's not a good trend for the future.

Friendship is really basic to the health of society as well as of individuals. Human beings just need deep, caring, non-sexual relationships with those of both sexes. Their character, stability and growth demand it. Optimism and productivity are fed by it. The strength of nations builds on this close-knit fabric of warm, human interactions, Men, women and youth all need the encouragement, the stimulus to excellence, and the crisis-support of solid committed friendships.

By committed, I mean: a friend has decided to love and minister to your wellbeing in spite of your weaknesses and failures toward him. He'll sacrifice himself to listen to you, meet your needs and make you more comfortable, successful and happy. He'll pray for you through your troubles and continue to believe in you when you can see no reason to go on and want to give up. From these kinds of friends you can catch new inspiration for living. This is the kind of friend Jesus Christ is to every human being, although most are blind to His attentions.

The tragedy of our times has been a loss of this kind of permanent, quality friendship. The superficial entertainment world of TV, theater, and media amusements have influenced us with spectating and passivism so much that

people in general may be losing the social skills, initiative and courage to be active, giving, out-reaching friends to others. They sit like dry sponges, waiting to absorb, to get, to receive, forgetting how to give. So true friendships have almost become extinct. Very few people in our society today can count even one, really committed friend among their acquaintances.

How do you change this and begin finding a circle of such close comrades?

You begin by first becoming a committed friend yourself to someone else. Look among your casual friends to find one you're comfortable with and begin giving yourself to and for that person in extra ways and time as mentioned above. Let no weakness you discover turn you away from prayer for him and action to lift him up. Become a GIVER of blessings instead of one who has to be always collecting them. Your influence will catch on with your friends. They become inspired to link up with Christ and become "givers" too.

Perhaps with you and me beginning to re-discover and practice true friendship, a social revolution will start and the trend would be changed. Our communities and country will become happier, safer places to live.

(Next issue: How to grow a more perfectly bonded marriage relationship.)

Jacobson, E., "Progressive Relaxation." cited from *The Book of Health*, "American Health Foundation. E. L. Wynder, M.D. Editor: Pub. No. 1389, 1965

Belloc NB and Breslow L., "Relationship of Physical Health Status and Health Practices." *Preventive Medicine* 1-409-421-1972.

FAMILY LIGHTHOUSES

GOD TREASURES YOUR NAME

"Our time, our strength, and our energies belong to God; and if they are consecrated to his service, our light will shine. It will affect first and most strongly those in our own homes, who are most intimately associated with us; but it will extend beyond the home, even to "the world." To many it will be a savor of life unto life; but there are some who will refuse to see the light, or to walk in it. They are of that class spoken of by our Saviour, when he said: 'And this is the condemnation, that light is come into the world, and men loved darkness rather than light, because their deeds were evil.' Such are in a very dangerous position; but their course does not excuse any of us from letting our light shine.

Suppose that because some ship had disregarded his warning beacon, and gone to pieces on the rocks, the lighthouse-keeper should put out his lights, and say, "I will pay no more attention to the lighthouse;" what would be the consequence? But that is not the way he does. He keeps his lights burning all night, throwing their beams far out into the darkness, for the benefit of every mariner that comes within the dangerous reach of rocks and shoals. Were some ship to be wrecked because the lights went out, it would be telegraphed over the world that on such a night, at such a point, a ship went to pieces on the rocks because there was no light in the tower. But if some ships are wrecked because they pay no attention to the light, the lighthouse-keeper is guiltless; they were warned, but they paid no heed.

What if the light in the household should go out? Then every one in that house would be in darkness; and the result would be as disastrous as though the light were to go out in the lighthouse tower. Souls are looking at you, fellow-Christians, to see

whether you are drunken with the cares of this life, or are preparing for the future, immortal life. They will watch to see what the influence of your life is, and whether you are true missionaries at home, training your children for Heaven.

"A well-ordered Christian household is an argument that the infidel cannot resist. He finds no place for his cavils. And the children of such a household are prepared to meet the sophistries of infidelity. They have accepted the Bible as the basis of their faith, and they have a firm foundation that cannot be swept away by the incoming tide of skepticism.

We need divine help if we would keep our lights burning. But Jesus died to provide that aid. He extends the invitation: 'Let him take hold of my strength, that he may make peace with me; and he shall make peace with me.' Cling to the arm of Infinite Power; then you will find him precious to your soul, and all Heaven will be at your command. 'If we walk in the light, as He is in the light,' we shall have the companionship of holy angels.

