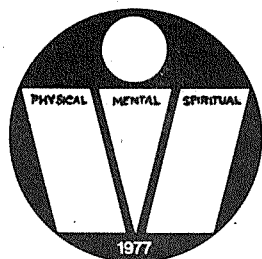


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Weimar Bulletin



Address
Correction
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Box 486 Weimar, CA 95736 April, May 1985

DOES "EVERY BODY" NEED MILK?

by Milton G. Crane, M.D.
Weimar Institute Director of Medical
Services, formerly Research Professor of
Medicine, Loma Linda University.

The media would have us believe that "every body needs milk." The Israelites looked forward to a land that was flowing with it. Most nutrition books consider it to be one of the four essential foods that we must consume if we are to maintain a balanced diet. There are others, though, who consider it a potentially serious allergen, a carrier of disease, and a cause of degeneration of the arteries. Is milk, other than mother's milk, the best for human life?

The Creator designed milk to be the ideal food for baby mammals. For the human, breast milk is especially well-planned. The newborn cannot digest the longer chains of carbohydrate, such as starch, so mother's milk has lactose, a simpler sugar. The fats in milk supply a generous amount of polyunsaturated fats for body chemistry. The easily digested lactalbumin and other complex proteins contain all the essential amino acids. The vitamin content is adequate, even vitamin C which may be low in other milks. Breast milk is low in sodium, but is adequate in magnesium with plenty of calcium and phosphorus in an ideal ratio of 2:1. Several factors in breast milk function to raise the average percent absorption of iron to a ten-fold greater efficiency than that of iron-fortified formulas.

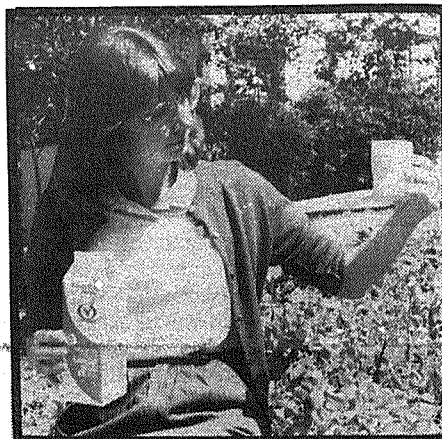
Powerful agents in breast milk help fight germs. Lactoferrin keeps needed iron from germs so they weaken and die. Milk antibodies inactivate germs in the baby's gut, and antibodies may cross the intestinal wall and provide added numbers and varieties of antibodies for the infants undeveloped antibody defenses. White blood cells in the milk are an additional aid to fight germs along with friendly bacteria that are fostered to grow by a special factor in the milk.

Certainly, milk is a good source of high quality protein, a rich source of calcium and phosphorus, and an important source of Vitamin B 12 and carnitine. However, in God's original diet, no provisions were made for milk to be a food beyond infancy. Many individuals, especially members of certain races, lose their ability to digest lactose after the period of infancy. Next, milk proteins were designed in a molecular shape which would allow them to go through special nonselective sites in the intestinal wall to supply antibodies from the mother to its young. These special sites may later on permit big molecules (macromolecules) from cow's milk and other foods to be absorbed. It is important to recognize that each mammal has a different make-up of protein, fat, and mineral from that of other mammals. Even the germ-fighting albumin and globulin complexes differ within the immediate family in each mammal. (In the ideal situation, these protein immune complexes should come from the mother that held the infant during gestation to avoid disturbing the offspring's immune system.)

In light of all the above information, let us consider the evidence which would help us intelligently weigh the matter of using milk from other mammals for human food.

THE HAZARDS OF MILK PROTEIN

In health, the protein that a person ingests undergoes a series of digestive steps prior to absorption. You might envision a protein, whether from vegetable or animal origin, as made of amino acid units coupled together like a string of boxcars. In the digestion of the protein, the train of boxcarlike amino acids are uncoupled. These amino acid building blocks can then be absorbed without upsetting the immune system and then reassembled to make a protein in the shape that each body requires.



In real-life situations, some of these protein complexes may not get completely digested, and portions may be absorbed as giant "macromolecules" through those sites in the intestinal wall that are not too particular about what they let through.

HAZARDS FROM LACTOSE DEFICIENCY

The carbohydrate in milk is the disaccharide sugar, lactose. In the cells that line the intestines of the normal infant, there is an enzyme, called lactase, that splits the lactose apart into glucose and galactose.

Some individuals lose the ability to make lactase enzyme about the age of four years, and lactose then goes undigested in the gut. This is especially common in the American Indians, the Orientals, and the Negroes, but less so in the Caucasians. Persons with this condition — lactose intolerance — react badly to a milk. They experience indigestion, nausea, and diarrhea. This is different from a food allergy.

HAZARDS FROM INFECTIONS

Pasteurization of the milk can control the spread of certain germs by milk. However, it has not been established that cancer viruses in milk can be destroyed by pasteurizing. We know that the bacillus that causes listeriosis can withstand pasteurization.⁸ Our best advice should be if milk is to be part of the diet, it should be obtained from healthy cows and be "thoroughly sterilized."⁹

If we look at how dairies are run at this time, we see an entirely different situation than was practiced by the individual homes and farms fifty or more years ago.

Back then, the family cow was let out into the local pasture and spent most of the day in clean surroundings. The only time that she was in the close quarters of the barnyard, was during the short period at milking time. By way of contrast current dairy lots are thoroughly polluted with manure. Even though the cows may eat from clean feeding troughs, they lie in their own manure and urine. The milk from several cows is mixed in large processing tanks. It is then rapidly cooled and refrigerated which is an ideal way of preserving a virus. We know that cancer viruses of leukemia and other sorts can be transmitted from one animal to the next through milk. A cow may have leukemia for months before she is ill enough to be removed from the milking herd. During that time she would not only infect other cows by contact, but she would also transmit cancer viruses into her milk for human consumption.^{10,11}

Preliminary observations indicate that it takes ten minutes or more of boiling the milk for cancer viruses to be inactivated. Boiling does have the advantage of killing germs as well as changing the shape of the milk protein so that it is much less likely to cause an allergic response.⁷

HAZARDS FROM THE TYPE OF LIPIDS PRESENT

Human milk furnishes 47% of its calories from fat and 6% of its calories from protein. The corresponding values for whole cow's milk are 48% and 22%. The milk sugar, lactose, accounts for the remainder of the calories.

Fatty acids are the basic chemical arrangement for fats. In foods they come

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Serving the Needs
of the People...

New 2 yr.
course to begin
this fall.

For more
information,
turn to
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FEATURES

Fight Food Costs — p.3

Weekly Vacations — p.4

Going to San Quentin — p.5

"I've Begun a New Lifestyle"

GRACE SCHOPPMAN
NEWSTART Guest, September 25 — October 20 Session as told to Erik Nielsen

I have been a diabetic for a number of years, which has resulted in neuropathy — a very painful disease. There was a numbness in my feet, legs and hands. I was diagnosed as a cancer patient, which included various illnesses, such as shingles. I received chemotherapy and radiation treatments for two years, and because of these I lost my saliva glands.

