

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 5 NO. 6 JUNE 1981



James Crawford, DDS
Loma Linda University



U.D. Register, PhD
Loma Linda University

NEWSTART Alumni Come "Home" Again

Thursday afternoon they started coming. Sunshine warmed and breezes caressed. Friday was cool and overcast. Still they came. By Saturday rain and chilling cold took over. More and more arrived.

It was the third Annual NEWSTART Homecoming, and nothing seemed able to dampen the high spirits of the returning alumni. There were shouts of recognition, lots of hugs and kisses, and knots of excited people everywhere. Warmth and good fellowship were palpable, as Dr. Henri Wiebe welcomed everyone "Home" again.

Six a.m. Friday found most everybody dutifully reporting for the blood tests. On Sunday the results were scrutinized, and either great rejoicing or wailing and gnashing of teeth — AND NEW RESOLUTIONS.

SCIENTIFIC PRESENTATION

There were three specific presentations over the weekend. Dr. James Crawford, Health Educator from Loma Linda University spoke on stress. "DIS-EASE develops when the inner and outer persons are not synchronized," he said. "Nothing will contribute more to health than a happy heart."

Dr. U. D. Register, also of Loma Linda University, introduced his review of current nutritional findings with the texts: "He that keepeth his mouth, keepeth his life." "Why will ye die?" Prov. 13:3; Jer. 27:13. "The main diet factors in disease in the USA," he pointed out, "are: excess fat, excess salt, excess calories and decreased fiber."

Dr. Charles Tam, a cardiologist from St. Helena, explained that there is no increased longevity per se by exercise alone, after myocardial disease has developed. DIET is the single most important treatment. "You must get SKINNY" if you want to get better. There are cultural groups of people in the world with no diabetes, no hypertension and no coronary disease. Americans were surprised to find that P.O.W. and concentration camps inadvertently cured their inmates of degenerative disease. "If you have heart disease," he reiterated, "you'll get better if you get skinny."

(For more on Homecoming see pages 4 and 5.)

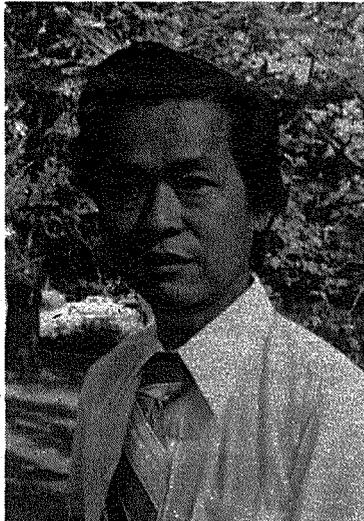
Weimar Goes On The Air

What's happening at the old Weimar Medical Center? Many people in the surrounding area are asking that question. Weimar Institute is in the process of giving an answer.

Most recently, a local radio station based in Auburn, KAH1, had as their guest on a morning talk show Dick Winn, Weimar's Chaplain. Not only did Pastor Winn discuss the various aspects of Weimar Institute, but he was able to publicly advertise an upcoming cooking seminar to be held at the Institute. (See next month's Bulletin for report.)

Through this media, the listening audience heard about NEWSTART Health Center, the several health seminars currently being offered to the public, including the cooking school and a recent food quality seminar. Also dialogued were the unique features of Weimar College, Placer County's only four year college. It was exciting to once again note the college's high academic program along with its emphasis on work education and community service. Other questions were also answered regarding the operation and funding of the Institute.

Two weeks after this inter-



Charles Tam, MD
Cardiologist, St. Helena
Medical Center

view, Pastor Winn returned to the station as an afternoon guest disc-jockey — again to share with the listening public more about Weimar Institute.

Another unique feature being aired over the same radio station are ten one to two minute "health spots" prepared by Dr. Dennis Blum, Chairman of the Health Department of Weimar College. Each talk is designed to provide general health information to the public, as well as to continue to announce the cooking school. These succinct health capsules deal in a professional way with topics relating to heart disease, cancer, weight management, vegetarianism, cholesterol, salt, sugar, caffeine consumption, and the importance of fiber in the diet.

(For reader interest, these "health spots" by Dr. Blum will be printed in the next several issues of the BULLETIN under the headline, "Do You Have A Minute?")

Adventist Registrars Visit Weimar College

Representing all but three of the Adventist colleges and universities in the United States, more than 30 registrars and admissions officers shrugged off a mid-April rainstorm to spend half a day on Weimar's campus.