Then, Christian friends, fathers and mothers, let your light grow dim—no, never! Let your heart grow faint, or your hands weary—no, never! And by and by the portals of the celestial city will be opened to you; and you may present yourselves and your children before the throne, saying, 'Here am I, and the children whom thou hath given me.' And what a reward for faithfulness that will be, to see your children crowned with immortal life in the beautiful city of God!"

Source

E.G. White, "Christian Homes," The Signs of the Times, Volume 12, Number 2, January 14, 1886, p. 10

What does your name mean to others? Think about it! Your name can mean all sorts of things, positive or negative, but isn't your conduct the key to its meaning? Conduct determines the kind of mental pictures people see when hearing your name. Conduct is a composite or end result of your motives and habits of thinking, feeling, speaking, and living. Your name comes to be connected with the life you live, the impression you make on others who spend time with you.

Sometimes a person may never have been with you, but your name reminds him of the conduct of someone else by a similar name. Such a phenomenon happens when people who have never met Christ judge Him by what Christians are like and do. Fair or not, in most people's minds, there's an immediate reaction at the sound of a name: a prejudice for or against you: acceptance or caution. Many times your name stands for the total worth or assets you use in helping other human beings.

Enemies can sabotage your character and name in other people's eyes by lying about your conduct: "You know John Doe, - let me tell you what I saw him do the other day. It was very strange." Or they can use your good name for their own advantage, such as in name-dropping, dropping your name into a conversation to gain credibility for their own ambitions, schemes, or ideas. They may suppose this makes them more trustworthy in other's eyes. They don't care about you, they only want to use your reputation for personal benefit.

A name can "generate" many ideas: faithfulness, happy companionship, good service, reliability, cheating, terror, shoddy workmanship.

In ancient and modern cultures, people's names can be translated into a real meaning. Like "Abraham" actually comes from the foreign words for "Father" of "many nations." Peter comes from the Greek for "a small stone." Cindy, or Cynthia, means "moon goddess," and Douglas: "seeker after light." Do you know what your name means?

Did you know that God who created our world and who communicates with humankind through the Bible is interested in names - your name and mine? He has many Himself. But wouldn't you know it, He has one name that tops all others in my mind. It's a name that reveals something all-together wonderful about His character. It's a name which can bring you a great deal of comfort and security. Want to look it up? You'll find it in Exodus 3:13-15. He says about it, "This is My Name forever, the Name by which I am to be remembered from generation to generation." The Name is...I AM.

"I AM? What a strange name. How different! Not what I expected; should be something more sensible and at least meaningful!" But be careful! Look closer! Don't skip over the deep ideas here. They're so close to you you can miss the point. What is "I AM...?" Isn't it an unfinished sentence, a beginning with no end? By itself this Name says God is; He is eternally present. (Ex. 6:3; Ps 83:18; Is. 12:2, 26:4 - The English word LORD comes from His Hebrew name meaning "I AM...") It promises His continuing, ever constant involvement with us. It's like He's saying, "I AM always here with you." Jesus had a

specific name, "Immanuel" (Matthew 1:23) which also reflected this idea in its meaning: "God with us." What comfort just this much about God's name brings. But apparently God did not mind people also using His name in a fuller way. Instead of alone, I AM...He encouraged His human family to finish the sentence of His name; add into it whatever they needed most. He wanted them to complete His name with their need and thus direct their hopes to Him as the Answer. For example, in Genesis 22:14 Abraham needed someone to provide a sacrifice in the place of his son, Isaac. After God provided that very sacrifice, Abraham named that mountain top where God did it, "Jehovah-Jireh," which means, I AM Your Provider. Later in Moses's time (Exodus 15:26), God finished His own name with the people's need for health: Jehovah Rapha, which means, I AM Your Healer. Down through the Bible record God's name is completed by the needs of His human children. (See Exodus 16:15 - I AM Your Banner, or Victory; Judges 6:24, I AM Your Peace; Ezekiel 48:35, I AM There-in; Jeremiah 23:6, I AM Your Righteousness.) God made it possible in His own name for us to remember Him as the God who can meet our every need in every circumstance.

In the third of God's Ten Commandments, He talks about this name of His. Exodus 20:7 reads, "You shall not misuse (take in vain) the Name of the Lord (I AM) your God, for the Lord will not hold anyone guiltless who misuses His Name."