I had a cousin who had been to Weimar and she said, "You must go to Weimar; I know they can help you there." My doctor told me that I needed to build up my body, and so he gave me some vitamins, yet I knew that this would not do it. So I decided to go to Weimar and see what they had to offer.

My sister, daughter and I came up and started on the program. After 2 days the shooting pain in my feet and legs left me. A little numbness remains, but there is no more pain. This program has made me

feel so much better, but what it does for the cancer I really don't know.

When I first came, I couldn't even walk the 50 feet around the flagpole. After a few days, Dr. Crane hiked with me on one of the trails. We walked 1.5 miles! I was very tired, but felt much better. Now I walk anywhere from 3-4 miles a day. I used to walk with a cane, but the other day I put it aside, and now I don't use it at all!

I have begun a new lifestyle. As I leave now, it is with mixed emotions: happy to be going home, yet a little apprehensive. However, I'm confident that I will carry through with the knowledge I have received here.

I believe that praying to God is so essential. Even though we are of a different faith, we are glad to unite with you in prayer. The whole atmosphere is very encouraging, for it has made me feel like this is my home away from home.

cholesterol synthesis not only by the liver for emulsification of the fat, but also by the small intestines for fat absorption. Milk makes up about 10% of the calories of the usual American diet. The little bit of cholesterol in the milk along with that formed by the body to digest and absorb the milk fat, when associated with the lack of fiber in milk, results in a gradual accumulation of cholesterol in the body.

Several conditions may lead to this absorption of macromolecules. A protein may escape proper digestion when one gulps it down without proper chewing or washes it down with liquid. The food protein may be coated with oil or butter in the cooking and thus shielded from digestion by stomach enzymes that should start the splitting-up of the proteins. An excess of protein in the diet might overwhelm the capability of the body to break down protein to amino acids.² If these food proteins are not broken down properly, they may go through the intestinal wall and be caught by the immune cells who treat them as if they were germs.

This capability for the proteins to go through the digestive process and be absorbed unchanged is especially evident for the first few weeks of life in the newborn infant.³ It was designed so that the infant could absorb from its own mother factors which were important to the development of its resistance to disease. This arrangement, however, makes it possible for the foreign, nonhuman proteins such as from cow's milk, also to be absorbed. The body's immune system recognizes these as foreign to the body and builds up a response which results in what we call an allergy. This takes the form of colic, exzema, skin rash, nasal and bronchial congestion. Breast-fed babies may get colic from mothers who drink cow's milk, absorb that foreign milk protein, and then secrete it into their breast milk.⁴ Many patients with allergies may be relieved completely of their symptoms by removing milk products from the diet permanently. Milk and the end products of the growth of molds are two major sources of macromolecules that produce allergic reactions.^{5,6} Boiling the milk denatures the protein (changes the shape of the protein molecule) and decreases the amount of macromolecules

that are absorbed.⁷

With all the above arguments it hardly seems necessary to state that milk is not a desirable food for the adult under ordinary circumstances. It was designed primarily for infants and even that should best come from their own mother. There are situations such as economic hardships in which milk is the best source of protein and calcium available. However, even so, many people have given up milk because of one or more of the above hazards.

When milk from other animals is given up, what precautions should be taken to be sure of proper nutrition? The answer depends upon what types of foods are eaten in its place. If a total vegetarian diet is selected, free of animal products, the intake of certain nutrients should be insured for safety.

(Next month Dr. Crane will conclude this article with certain recommendations on how to obtain all the necessary nutrients for good health while choosing a total vegetarian diet).

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Does "Every Body" Need Milk?

Continued from page 1

complexed so that one, two, or three of them are combined with glycerol to make a mono-, di-, or triglyceride. Polyunsaturated fats have two or more double bonds between two carbons in the chain; whereas saturated fats have no double bonds between the carbon atoms. For several important chemical functions, the body has to have a food source of "essential" fatty acids which have eighteen carbons in length with two or three double bonds located in precisely the right place on the chain with the hydrogens pointing in the same direction (cis-form). The location of the double bond and the direction that the hydrogens point determines the shape of the fatty acid molecule. Cow's milk is interesting in that it has a large

number of misshaped (trans-form) fatty acids.¹² The type of fatty acid is somewhat dependent upon the diet of the milking animal.

Free, or visible, fat in the diet turns on cholesterol formation by the liver to emulsify the fat in the duodenum and causes the small intestines to make cholesterol as part of fat absorption. Fiber in the food serves to eliminate excess cholesterol.^{13,14} Milk, as a source of fat, turns on cholesterol formation in the body, but it lacks the fiber needed to eliminate cholesterol from the gut. Milk fat as it comes from the mammal is in globules coated with protein and thus may need no emulsification: since homogenization destroys that coating, it, like other free fats, stimulates

1985 NEWSTART Program Dates and Details

1985 NEWSTART Schedule

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 in this area:

- | | |
|--|---|
| <input type="checkbox"/> health education and disease prevention | <input type="checkbox"/> cancer |
| <input type="checkbox"/> heart disease | <input type="checkbox"/> kidney disease |
| <input type="checkbox"/> high cholesterol or triglycerides | <input type="checkbox"/> arthritis |
| <input type="checkbox"/> hypertension | <input type="checkbox"/> allergies |
| <input type="checkbox"/> diabetes | <input type="checkbox"/> obesity |
| <input type="checkbox"/> cerebrovascular disease | <input type="checkbox"/> other |

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

The Medical Director
WEIMAR INSTITUTE
P.O. Box 486
Weimar CA 95736
Ph. (916) 637-4111 Ext. 401

Mail this today!

Couple Shares Newstart With 60

As a heart patient at the age of 57, I was told by my local heart specialist last May that I was due for my second open-heart surgery. But, thanks to several other people from Portland that had attended the NEWSTART program at Weimar, we were convinced to give that a try first before making arrangements for the surgery.

My wife went with me to Weimar in September of 1984. After the first week, we both wanted to come back home. I hated the food. And, having been self-employed for the last 23 years. I wasn't used to being told when to get up, when to eat, go to lectures, hit the trails, etc. But my wife said, "No! We are staying." The second week seemed somewhat better. But by the end of the third week, we both were actually enjoying the entire program. I lost 14 pounds while there and another 7 pounds since returning home. The best part is I'm feeling 100% better. All my "indicators" are reading excellent; and my doctor is not

only pleased but amazed at my results. We have been on this program ever since.