En route to their national convention in San Francisco from several days of meetings at Pacific Union College, the group accepted Weimar's invitation to become acquainted with this new College.

President Bob Fillman welcomed the academic officers as they met in the NEWSTART lecture room, then spoke briefly about the Institute's history and purposes. Medical Director Henri Wiebe summarized the work of the health center and its relation to the academic pro-

gram. And Dr. Colin Standish, Dean of the College, gave an overview of the college program.

Of major interest to the visiting registrars was the presentation of Dr. John Sipkens, Director of Labor for the Institute. Since every student transferring from the College has a number of credits labeled on his transcript as "work education," and since the registrars from other colleges must evaluate those transcripts, they were pleased to see how these courses are incorporated as a part of the curriculum. Chaplain Dick Winn's presentation on the community service program, and the resulting course credits, was of interest for the same reasons.

Before being served lunch in the Cafeteria, the visitors

divided into five smaller groups for a 45-minute tour of the campus. They expressed appreciation for the overall physical appearance, as well as the thoroughness of the planning which has gone into the development of the whole Weimar program. The Registrar's Office anticipates continued cooperation with these colleagues regarding the transfer of credits from Weimar College.

Calendar
of Events
for
Weimar College
(See page 7)



FROM OUR PRESIDENT

In this column I want to emphasize two important matters related to Weimar Institute. One is the first graduation to be held at Weimar College, and the second is the progress report regarding the opening of Weimar Academy.

Weimar College's first graduation is planned for the weekend of June 12 and 13. In addition to being an important historical occasion, we look forward to a time of spiritual refreshing as well. Beginning with the Dedication Service on Friday evening and ending with a Vespers of Consecration and Challenge on Sabbath evening, every part of the weekend is designed to praise God and to focus on Him rather than to dwell on the accomplishments of man.

As the members of the graduating class worked with their advisors to plan the graduation weekend, our hearts were made glad to see the direction of their emphasis. In Counsels to Parents, Teachers, and Students, p. 415, we are told that "many are better prepared, have more spiritual discrimination and knowledge of God, and know more of His requirements, when they enter upon their course of study than when they are graduated." We trust that this will not be true of any graduates of Weimar College. Rather we desire that every one will have greater insight into the character of God, clearer perception of His leading, and the desire to say with John the Baptist in speaking of Jesus, "He must increase, but I must decrease." (John 3:30).

I extend to you, friends of Weimar, a personal invitation to attend this first graduation weekend.

Weimar Academy doors will open for the first school year on September 7, 1981. The Boy's World property has sold, plans have been drawn, and permits for the first school home are now in process. Most of the needed staff are on campus, application materials have been and are being sent out, and we look forward to an excellent first year.

However, in order for the doors to open, there must be a completed building on which to hang the doors. All available staff and students will be using all the time they can to work on the construction of the first school-home — a home designed to house a staff family and up to twelve academy students. But we need more help if we are to finish the building in three months.

During the early years of Weimar Institute, many individuals generously volunteered to give of their time ranging from a week or two of vacation to an entire summer in order to see the plans go forward. Now we need volunteers to help prepare academy housing before the first of September. If any of you have some time and some construction skills available during the next three months, please contact us. We will need to know what type of skills, and the approximate time, in order to plan effectively. We will have a limited number of dormitory rooms for housing, and we can accommodate some self-contained recreational vehicles.

I should also mention that if any of you are considering Weimar Academy for this first year, you should ask for application materials very promptly. We will only be able to accept 24 students, and applications are already coming in.

We hope to see some of you here for graduation weekend. We hope to see some of you here for part of the summer. If not either of these times, we hope to see all of you in the very near future in that promised land.

Robert L. Fillman

Robert L. Fillman

HAVE YOU REGISTERED...
for the upcoming Work Experience Education Seminar to be held at Weimar Institute, July 5-24? Earn six (6) quarter hours of extension academic credit from Pacific Union College under the direction of Thomas S. Geraty, PhD. For more information, write: The Dean, Weimar College, Box A, Weimar, CA 95736. **DON'T DELAY!**

"I Didn't Know I Had Heart Trouble."

By Tom Walker
January 1981 NEWSTART
Class
(as told to Aileen Ludington,
M.D.)