What does misusing God's name involve? What does someone "taking His Name in vain" mean? It could mean they take hold of His name and what it stands for, but do not use it the way He means them to. They "name drop." They drop His name or references to Him in their conversations so everybody thinks "he's a godly man," or "she must be a Christian." But these same folks do not rely on God for their every need. They go looking everywhere else in the world for the satisfaction of their needs. They don't trust Him, His word, or His Name in real life. His name is only a gimmick for them, a lever on other minds to get what they want out of them. They also use His name to sanction their own selfish plans, "I've prayed about it," they say. They might back up their own opinions with words out of the Bible so they sound more convincing. But behind their pretense is a heart living apart from Him, doing its own thing, going its own ways. So their selfish lives, their real conduct, misrepresents God to others as if He's a hypocrite like them, an unfaithful god you can't trust to do what He says.

What a shame these people have not found the real value and joy of being genuine with God and taking Him seriously. They have missed out on the best friendship of all life, that one with God their Creator.

But we have a better Model to follow than such people. Look at God Himself in His own commandments. Though this command states a human duty, it also has within it an inspiring picture of Him who gave this law, for His law is a reflection from His own character. It reveals to us the very ways He thinks, speaks and acts.

Continued on page 5

A FAVORITE RECIPE



ESCALLOPED POTATOES

6-8 c. potatoes, cooked sliced
1/2 c. onions, chopped
4 c. water
1 c. cashews*
2 T. Brewer's yeast
2 1/2 tsp. onion powder
1 tsp. garlic powder
1 tsp. salt
1/4 c. cornstarch
1/3 c. whole wheat flour

*For therapeutic low-fat diet use 1/2 c. soy milk powder instead of cashews.

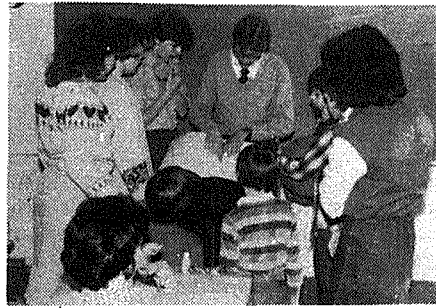
- 1) Combine sliced potatoes and chopped onions in pan.
- 2) Whiz remaining ingredients in blender until smooth (cashews will become smoother if all the water isn't added to begin with).
- 3) Pour liquid over potatoes--it should cover them completely.
- 4) Top with wheat germ or bread crumbs.
- 5) Bake at 350° for 1 hour.

REACH OUT TO SCHOOLS

Barry Kimbrough

"Preparing my own lectures is challenging," says Ken Nash, junior secondary education major at Weimar Collage. Ken teaches 20th Century American Literature once a week to Colfax High School juniors, and says, "The students respond very well. Getting their interest is exciting. It is not a direct evangelistic 'ministry', but I might be the only Christian some of these students will see."

Weimar students teaching at public schools? Yes — and doing a fine job of it. This teacher education/outreach program began winter quarter of 1984 when Peggy O'Connor, reading specialist for the Fife School District in Washington, came to chair the college's Education Department for a time. Seeing the need for more experiential lab work for education majors, she went to the local schools offering the services of Weimar's students as teacher's aids, tutors, and part-time lecturers. She discovered the schools already had an active program encouraging community volunteers of parents, senior citizens, other students, and interested people. Their



doors were wide open to all the help they could get.

These local schools have been especially pleased with the dedication of the Institute's students. Secondary and elementary education majors are required to take this special kind of "Methods" class which includes spending 2 hours per day — Monday through Friday — working under a master teacher at a nearby public school. Also at our Institute grade school, elementary education majors spend the first three weeks of their senior year working full-time with

the teacher and pupils.

Such helping services at local public schools are an excellent way to share the quiet influence of the spirit and love of Christ and busy people: teachers and students.

At our Institute grade school, elementary education majors spend the first three weeks of their senior year working full-time with the teacher and pupils.

Another plus about the public school experience is that these future teachers are able to get much "hands on" experience before they graduate. Academy students and college underclassmen anticipating being future educators can also be a part of the program. This helps crystallize in their minds exactly what type of teaching they want to do.

"I am getting good experience relating with children of different backgrounds," remarked Kelley Grant, academy sophomore. She enjoys teaching 2nd grade math, spelling, and art once a week at Colfax Elementary School. "It teaches me a great deal of patience."

Brenda Strickland, college sophomore, works each Wednesday as a teacher's aid for the 5th grade class at Weimar Hills Elementary School. "My work is mostly grading papers and watching students. It is a real eye-opener to be in a classroom with all these young people — they are so excited! I am learning what a responsibility it is to be a teacher."

You, too, may have a rewarding outreach and service experience waiting for you at your local public school. You could be a great blessing to overworked teachers and many emotionally starved children.

There are opportunities for anyone who is willing to volunteer a short amount of time each week to helping teachers with projects and programs for the students. Just phone the principal's office and ask how you might become part of their volunteer program.