We attend a large local church and the people have seen such a change in both of us that they wanted to know all about it. It's amazing how many people have ill of all kinds. Our church plans to show the Newstart Homestyle video-taped lessons this coming fall. But so many people felt they couldn't wait until then. They came to us pleading for help to get started on this program. So, we contacted Dottie Allen and personally purchased the Newstart Homestyle Kit.

Just by word of mouth we are presently showing these videos to people in our home. We are having so many come that we had to split up the group into two nights a week. We are averaging 60 people a week with more coming to us and asking if we will start another class for them. The results are just amazing. We thought we saw miracles happen just at Weimar, but we are seeing people change, not just feeling

better but enjoying life again just like us. We've seen husbands come because their wives made them. But we've found that some of those reluctant husbands are now insisting their wives cook the proper foods and get involved in an exercise program with them.

It's certainly a wonderful feeling knowing we can also have a small part in helping others obtain health.

Come fall, we expect over 100 more people will be going to the Homestyle lessons the church is planning on having.

All we can say is thank you for your personal concern and interest shown toward my wife and me, and God bless you all for making the NEWSTART Homestyle Lessons and Videos available. It's a real ministry of love.

Yours for good health,

Morris and Ginger Iverson
Portland, Oregon



Bring NEWSTART To Your Community!!

KIT CONTENTS

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

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 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.

ORDER FORM

Yes, Please send the following:

BASIC KIT I, Cooking School (Lessons 1 through 4).....	\$160 \$.....
....KIT I REFILL, 10 personal control books.....	80 \$.....
BASIC KIT II, Eight Natural Remedies (Lessons 5 through 12).....	275 \$.....
....KIT II REFILL, 10 personal control books.....	120 \$.....
COMPLETE SET — KIT III (Lessons 1 through 12).....	375 \$.....
....KIT III REFILL, 10 personal control books.....	150 \$.....

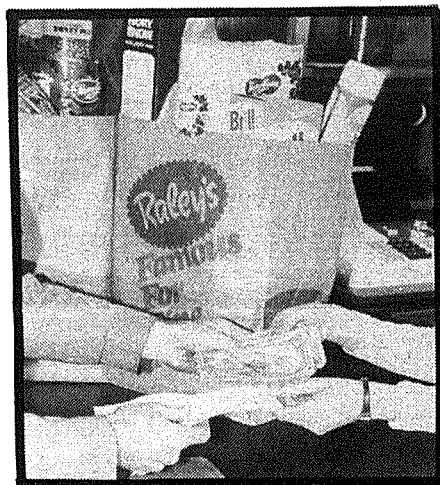
Plus shipping & handling for each kit (Kits I & II - \$6 west of the Rockies, \$11 east of the Rockies. Kit III - \$8 West of the Rockies, \$15 East of the Rockies)

Promo Tape (may be returned for \$20 credit toward kit purchase).....	25 \$.....
Promo Tape with one book (lessons 1-12).....	40 \$.....
California Residents please add 6% for sales tax.....	\$.....
TOTAL: \$.....	

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(Street Address)
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PHONE ()..... Enclosed is my check for:.....

Return this form to: NEWSTART HOMESTYLE
Weimar Institute
P.O. Box 486
Weimar CA 95736

WAYS TO FIGHT FOOD COSTS



1. One of the most economical ways of providing for the family is to raise your own food...as much as possible. Either in garden, greenhouse or orchard. A few cents worth of seeds will produce a great deal of produce. If space is limited, have a mini-garden...try at least growing a few items in the flower bed, such as cucumbers, tomatoes, etc. Greens such as kale or chard make a good background for bright flowers. In fully ripe, freshly picked food you have the advantage of foods which haven't lost all nutrients in storage.
2. Prepare week's menu in advance.
3. Check refrigerator and deep freeze before shopping.
4. Make shopping list. Avoid impulse spending. Savings from 19% to 23% have resulted in preparing a list.
5. Go alone...spend less.
6. Shop when you are not hungry.
7. Know your prices so you will know when a sale is a sale. If item is over-ripe etc. and must be discarded, it is not a bargain. It is poor economy to throw away 1/2 bushel of food.
8. Buy groceries in quantity only if there is adequate storage without loss of nutrients. Many people have an extra refrigerator to store quantities of fruit purchased from wholesale distributors.
9. Use seasonal foods when in abundance. Can, freeze, or dehydrate foods. In fruits, the largest item is not always the best, medium size is often a better buy.
10. Read labels and compare prices. Know name brands: store brands often cost less than famous brands.
11. Save one-third by eating meals prepared at home. Eating out at noon often costs less than in the evening.
12. Don't waste leftovers. Use mashed potatoes in next batch of bread dough or in soups...season left-over dried beans for refried beans or as a sandwich spread. (Use in a new form)
13. First place on your shopping list should be given to fruits, vegetables, whole grains and legumes. For example you may think dried apricots are too expensive to buy; however, on the other hand you think nothing of buying a bag of potato chips for over \$2 or a pound of cheese for over \$2 a pound. Many snack foods are not only high in price but in calories etc. and carry few vitamins, minerals and very little protein; so it all depends where you place your values.
14. Better nutrition for less begins with knowledge in shopping, but the housewife who wants to stretch her food dollar will score her greatest success at home in baking her own bread, and the family will love her for it. Better yet, grind her own wheat. It's fresher too.
15. Using whole grain can be a big savings. For example, for 25¢ you can buy enough whole wheat cereal to serve a family of five for breakfast, whereas the cost of prepared cold breakfast foods would far exceed that amount.
16. As the annual inflation rate steadily shrinks food dollars, homemakers are increasingly turning to cheap, nutritious soybeans. Currently around 43¢ to 60¢ lb., they're a fantastic bargain. Each pound provides 6-8 servings or more. It is an incredible nutrient-packed legume that not only shines in protein, but is superior to meat and eggs in supplying calcium, phosphorus, iron, thiamine, riboflavin, and vitamin E. And is so versatile it can be used anywhere from waffles, entrees, and tofu to soy milk or soy flour.

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"What? A vacation every week? You're crazy! Only presidents, kings or movie stars could do that! What do you mean I could take a vacation every weekend? Now, wait a minute: I sure could use that. My career's a real killer. I've got to do a lot of overtime. And then I'm attending these personal improvement seminars for executives on the side. Scarcely have time to eat. And my family...running here, running there...we see each other usually about once a day if we're

lucky. My marriage is slipping away from me. You know, those neat together-times my wife and I used to enjoy were crowded out long ago. I just hate this mess! But I don't know how to stop. Tell me about this vacation idea. I don't see how you really think I could do it and survive."

Do you ever feel that way? Your life waiting some impending explosion or breakdown? Time running out on you, on your kids, on your marriage? Too busy to quit? Barely managing to

keep going? Do you need an escape, a vacation, a break, a new "charging up"? Join the clan! There's millions of people "in the same boat." But millions more have learned to cope.