In the middle of a hockey game my arm started to hurt. My elbow pad felt tight, so I slid it down. Later I felt the pain again, this time across my chest as well. I blamed it on my cigarettes. After all, I was only 35, quite solidly muscular, and led a very active life. "It was the older guys," I reassured myself, "the ones who sat in stuffy offices and got fat...they were the ones who got the heart attacks." Most weekends found me riding my motorcycle or bicycle or playing golf, when I wasn't playing hockey. I knew I was in good physical condition, so how could I have heart trouble?

But my smoking was something else. I knew it was hurting me. I had tried to stop at least 20 times, without success. One time, with prayer and will power I was able to stop for three weeks. Then I was slapped with a lawsuit, and the pressures became too great for me.

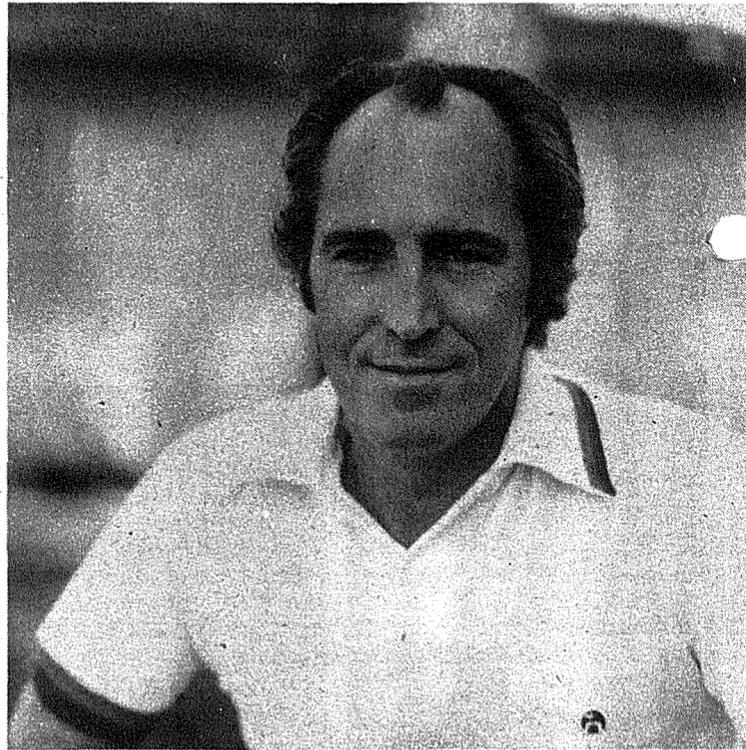
About two weeks later the pain recurred. This time it lasted a lot longer and nothing I did seemed to help. I went to the doctor and he immediately admitted me to the hospital. It was a small hospital in a small town, and they didn't have very much equipment. The next morning an EKG was done, which was negative, so I went home. However, I felt such an intense fatigue that I stayed in bed for about 7 days.

Even though they couldn't find any heart trouble, I was worried enough to enroll in a cardiac rehabilitation program. I was told my cholesterol was a little high, and received some sketchy dietary guidance, but it was primarily an exercise program, which I attended faithfully for several months. Eventually the pressures of life mounted and I quit. After all, they had never been able to demonstrate any heart trouble. Feeling sure that my smoking was the true villain, I made yet another resolve to stop.

I had started smoking at age 18 because it seemed the stylish, mature thing to do. After only 2-3 weeks of smoking I developed an intense craving for it. I was soon smoking 1½-2 packs a day. Anything less than that wouldn't satisfy me.

My health continued to deteriorate, and I made abortive efforts here and there to find a way out. In 1979 someone told me about Weimar Institute so I checked on it, but I was too busy right then to come. I am a business man, and was deeply involved in six different major business enterprises.

Things kept getting worse. In the summer of 1980 I went to Alaska to spend the summer working in my gold mine, something I had looked



Tom Walker

forward to all year. But I couldn't do much. I was tired all the time, and the pain was almost constant. Completely discouraged, I knew finally that I must seek help.

I looked for the Weimar phone number. A year ago it had been scribbled on a scrap of paper, on a desk with hundreds of other scraps of paper. Miraculously I found it! I called and was connected to nurse Gloria Duncan. In her warm direct way she assured me, "No, we can't cure emphysema, but yes, we could help stop it." That was good enough for me. I was happy to fly down from Canada and pay for the 25-day program for just the hope of gaining freedom from my cigarette habit.