"Ye are the salt of the earth," Jesus said. Though we are not of the world, we are still in the world as living letters "known and read of all men."

You Can Do It Too!

Steven Siciliano

Have you ever dreamed of presenting health programs in your community? Do you wonder whether or not you're qualified? how to advertise? how people will respond? Perhaps the experiences of Len and Barb Tatom will answer some of your questions.

(You may remember reading about Len and Barb in the June, 1984 issue of the BULLETIN. After one year as married students at Weimar they took to the highways in their mobile home van to fulfill their dream of becoming traveling health educators.)

The Tatoms spent the summer in Oregon assisting two confer-

ence health educators in the Eugene area. They then went to Port Angeles, Wa., Len's home town, where they presented three programs together; HEALTHYOURSELF. BREADMAKE and NEWSTART HOMESTYLE. It was their "ready-made" health kits and their own personal stories that they shared with the community.

The Tatom's main form of advertising was personal introduction. As Len put it, "We'd get up every morning and pray and then we'd just go out and talk to people (in shops, in line at the bank. . .), smile a lot and start getting acquainted. We are very positive

about the programs we teach so we'd just go into business offices and the like and tell people about the programs and give them a little portion of our personal testimony: what the program's done for us, etcetera, and the people were interested! The community's ready, if you just get out and let them know that you're there to teach a new lifestyle, and a no-cholesterol, low-fat diet, and you'd be surprised how many people in the community are looking for this."

Many professionals are beginning to realize the importance of wellness programs (as they are commonly known). The city of Port Angeles was so interested they offered to pay for half of their employees to attend. One large corporation offered to pay the entire cost for all their employees.

The most successful method of getting the word out was the use of display advertising space in local newspapers which attracted 33% of their clients. (The Tatoms are keeping detailed records of their experiments with these programs.)

A local doctor who was enthusiastic about the programs sent a letter of recommendation to all his patients informing them about the classes and urging them to attend. A notice in the church bulletin, a brochure they had printed and an announcement put out by the college where one of their classes was held made up the rest of their advertising. Total cost for the whole six months was \$218.00.

The first week of programs at the college attracted 160 participants. And the people were favorably impressed with the content and quality of production of the programs. A doctor of education who's begun to follow religiously

the lifestyle he learned at the classes said, "The programs were put together better than anything I've ever seen."

A church health and temperance leader who had been conducting cooking schools for years recommended that the church get the NEWSTART HOMESTYLE kit instead. Barb said, "When she saw how easy and what high quality the NEWSTART HOMESTYLE was, she wanted her church to go with that. She especially appreciated how smoothly it all went together and how much simpler it was than preparing the whole program from scratch."

Len believes "even working people can put on this program. There were times that Barb only had an hour and a half to get ready for a cooking school. She and I would get prepared and be there to begin the class in only an hour and a half."

Although the programs are simple and easy to present, the Tatoms "Never had anyone make any statements like they didn't feel we were qualified enough to be teaching them." Len continued, "Let's face it, all we're doing here is showing them third and fourth grade physiology and teaching them to eat grains, fresh fruits, vegetables, and nuts. You don't have to have a degree to know how to do that. We're just showing them the basic, simple facts."

"Naturally, Barb and I both would like to have a degree, but with materials like NEWSTART HOMESTYLE, complete with the doctors' lectures, plus a little bit of study on your own, the people's questions are all answered. And if they do ask a question you can't answer at the moment, you can do

Continued on page 7

(Continued from Page 4)

So, we can first consider Him and what this command says about Him. To paraphrase it applying to Him, we might hear God promising, "I will not misuse (take in vain) your name."

Here is a mystery of selfless love. The Maker of giant suns and galaxies and intricate complexities in nature all around us; He who sustains us Himself, deals with us in greatest respect. He honors us with freedom of choice and respects our decisions, not forcing on us any of His own preferences. He shows almost an attitude of reverence for us in the way He pays us such real attention, and invests so much prime time in us.

Look at the Scripture accounts of God's courteous respect and faith in people, His coming down to meet them at their level, not condemning them for their guilty lives, but tenderly releasing them from sin's power, healing their ills. See Him meeting and talking with Abraham, Genesis 18; with Hager, Genesis 16; with Moses, Exodus 3,4; with fishermen, Matthew 4; with thieves and tax men, Luke 15, Mark 2; with the sick and the demon possessed, Matthew 8; and prostitutes, Luke 7, John 4; and even His persecutors, Luke 22,23, Acts 9. He never scolded people for their

weaknesses but always preserved their dignity and tried to help them sense their higher worth in His sight.