Allow me to "trade" secrets with you. You can escape, get that break, be recharged, and stop the erosion of your life. You can vacation every weekend and not lose at all but really gain. Here's how millions of other busy, successful people are doing it.

The Stopping Place

The Creator God who made you and me and all this planet knew we'd have these difficulties with time-stress. So, in the very beginning when setting up the days of the week, He appointed a special time for us to use for just such a vacation, every weekend. He even gave it a unique name: "Cessation", "Stopping", or "Sabbath". It meant a whole day in which to stop, to cease, to quit. Quit what? Everything you've had to be doing for the last six days: all that "pressure-cooker" living you've been doing; quit so you can relax, unwind, and recuperate your energies.

"Foundation" in the Universe. It's that feeling of "rootedness" in something that will last. This is not a local concern, not a state-wide or national corporation. It's bigger than any world organization or man-made planetary "network". This belongingness takes in the entire cosmic universe as one becomes an active member of the Creator's family. Experiencing Sabbath God's way puts you in touch with His Life, His ideas, His plans, His eternity and powers — with reality itself. This puts earthly life into proper perspective, filling its affairs with new meaning and direction.



God's Special Day

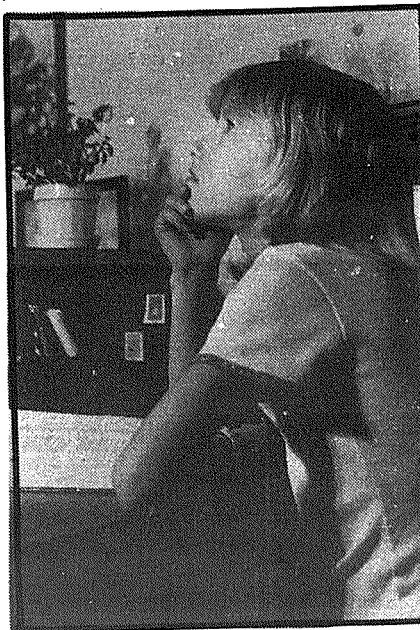
Want to learn the particulars? What's first?

Notice what God says in these three scriptures. Cessation or Sabbath is a specific day of the week: the seventh one. That 24 hour period He blessed or filled with all kinds of special benefits for man (Mark 2:27). He set up that segment of time for our "vacation". He calls it His day, His Sabbath, His rest, and claims ownership and control over it (Ex. 20:10, Hebrews 4:3-6,9, Mk. 2:28). But He offers it to men, women and children the world over as something very good He's sharing with them and inviting them to. It all happens only during this particular day each week. Not on any other day, first through sixth. The seventh-day Sabbath is truly different.

When?

When does it come? Contrary to world commerce, contrary to human convenience, opinions and laws it occurs on Saturday. That's the beauty of it, the magic of its power to so renew and vitalize human beings. You see God calls man to vacation a day ahead of custom, a day before worldly business usually allows. But in that very break from conformity it brings refreshment and a freedom from man-made institutional slavery. It puts a stop, a cessation to the demands of society. And God does that at just the strategic point we need it to experience character growth and maximum benefits from Him.

How do we know it's Saturday instead of Sunday or Wednesday,



You'll find His Word on this in the Bible, Genesis 2:1-3, Exodus 20:8-11, and Hebrews 4:9-11. In other words, a weekly mini-vacation for mankind has been in God's plan for a long time. But so few have tried it or even known about it that our race is about to annihilate itself because of the stress created by living without it.

Worth the Results

Wherever people really try God's plan and follow out His instructions for it closely, dramatic, beautiful things begin to happen to them.

A new sense of control over their own circumstances grows in them. A new calmness and peace settles down over their minds. They discover the thrill of a new independence from the "rat race", the tyranny of the clock, the demands of the job, from the hoarse voices of competing, driving producers and consumers. Life's best priorities begin to come into focus. One has the sense of belonging to the maximum, the best and most secure

Continued from page 3

17. Here is an example of the different prices you can pay for the same item in a different form. These figures were compiled in 1979, but you can still get the picture!

PRICE PER POUND OF DIFFERENTLY PREPARED POTATOES

Form of potato	Price Per pound
Fresh raw potatoes	\$.19-.39
Canned whole potatoes	\$.24-.36
Frozen french fries	\$.28-.45
Instant mashed potatoes	\$1.12
Dehydrated hash browns or scalloped potatoes	\$1.33
Potato chips	\$1.59

•Prices vary with season, store, brand, and locality.

18. Remember, saving money on the food bill now isn't the only matter of importance; it may save a doctor bill later.

This article about costs also appears in **Recipes from the Weimar Kitchen**, (Graphic House, Inc., Orlando, FL., 1984). Order From Weimar Institute, P.O. Box 486, Weimar, CA 95736. \$6.95 ea. with \$1.50 for packing and shipping.

A FAVORITE RECIPE



ZESTY TOMATO RELISH

2 large ripe tomatoes, chopped
 1 small onion, chopped
 1/2 t. sweet basil
 1/2 t. salt
 1/2 t. celery seed
 5 dates, chopped fine
 1 T. lemon juice

COMBINE all ingredients.
 SIMMER 30 minutes
 SERVE over loaf or rice

Tuesday, or Friday? The simplest way is to ask the people who have been the most conscientious about keeping this Sabbath over the last 3500 years of history, the Jews. Even though many Jews today are giving up their Sabbath heritage and no longer take this "vacation" on God's seventh day, their testimony is unmistakable: the scriptural seventh day Sabbath is our modern Saturday.



Some organizations today are trying to change or obscure this by printing new calendars for the public. These so called business calendars show Monday as the first day of the week and Sunday as the seventh. Some people even call these "Christian" calendars, not realizing how contrary to Christ such a distortion is. Christ Jesus only recognized, kept and honored God's seventh day Sabbath (Mk. 2:21, 3:4, 7:6-8, Luke 4:16). To replace God's true Rest with another day cheats you out of the special benefits God has put into Saturday. Regardless of what calendars say, Saturday has been established, beyond any chance of doubt, as the true Christian Sabbath since the beginning of human life on this planet. This Sabbath vacation happens only on the specific day God appointed for it then.

Thinking About Beginning

The next thing God mentions in the creation record is the rest from work, the vacationing part (Gen 2:2, Ex. 20:9, 10) When does this begin? You'll notice something unique here about God's timekeeping method from the days of creation. They indicate that each new day began with the evening time first, and then the morning and day time second (Gen. 1:5, 8, 13, 19, 23, 31). In other words then, God begins our Sabbath vacation at sunset, Friday evening when Saturday officially comes. Then Sabbath continues until sunset Saturday evening so we get a full 24 hours to enjoy with Him.