You'll never find Him being hypocritical to you, saying one thing, doing another. He always treats us with 100% genuineness, taking us seriously and moving to meet our needs.

Another way God's name and law reflect how He acts is seen when He has a need on Earth. What does He do? He turns to us and our names and starts thinking through them, looking for a man, woman, or child who will help Him meet that need (Is. 6:8 Ruth 1-4, Esther 1-4 1 Samuel 3). He looks to His earthly friends as His hands and feet, mouth and eyes, His body in this world, ready to serve Him our Head and Heart (Romans 12: 4-8 Corinthians 12:12-31 Ephesians 4:14-16). He could more easily send angels or use His own power and resources to do the job. But no, He comes to frail, faulty human beings!

What a noble Example God is to us — keeping His own commandment toward us, doing to us as He would like us to do to Him. What better inspiration is there than this, leading us to cherish and reverence Him, hold His name in highest honor and go to Him in all times of need? B.L.K.

SERVING

WHO DUG THE CHASM?

Jonathan Edwards has been held up as some type of joke, as a wart on the face of decent Christianity, as an extreme aberration useful in sermon illustrations so we can congratulate ourselves that we are not like him.

Take, for example, this quote from his famous sermon, "Sinners in the Hands of an Angry God" (1741). There is no hesitation in his opinion of how God feels about sinners:

"The God that holds you over the pit of Hell, much as one holds a spider, or some loathsome insect, over the fire, abhors you, and is dreadfully provoked; His wrath towards you burns like fire; He looks upon you as worthy of nothing else but to be cast into the fire; He is of purer eyes than to bear to have you in His sight; you are ten thousand times more abominable in His eyes than the most hateful venomous serpent is in ours."

Though we all recoil at the picture he portrays, I am surprised at how many Christians actually embrace his same premises when expressed in less extreme form. For his basic assumption is that the chasm between man and God is the result of the fact that a holy God cannot endure the presence of filthy sinners. While Edwards was unsparing in describing the emotions of disgust which he be-

lieved God feels, those same emotions, hidden behind more gentle language, are ascribed to God by many Christians today.

I often hear Isaiah 59:2 quoted in support of this view: "Your iniquities have made a separation between you and your God, and your sins have hid his face from you so that he does not hear." Such ones go on to explain Isaiah as meaning that God refuses to have anything to do with people while they are sinning; that they must stop their sinning before God will condescend to listen to them. They fail to see that Isaiah is taunting the people for their arrogant hypocrisy. He is writing to people who make bold claims to be righteous folks (58:1-3), yet are engaged in all manner of oppression and strife. He is saying that God knows better than to take seriously their double-talk.

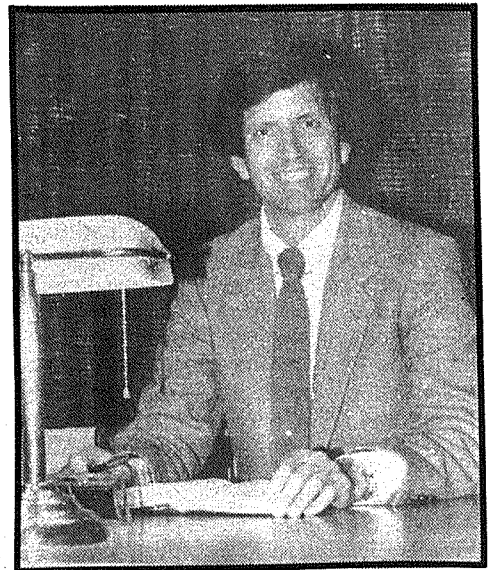
But Edwards, and other "gentler spirits" of the same persuasion, are forgetting a piece of history. They are forgetting that the gulf between man and God was of man's choosing, not God's. His children walked away from Him, and then--as a result--got into doing sinful things. He did not catch them doing sinful things, and then--in disgust--walk away from them. That's got it all backwards. It is the broken relationship between man and his

heavenly Father which leaves man empty and grasping, ready for any foolish method of coping with that great inner darkness. But it is man who dug the chasm.

The ultimate tragedy of Edward's view is that no one would wish to be drawn back into the presence of such a God. Though Edwards might argue that God would mellow considerably when His people began behaving themselves properly, still to be in the presence of One who is even capable of such explosive anger would bring no comfort to the soul. Furthermore, who could ever be sure that their performance was indeed adequate to appease Him!

What a pity that Edwards missed the point of the life of Jesus. He who reached out to touch lepers, who calmed the brow of a demon-possessed boy, who ate supper with prostitutes and taxmen, who announced forgiveness to the men driving nails into his body, and who said, "I have come to show you the Father,"--He had a better way of dealing with sinners. Rather than recoil in wounded dignity from the unpleasant presence of sinners, He decided to love them into wholeness. He reached across the chasm to us.

And--Praise God--His method works!



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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Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by will or trusts will be gratefully received.

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Monday through Thursday: 8:00 A.M.-5:00 P.M.
Friday: 8:00 A.M.-4:00 P.M.
Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 or 878-7222

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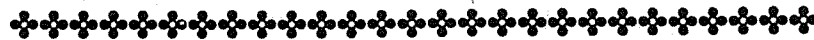


VISITORS

Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

A casual walk through the campus? Most anytime you want! A meeting with the President or other staff members -- please write or phone ahead to confirm an appointment.



Academy Students Seek Fitness

Weimar Academy students recently began developing a physical fitness center to help meet their needs for physical exercise. Although all students participate in the work education, outreach, and extra curricular programs every week, many are not finding sufficient physical challenge to reach their peak efficiency and well-being.

The old campus fire house has been adopted for the center. It will be a place where students can attend a structured exercise program on a regular basis with P.E. credit. Students have thoroughly cleaned it out (it was a storage building be-

fore) preparing for flooring and equipment. They have been checking with carpet centers, gyms, spas, and fitness centers for donations of floor covering and equipment like treadmills, stationary bikes, mini-tramps, weight lifting essentials.

A fund-raising, "Donation" Car Wash in January resulted in generous donations by business people and church members. 150 cars were washed.

With a prayerful spirit, effort and cooperation from the students plus additional help from readers and parents we believe we'll see a speedy completion of this pro-

ject soon. If you have equipment or financial help to contribute please write immediately to:

Michelle Stravers

Weimar Academy Fitness Center
P.O. Box 486
Weimar, CA 95736

Thank you for your support and interest in our students' better health.

In Loving Memory

A MEMORIAL GIFT TO WEIMAR INSTITUTE HAS BEEN MADE

for David Hartman

by Amy-Ann Miller

for Pastor Conrad Rasmussen

by Janice L. Yelkin

Killian C. Dalton

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for William Klein

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Mr. and Mrs. Dean Olson,

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Yonesawa,

Blanche Tanik

Etta Blacker

Wainett I. Smith

Mary S. Kincaid

Wilda M. Miller

for Travis Miller

by Beulah Dalton

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.

Food Service Supervisor

Physician (Female)

Office Manager (Bakery)

Physician

Agricultural Supervisor
(gardens and green houses)

Secretary



KIT CONTENTS

- Instructor's Manual
- Half-hour VHS video lectures by NEWSTART physicians
- Ten personal control books in 3-ring hardback binders
- Well-illustrated handouts
- Printed recipes on card stock
- Lesson Dividers

Continued from Page 5

just what we did, you can always tell them, 'We'll find out and let you know next class.'

"We never got any negative responses at all, only positive. People wept when we left." Barb said, "They brought gifts to us the last day we were there. We had people inviting us to their homes because they were so proud of their new cooking style and they wanted us to come over, and show it off."

Recounting the testimonial of an 80 year old man, Len said, "This, more than anything else in his whole married life had brought him and his wife closer together. He said they started cooking together and he says this program has done more for their marriage than anything else he could think of out of all the years they were married."

The programs lend themselves to results like these, the Tatom's suggest. The twelve-session NEWSTART HOMESTYLE program provides time to develop close friendships while people are learning exciting and successful ways to live.

And Len adds, "The sky's the limit really, just in NEWSTART HOMESTYLE alone. It's the best outreach you can do and not have it cost you anything. You can actually make a few dollars if you wanted to." S.G.S.

"Freedom"

By Jeri Carr Bassler

The God who put the stars in space
And set the earth to spinnin',
The God who watches sparrows
And knows our hair is thinnin'
The same God who controls all things
And makes the seasons happen
Refuses to control a mind
Unless to Him it's given

The God who stopped a stormy wind
And keeps the sun a 'shinin',
The Lord of Life whose hand controls
The nation's fall and risin',
This very same supreme "I Am"
Will never interfere,
If you've a mind to go your way
Without His hand to steer.

What discipline and self-control
That God of heaven exhibits,
When everything bows to His power
Except the heart that's sinin'.