As it is with any vacation, so it is with Sabbath: to be able to really stop, rest, and enjoy the freedom this cessation will give, you need to make some definite arrangements ahead of time. In Christ's day Friday was

called "the Preparation Day" (Mk. 15:42, Lk. 23:54-56), because people got ready for Sabbath before it came. This still holds true today and is a meaningful practice to adopt and cherish. Quit work early Friday. Depending on your occupation, rearrange things to quit a few hours before sunset. You can also be doing preparation things on the other days leading up to Friday. The more you prepare ahead, the more complete will be your refreshment.



Several things may need your attention. For a vacation we get foods ready ahead of time so fixing meals will be fast, simple, and less fuss. Forget complicated recipes and a lot of slaving over the stove. Choose simple foods like more whole, fresh fruits and vegetables and good homemade bread. Fix foods easy to cook Friday and then warm up on Sabbath. The cook needs to vacation too (Ex. 16:23-30). For vacation we plan our activities ahead somewhat and assemble everything we'll need. We pick out and ready special clothes. Then we're done! And we're off! Vacation has come! And a peace begins to settle down over us like a soft downy blanket.

Sabbath Celebration

If you read the article in last month's Bulletin, "When God Comes To Visit", you'll know that the real benefits of Sabbath come to man by using the time to be God's guest, letting Him lead as our royal Host. When doing this our attention is fixed on Him, and we keep ourselves tuned in to His Words and wishes. He has celebration on His mind and has told us to celebrate on Sabbath (Ex. 31:16, Exekiel 20:12, 20) It is the day to celebrate His creatorship and all-providing love. He invites us to lay aside all thoughts of materialism, buying and selling, self or job centered tasks, demands, goals and schedules. Refuse to give them any further attention during His Day. Instead, step into a new dimension, for the best vacation is a complete change, allowing Him to fill our attention. "Cessation" refreshes and renews man by giving him a specific, quiet, time to meet with God, and reach out from his narrow, cramped existence up to His unlimited Person and resources. Such an opportunity coming every week should

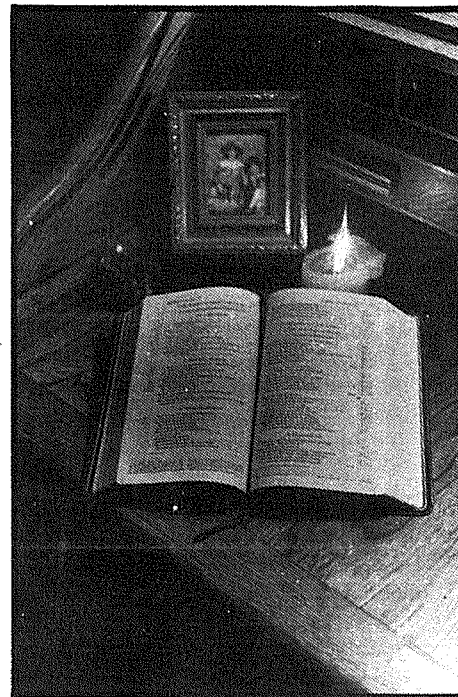
arouse a great sense of gratitude and celebration.

So this is a time to practice genuine love in turning away from self-pursuits and interests to attend to His needs, listen to His voice, concern oneself with His recognition, learn what one can from His vast store of wisdom and knowledge; celebrate His goodness.

Some "Hows"

On Friday prepare for celebration by putting up some special decorations or arrangements. Make as big a difference as possible in your home environment, personal attitudes and activities. Show that you have prepared for His presence and a real celebration.

Do no work on Sabbath more than mere survival tasks or real necessities.



Put His Word at the heart of your Sabbath hours. Ask Him to speak to you there as you read and meditate. As a family event take turns reading aloud around your circle. Make it the point of your reading to find Jesus Christ, His characteristics, what He's like, what He's done for you, promises you and plans for your future.

Then talk with Him about His ideas and thoughts that you've found in His Word. Unload your week's disappointments, mistakes, felt needs and fears on Him. He loves to carry them away from you and replace them with hope and new courage (John 1:29, Heb. 4:14-16).

Give creative expression of your praise to Him in sharing musical pieces together — singing, instrumentals, group songs.

Seek a group worship experience with those outside your family, other Sabbath-celebrating Christians. Here God can speak with you in a new way through spiritual sharing between those of similar faith.

Spend some time out close to nature in the fields, forests, mountains, at a lake, river, park, or other nature spot — places where God can show you His handiwork and creative skill. Give your senses to Him to impress with new object lessons of truth. Record

these lessons in sights, sounds, tastes, smells, in a notebook for future encouragement and sharing with others.



Go with Him to assist any fellow human beings along the way with emergency needs or physical suffering. Doing good toward others in need is always appropriate during God's Sabbath. That's what He does (Lk. 13:10-17, 14:1-6).

As we can see by now, when God gave the Sabbath to mankind in the heart of His Ten Commandment Law (Ex. 20:8-11), He was asking us to remember Him. The Sabbath vacation experience reflects His own goodness to man, provides for his core needs in a stress-filled world, and opens up before him a path of eternal growth in companionship with His Creator. Sabbath is the crown of God's presence and the summit of His wonderful Law and Character.

Don't delay another week to join Christians around the world in this vital and life-saving vacation. Put yourself into the channel of joy and restoring peace. Survive all your crises, surmount all your difficulties, and triumph over all obstacles by meeting your Maker on His Holy Day.

Trials — "It is safe to let go every earthly support and take the hand of Him who lifted up and saved the sinking disciple on the stormy sea." (4T 558).

"It is always best to endeavor to carry out the whole will of God as He has specified. He will take care of the results." (MM 256).

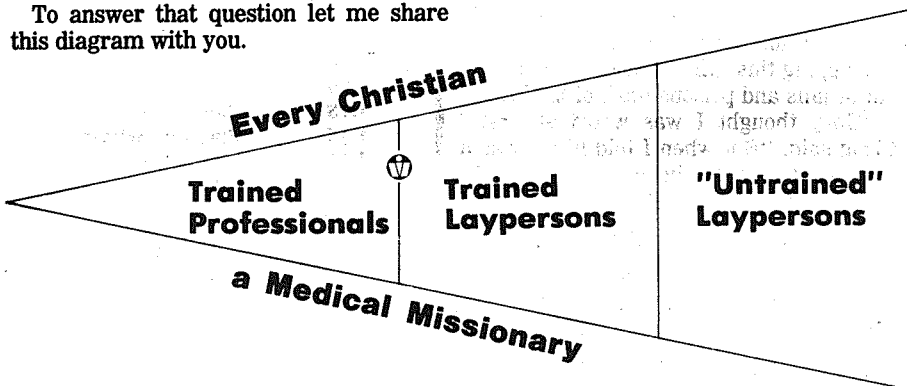
"Over every man good and evil angels strive. It is the man himself who determines which shall win...The written Word is our only safety. We must pray as did Daniel, that we may be guarded by heavenly intelligences." (I SM 158).