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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Yes, Please send the following:		ADDRESS.....		
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.....KIT I REFILL, 10 personal control books..... 80		City..... (State)..... (Zip).....		
.....BASIC KIT II, Eight Natural Remedies (Lessons 5 through 12)..... 275		PHONE (.....)..... Enclosed is my check for:.....		
.....KIT II REFILL, 10 personal control books..... 120		Return this form to:		
.....COMPLETESET - KIT III (Lessons 1 through 12)..... 375		NEWSTART HOMESTYLE		
.....KIT III REFILL, 10 personal control books..... 150		Weimar Institute		
Plus shipping & handling for each kit (\$8 west of the Rockies, \$11 east of the Rockies)		P.O. Box 486		
TOTAL: \$.....		Weimar CA 95736		

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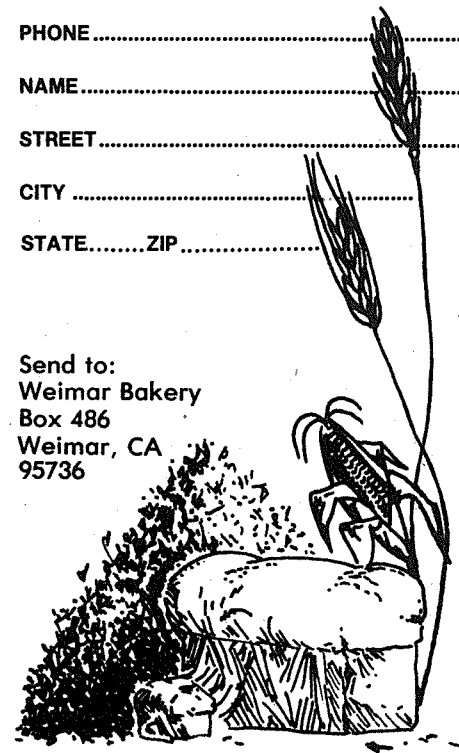
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We have a new P.O. Box Number:
Box 486 (instead of Box A)
A new postal computer system has changed Weimar Institute's box address from a letter to a number. From now on, please use P.O. Box 486, Weimar, CA 95736, on all correspondence.

LINCOLN'S STORY

By Carl Anderson

At a raw frontier farm of rolling land on the edge of "the Barrens," in the cabin by the Sinking Spring, was born the man whose strides carried him awkwardly, yet majestically, over a path beginning in common Kentucky clay and ending in "immortality." Here was born the man who said, "Why should there not be a patient confidence in the ultimate justice of the people? Is there any better or equal hope in the world?"

On December 12, 1808, Thomas Lincoln bought for \$200 in cash the 300-acre Sinking Spring Farm, situated a few miles south of Hodgen's Mill. Here, he and his wife and their infant daughter took up their abode in a one-room log cabin near a large limestone spring of cool water which had given its name to the place. It was in this one room log cabin near the sinking spring that the child, Abraham, was born to Thomas and Nancy Hawks Lincoln on February 12, 1809. In 1816 the family left Kentucky and moved into the wilderness settlement of Little Pigeon Creek, about 16 miles north of the Ohio River in Indiana. About two years later, Nancy Hawks Lincoln died. She was buried in an unmarked grave in a little clearing in the deep woods.

By 1830, the Lincoln family had moved to southern Illinois. Abraham Lincoln had no formal schooling, but more or less educated himself. About that time, he and sev-

eral other young men went down the Mississippi River to New Orleans. Here he saw a slave auction in progress. After viewing that, he declared, "If ever I get a chance to hit that thing, I'll hit it hard." Coming back to New Salem in Illinois he managed a store for awhile. Studying law on his own, he was admitted to the bar in 1836. As an itinerant lawyer, a wrestling champion, a participant in the Black Hawk War, a one-termer in the House of Representatives in the mid-1840's, "Honest Abe," the "Rail Splitter," was steadily, but surely coming into his own.

After becoming President of the United States, various friends and critics began to besiege him to put an end to the institution of slavery. After the outbreak of the Civil War, the pressure even became greater. Horace Greeley, editor from New York, wrote him letters; abolitionists brought the matter to his attention constantly. (In the infant Seventh-day Adventist Church, Ellen G. White wrote in 1861: "I was shown the sin of slavery, which has so long been a curse to this nation.")

Lincoln felt that the issue at that time was not slavery, but rather the preservation of the Union of states. In 1862, in a reply to criticism from Radical Republicans, Lincoln said: "My paramount object in this struggle is to save the Union, and is not either to save or destroy slavery." He added: "I intend no modification of my

off-expressed personal wish that all men everywhere could be free."

The battle of Antietam provided Lincoln with an excuse to take a step that was by far the most important political event of the year, and changed the whole character of the war. It was the announcement by Lincoln on September 22 that from the first day of the following January all the slaves in the parts of the country which were in rebellion against the government at Washington would be free. Said Lincoln, "When the rebel army was at Frederick, I determined, as soon as it should be driven out of Maryland, to issue a Proclamation of Emancipation such as I thought most likely to be useful. I said nothing to anyone; but I made the promise to myself, and...my Maker."

This was a noble gesture, yet it did not do away with the institution of slavery in the United States; it just freed certain people. It would take the hotly contested "Civil War Amendments," numbers 13, 14, and 15 to clarify the issue, number 13 specifically outlawing the institution of slavery in 1865.

Although the fiery abolitionists of the North did not welcome Lincoln's careful moves to end slavery, they were finally brought to give their blessing to the whole procedure and began to exhort the churches of the land as well as the clergymen of the North to join them.

Some six months later the turning point of the Civil War came in the battles of Gettysburg in Pennsylvania and Vicksburg in Mississippi. After the three-day battle at Gettysburg had been over for some time Lincoln came to participate in the ceremony of dedicating the cemetery for those who had died in that conflict. Here he delivered his famous Gettysburg Address, in which he would sum up the duty of all Americans by saying, "It is for us...that this nation, under God, shall have a new birth of freedom; and that the government of the people, by the people, for the people, shall not perish from the Earth."

By April of 1865, the War was over. But Lincoln lived only to know about Lee's surrender. Exactly five days after Lee's surrender, Lincoln was assassinated by the fanatical John Wilkes Booth at Ford's Theater in Washington, D.C., where he died the following morning of April 15. Secretary Stanton, with tears streaming down his cheeks, uttered the prophetic words, "Now he belongs to the ages."

Carl D. Anderson

(Professor of History: Weimar College and Newstart Chaplain)

Teenagers Have Stress Too!

"Teenagers tend to think of themselves as being invincible...", says clinical psychologist William D. Brown in an interview in the July 1984 issue of LISTEN magazine. "But stress affects them just as it affects adults."

In this article, entitled "Stress Can Be Positive," Dr. Brown, the author of two books and an award-winning newspaper column, outlines the unique problems that teenagers face and how they can cope with these problems more effectively. "Stress," he points out, "is simply wear and tear on the body, and everyone, including teenagers, experiences that... Death is the only stress-free condition there is!"

One of the most common stresses for teenagers, Dr. Brown says, is when their parents set unrealistic goals for them. "Every child isn't going to become an Eagle Scout," he points out. "Every child isn't going to be the best little-league ball player or the champion majorette. All children don't excel in the same areas."

He maintains that actually stress is neither negative nor positive. "It's a person's response to it," he says, "that makes the stress negative or positive...No one chooses to lose a loved one, to be fired from a job, to fail a course in school, or to be rejected by someone he's dating. He or she cannot control the events or the resulting stress. But he can control his response to it."

Teenagers can best deal with everyday stress, Dr. Brown summarizes, by developing a positive attitude toward it. Parents can aid them, he says, by helping them to "find their strengths and then (to) work with them at developing them." According to Dr. Brown, a positive attitude toward stress can be greatly enhanced in some very practical ways — by eating balanced meals, getting eight hours of sleep a night, abstaining from tobacco and alcohol, maintaining normal body weight, and exercising regularly.

Beware of Pot

The time has come when it is not only unsafe in the cities, but also in certain areas of the country. Taken in any form, marijuana is hazardous to health; but now, due to the rising pot business in the U.S., even being near a field of illegally grown "grass" can cost your life. "In California, three hunters stumbled into a 100-acre marijuana field. One of the trio was shot dead in the field, but the other two escaped. In another incident in that state, a 19-year-old man wandered off a rural road and was shot in the knees. Later, one of his legs had to be amputated." Outdoor Life, December, 1984. No wonder pot growers guard their crops with great care—in one case, 74 confiscated plants had a street value of \$300,000. If you should discover an area where hemp is being grown it is recommended that you immediately retreat—the same way you came—and report it to the nearest police.

Cited from Outdoor Life magazine
December, 1984.

Electronic Thief

Television takes up so much of our children's time (and our own). How can it not be related to what children learn and do in school? Television lacks intellectual substance — SATs (test scores) decline; television presents staccato segments — classroom attention spans shorten; television is an attraction for a child's after-school hours — homework is resisted; television provides no-effort entertainment — kindergartners are tougher to handle.

The relationship of television to schooling outcomes is so logical, so blatant. How can it be that, for all the polemic (controversy), researchers have been unable to find such a relationship, or have found it to be minimal? Researchers have not even approached the frontier of what is investigable about television's impact on schooling.

—Robert Hornik
University of Pennsylvania

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