Weimar College Launches Medical Missionary Training

(An introduction to a New Two Year Health Evangelism Opportunity)

This article is the second in a series of three on medical missionary work. The following is an interview between Buddy Kruger, editor of the Weimar Bulletin, and Paul Hawks, dean of Weimar College. Paul, what is Weimar College doing to train "Medical Missionaries"?

To answer that question let me share this diagram with you.



This diagram shows the scope of medical missionary work and the different people who are involved in it. We are becoming more aware of the importance of the trained lay person and especially the "untrained" lay person in the role of medical missionary work. Weimar College has focused its training so far on the trained professional. And it will continue to train this important group, but we are adding to this an emphasis on the trained lay person as we begin a two-year Health Evangelism training opportunity this next fall. The "Untrained" laypersons may be the most important group represented. We will discuss this most vital group in the last article in this series next month.

What is the goal of this Health Evangelism training course?

The purpose is to train students to minister to human needs. We believe that one of the primary parts of Christian mission in the world is to uplift people in each dimension of life: mental, physical and spiritual. Furthermore, the real caring that we show is the revelation of what Jesus is like and this naturally results in people being much more receptive to spiritual things.

What could a student expect to do on completion of this training?

I see two major contributions that a person having this type of training could make. One, they could be a valuable resource to the people both in the local church and people in the community who are not members of the church, helping them learn balance in their lives, learn a more healthful lifestyle and helping them in diet and exercise. It takes real education to teach people what to do. The best method that I know is to demonstrate for them, even in their homes, how they can have a healthful lifestyle.

The second major area that I think of as a contribution is bringing comfort, relief and restoration to those who are in a state of illness, by the use of simple treatments. With the rising cost of medical care many people are unable to get the simple help they need. This increasing need could be met by trained lay persons working in cooperation with medical personnel, providing the assistance that is permissible for a non-licensed person to do.

What about the credibility of this person with no degree?

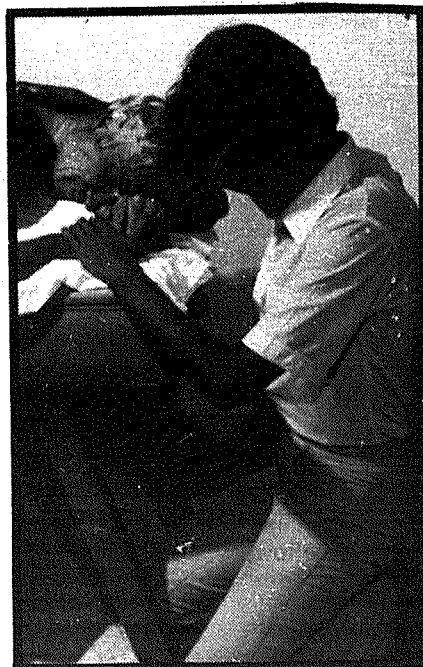
It's true this person won't have the credibility of a professional but my experience in local churches is that where there are lay members of the church that study up

on a subject and have confident communication skills to be able to share that message with others, people accept what they say with or without a degree.

How about the legal limitations for a lay person in health care?

They are not going to go out diagnosing and treating disease. The approach is to share what they have learned, telling someone, "Here is what I do. It helps me. Would you like me to teach you how to use this simple treatment also?"

People have to be very careful that they are not usurping the legal rights of a trained diagnostician to determine what a person's problem is and what their treatment should be. We need to work with the doctors not against them.



How would this person support himself financially?

The health ministry itself would not be seen as a means for financial support. However it seems to me that the majority of the jobs that are available can be filled by a person who knows how to work. The work education at Weimar College is of great value in training students to develop

skills that can be used in an employment setting. They may develop skills in carpentry, auto-body work, food preparation or other areas that might provide a basis for financial support.

An exciting thing to me is that there are apparently an increasing number of Seventh-day Adventist business and professional people interested in hiring trained personnel to come in and work in their business part-time, doing the regular services of that business but devoting the other part of their time to health-evangelism ministry to the customers or clients of that business and for the people of that community. I think that if a student has learned good work skills, even if they don't have the specific training in a particular area, they may be able to be employed in this type of setting. So their marketability is improved by their health ministry training. It's an informal ministry in that it is not identified in the community as a specific job position that somebody holds.

Tell me more about the training program.

What we will provide is a two year curriculum that would allow someone to meet the needs of people, teach them a better way of life and introduce Christ to them, but to not do that necessarily as a means of earning an income.

What kind of flexibility is there in this program? Does everyone take the same courses or is consideration given to their background or previous schooling?

I believe, there would be flexibility in the program to meet the student's individual needs but at the same time each individual program would be developed with the guidance of the faculty. The students working together with the faculty would structure a program to meet that student's needs. Since it would not be going directly toward a degree we could afford some flexibility.

Specifically what kind of certificate would they receive on completion of this training?

The person, after attending for two years here at Weimar would not receive a degree or a diploma, but a letter of recommendation, or a resume letter which would identify the specific competencies this student has developed in his training here at Weimar. Such a document would establish certain credibility with the people of the local church and community.

The student's skills will be monitored by the use of a check list of the skills necessary and valuable for this type of work. This list tells what he can actually do as opposed to just a certificate that states he has completed a particular course. We can then send this information to people looking for workers with these particular abilities. This becomes their resume, verified by this institution.

On what basis are these students accepted into the college?

It is the goal of the college to maintain a high academic standard. Thus the students would be accepted into this program on the same basis as other students intending to go into a four year curriculum. We would want a student to understand

that, while he or she is going to get a lot of experience developing practical health ministry skills, there is still an academic standard for them to maintain.

What are some of the courses that would be covered in this two year program?

The science courses include: Principles of Health, Therapeutic Massage, Foods & Nutrition, Anatomy & Physiology, Hydrotherapy, First Aid & CPR, Survey of Chemistry.

The Bible Classes include: Marriage & Family, Life & Teachings of Jesus, Fundamentals of the Christian Faith, Prophetic Guidance, Daniel & Revelation.

Other courses include: English, Speech, Stewardship.

Community services include: cooking schools, Van Ministry, community help work.

What about the cost of this program?

The current tuition is \$1450.00 per quarter which includes room and board. Textbooks are an additional expense.

We realize that not everyone can come and get this type of formal training, but there is still an important work for you to do where you live. In next month's issue of the Weimar Bulletin we will share with you some ideas on how you can begin doing medical missionary work now in your community.

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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Borrry Kimbrough.....Student Editor

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"Jesus Behind Bars"

(A Call to
Prison Ministry)

By Bud Kruger

Eternity reaches down
to my low mind,
Calling me up and out
from things and self.
Come friend, He invites,
reach out after me.
Loose the bands of your tight
closeness.
Forsake the darkness and con-
fines
of your little world.
And stretch out your soul-wings
to fly with Me, your Maker.
Then we'll return to mission —
to the prisons of other lives,
to the crime-bound,
the helpless,
the lost.
Let's take the keys, the
courage, the map
and free them too.
His voice then changed to
human weakness, and called
me again:
Help me, I need you,
disciple;
your love, your time,
your sacrifice!
I hurt, I'm crushed, I fade
away in my cell.
There is no hope —
But you have it! Share it
with me!
Who are you, pleading one?
I question.
His answer — behind the
bars, behind the tough-
ened face, behind the
frightening bondage,
I am Jesus.
I need you.

I WANT TO GO BACK

We publish this outstanding experience as an illustration and challenge to Christians on what good can come of prison ministry for changing lives.

After arrests for smuggling and selling drugs, drunk driving and check forgery, and prison sentences at the Lompoc Federal Penitentiary and San Quentin, Craig Thompson asked to go back...

As an M-2 sponsor.

Craig grew up in San Diego. His parents divorced when he was very young. He knew many "dads" and as a cocktail waitress, Mom was rarely at home.

At Arizona State he and a few school-buddies began smuggling marijuana from Mexico, and then selling it on campus. They were caught and arrested.

Even though it was his first criminal offense, he was sentenced to six years at the Federal Prison in Lompoc, California. There he became addicted to heroin. Craig had nothing to do, aside from writing letters to his mom and brothers. They were able to visit him only once a year.

On his release day in 1974, he was high. He moved back to San Diego and in with a girl who was also "strung out" on drugs. In order to support their habit, they wrote bad checks and abused credit accounts. "We lived on dope," Craig told INTOUCH. "It was a bum's life."

But the "bum's life" came to an abrupt end. Craig stole a woman's purse and was slapped with a second-degree robbery charge. He was sent to San Quentin for seven years.

"San Quentin was total chaos," Craig said. "You had to watch where you stepped each moment. Gang fights and other violence went on all the time. I ate by myself and kept to myself, and kept an eye out for trouble. And at first no one came to visit me."

"Then I read about M-2 on a flyer. It said someone would come who cared about me and what was happening inside. So I signed up.

"Russ Carley came to visit and we developed a good relationship. He lived two hours away, so he couldn't come often. But I was impressed because he cared enough to come see me."

Craig spent a lot of time studying law and he pleaded for a shorter sentence. As a result, he only spent three years in Quentin.

In October 1978 he was sent to the Redwood City Furlough Center on a work-release program. After a short time in construction, Craig acquired a job at Stanford University. He's now in the Anthropology Department doing office clerical

work and personnel administration. He's been at Stanford just over five years.

One night in September 1983 he saw a public service announcement (PSA) requesting volunteers to visit prisoners. Craig called the M-2 Cupertino community office and arranged an appointment with the Area Director. South Bay sponsors usually go to nearby Soledad or Ben Lomond Camp, but Craig had a special request.

"I want to visit a guy in San Quentin. I know what it's like."

In October, Craig visited Gary Speers at San Quentin. Gary is in for robbery and kidnapping this time, but he's been in and out of jails and prisons most of his life.

"Gary thought I was weird at first," Craig said. "But when I told him I was a San Quentin ex-con, he opened up."

Craig and Gary quickly became good friends. So good that in a September, 1984, letter addressed to Judge Leonard McBride of the Santa Ana Superior Court, Craig said this about Gary:

I have known Gary Speers since October, 1983...I came to know him through a program at San Quentin Prison called M-2 Sponsors. I am his M-2 sponsor.

When I first met Gary, he seemed to be on the negative side of life without much hope of looking to the future. After a few visits, however, I've noticed a tremendous change in his attitude and sense of worth in a positive sense. Gary, I feel, identifies with me.

Your honor, I was once in San Quentin myself for three years doing a sentence for robbery. I too had a M-2 sponsor during most of that time. It gave me a chance to look at the whole situation in a different light with support from my sponsor. I've remained free and clean, working for the past five years at Stanford University. I honestly believe that Gary has finally come to the realization that if I can do it and remain a productive member of society, then he can too!

The length of Gary's sentence was being reconsidered. As a result, Gary's sentence was reduced by 10 years.

"In prison, the abnormal is normal. And when you get out, you're just not ready for it. But if you have a friend on the outside, it's easier to adjust.

"It was easier for me because of my M-2 sponsor, and now I want to do that for Gary. I want to help him, so I'm going back to San Quentin."

Reprinted by permission from M-2 Sponsors, San Quentin, CA.



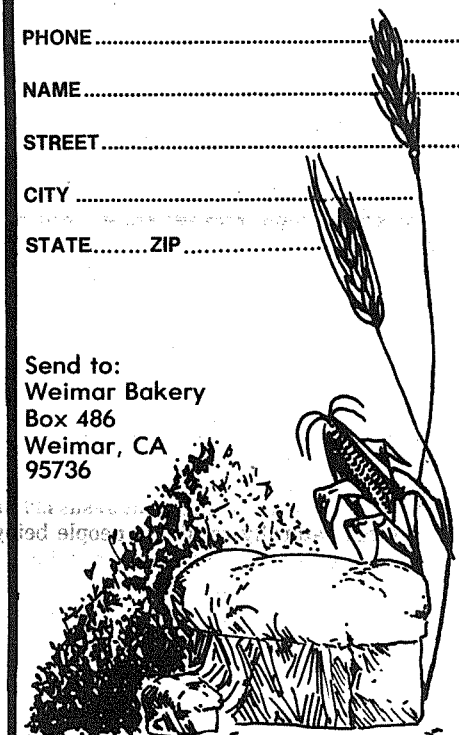
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_____ 1.15	Whole Wheat
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_____ 1.15	Whole Wheat-Salt Free
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Order bread in boxes of 20 loaves. Assortment allowed. Home or business address necessary for U.P.S. shipment. Enclose order form. No advance payments please.

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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.

- Printer
- Secretary
- Bakery Manager
- Agriculture Supervisor (Truck Gardens)
- Nurse
- Female Physician
- Male Physician

COLLEGE FACULTY POSITIONS OPEN

In addition to a broad curriculum in general studies, majors are offered in the departments of education, health science and religion. For inquiries about teaching opportunities call Dr. Paul Hawks, Dean of the College, Weimar Institute, Box 486, Weimar, CA 95736. (916) 637-4111.

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.

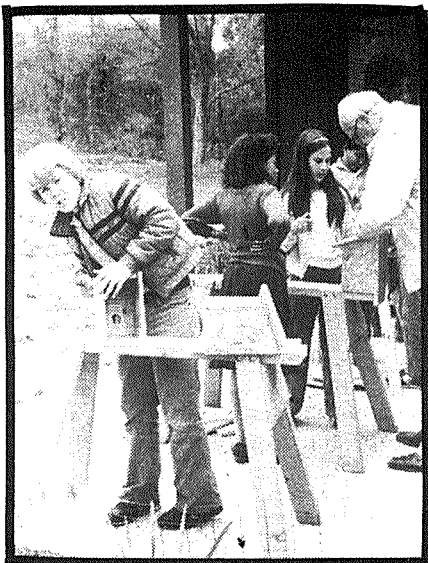
We do not conduct Sabbath services at Weimar Institute. If you plan to join us for Sabbath meals, please make prior arrangements for meal tickets.

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.

CARS NEEDED:

Donate a used car to Weimar for business and outreach activities. Receive a tax deductible receipt. Contact: Art Reeves, Business Manager, (916) 637-4111.

Come to Maranatha Meadows



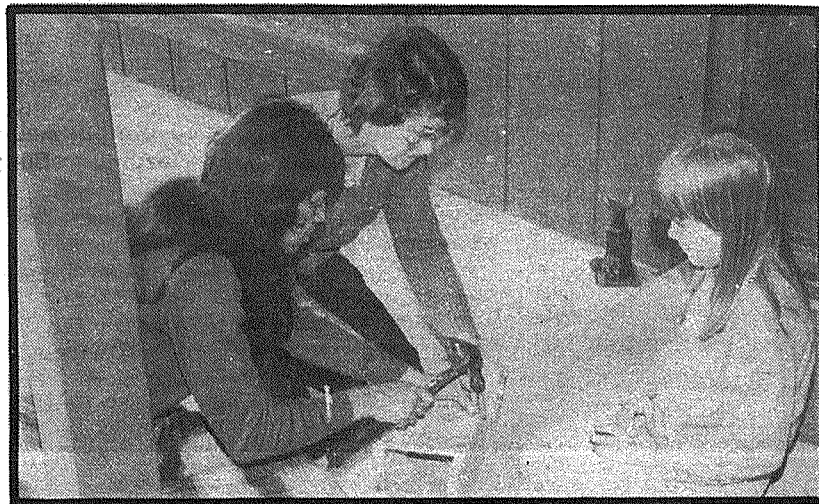
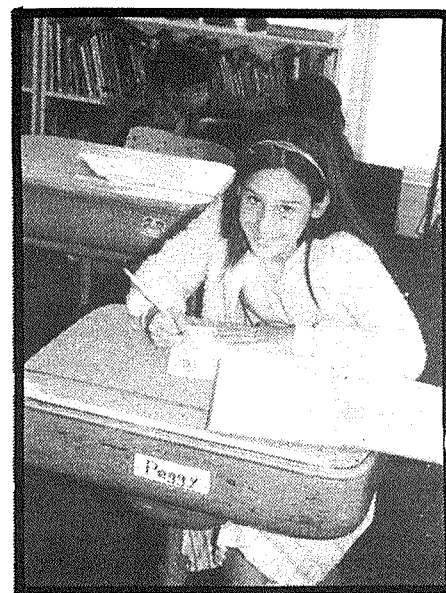
Maranatha Meadows is a small independent S.D.A. Christian school providing a work-study program for grades 1-10.

Located in the foothills of the Sierra Nevadas, about 30 minutes from Weimar Institute and 30 miles East of Sacramento near I-80, Maranatha Meadows has been a beacon of light and a place of refuge for young people seeking a Christian education in a country setting.

This elementary school was an outgrowth of a group of concerned parents who were anxious to follow God's blueprint for Christian education, as outlined by the Spirit of Prophecy. It has had nine successful years under the Lord's leading.

The property was purchased in 1975 and through the sacrificial giving of several individuals was completely debt free within a short time. The school presently has 22 acres of land, 22 students, 3 classrooms, a barn, farm implements and ideal conditions for a strong agricultural program.

Maranatha Meadows has an opening for a teacher and/or a principal to teach grades 6-10 starting in September. If you are interested or know of someone who may like to inquire about this opportunity, please contact Lorraine Gabriel, c/o Weimar Institute P.O. Box 486, Weimar, CA. 95736.



Marijuana: More Dangerous Than Tobacco

"Smoking one marijuana joint is probably equal to smoking a pack of cigarettes a day," says Dr. Alfred Munzer, a lung specialist from Takoma Park, Maryland. He goes on to state that thus far few lung disease deaths have been attributed to marijuana smoking "only because marijuana as it is being used today hasn't been around that long."

Dr. Munzer, who is a member of the Board of Directors of the American Lung Association, is deeply concerned about the carcinogenic properties of marijuana smoke. In an interview to be printed in the February 1985 issue of LISTEN magazine, Dr. Munzer explains why smoking marijuana can be far more dangerous to the lungs than smoking tobacco.

"Literally hundreds of compounds are released when a marijuana joint is lit," says Munzer. "We don't know exactly what each of these compounds does, but a great many of them are irritants to the respiratory tract. If the respiratory tract is irritated long enough, precancerous conditions appear that can lead to true cancer." The greater potency of marijuana in recent years has further increased the risks involved with its use.

Not only does marijuana smoke contain 50 to 60 percent more cancer-causing agents than tobacco smoke, but marijuana users tend to

smoke joints down to the very end and to inhale much more deeply than tobacco smokers, which draws the carcinogens further into the lungs. Munzer cites tests which show the presence of precancerous cells in the sputum of marijuana users after only three to six months of regular marijuana smoking.

Pure Vegetarianism Lowers Risk

Records of hospitalization and causes of death over prolonged periods of years have established the superiority of pure vegetarianism as a means to lower significantly one's risk of contracting fatal degenerative arterial diseases or cancer-related disorders. The research confining those findings was named the "Adventist Health Study" and was conducted as a joint project of the Schools of Health and Medicine at Loma Linda.

Roland Phillips, M.D., Professor of Biostatistics and Epidemiology at the Loma Linda School of Health indicated that Seventh-day Adventists who use meat in their diet face a risk 2.5 times greater of contracting and dying of heart disease at the same age than do those who are vegetarians. Similar findings have been obtained for diabetes. Risk of fatal prostate cancer increases 15 to 25 times with a diet using milk, eggs, cheese, and meat. The heavy use of eggs and coffee nearly doubles the risk of fatal colon cancer. Coffee was also associated with an increased risk of fatal bladder cancer.

Fatal ovarian cancer was positively associated with the use of eggs in the diet.

NEWSTART ALUMNI HOMECOMING 1985

June 23-28, 1985

We are looking forward to seeing you and renew old friendships and old times.

Beforehand, we need to hear from you with your reservation and \$50 deposit so we can reserve a room for you. Reservations are coming in fast, so don't put it off.

Mark your calendar and send in your deposit today to New Start Alumni, PO Box 457, Weimar, CA 95736.

Academy Homecoming Weekend

All Weimar Academy alumni — take notice! Former staff included:

Homecoming Weekend will be May 3 to 5. If you plan to attend let us know so we can send you a detailed program. Write:

Weimar Academy Alumni Association Box 486 Weimar, CA 95736