I still had a pack in my pocket when I was met at the Sacramento Airport by nurse Larry Greene and college student Randy Caldron. I felt their friendliness right away. As we walked to the baggage area, I asked Larry when I was supposed to stop cigarettes. He gave me a long look, then said, "Right now might be a good time." So I tossed the pack into the trash can.

About an hour later we arrived at NEWSTART Lodge. I was tired and nervous from the long trip, and already a bit shaky from the lack of a cigarette. Seeming to anticipate this, Larry invited me down to hydrotherapy and into the Russian steam bath. After sweating things out for a while, I felt relaxed and refreshed. From that moment on, I LOVED EVERYTHING HERE! I knew I had come to the right place. I had a refreshing night's sleep.

A few days later, after all the tests were finished, my doctor explained to me that I had coronary heart disease, with a disabling amount of angina. I was shocked and stunned, but also relieved to know that I wasn't a hypochondriac after all.

I said I loved everything

here, but the food was an exception, at first. It was horrible! But I made up my mind I would really work at trying to like it. After 10 days it tasted fine! REALLY! Also I began to see that the simplicity of the food and the lack of spices and salt contributed toward decreasing my craving for cigarettes. So did the walks in the fresh, brisk air. In fact, when I wanted a cigarette, I would go out for a walk instead. The craving would gradually dissipate.

During my 25 days in the NEWSTART program I learned to slow down. I made plans to completely rearrange my life. I began to notice and enjoy the things in nature, the hills, the trees, the sky, the flowers, the sunshine and fresh air. And I especially appreciated the prayers of the people here, their great trust and confidence in God. I had become a born-again Christian 6 years ago, and I very much wanted to give my life totally to God. I had quit booze, but I just couldn't seem to give up the cigarettes. Even my wife grew discouraged and gave up trying to help me. But somehow I kept feeling this great conviction that I should treat my body better, like a temple of God, and that should be a better example to others.

I thought back to the events that had gotten me into this state of health. I had been very active and athletic in my early life, and continued, in fact, to approximately age 27. But then I took on, more and more, the business man's life style. My days consisted of a hasty bite for breakfast, a business lunch, followed by a big dinner, usually late. I began to feel horrible. It was harder and harder to get up in the morning.

It's now been 4 months since I first came to Weimar. My life style has changed completely. Not only have I quit smoking, but I've com-

(Continued on Page 7)

NEWSTART Center Now Offers the "Observer Status"

There's an exciting new concept currently being talked about on the Weimar campus. It's the "patient observer status" now being incorporated into the NEWSTART program.

This status is aimed at healthy individuals who want to learn, to experience the principles employed in Weimar's health program — yet cannot afford the current charge of \$2800.

"I'm personally optimistic that this is going to provide a viable option for many people," commented Dr. Henri Wiebe, Acting Medical Director for the Center.

Until just recently, the NEWSTART Health Center has offered only two types of programs to the public. The first being the "25-day live-in" program with the main emphasis on "full patient status." Guests who partici-

pate on this level receive the full benefit of all that is offered during the session; a private room in the lovely, refurbished NEWSTART Lodge, meals, physicians' lectures, information on nutrition, instruction in cooking, monitored exercise periods, and a host of other miscellaneous group activities. In addition, the guest is placed on an individualized schedule that includes hydrotherapy treatments, physical therapy, lab work, treadmill tests and private interviews with a physician.

Then there is the "companion status." Under this category a guest under the full patient status can bring with him a companion (usually a spouse or family member). This is fundamentally vital for an individual who wishes to continue successfully on the program

after he leaves Weimar. This companion may attend all lectures and classes, and participate in any group activities; meals are included. Though he receives no individualized treatments, lab work, or private visits with a physician, he may learn in all the group settings, and return home with the primary guest to offer intelligent support and understanding.

"Knowing that a lifestyle change is the most demanding of adventures, we feel the need to offer such a program in order to help a full patient continue to be successful after he leaves," stressed Dr. Wiebe.

The cost for the companion status is \$700.

But there are other people who are already receiving excellent care through their own physicians who would like to alter their lifestyle,

and need support and a sheltered environment in which to do so. And there are those who just want to come to learn, to observe. For individuals such as these, Weimar's Health Center administrators have decided to add a third category called the "patient observer status." Basically the same as the companion status, a guest who comes under this category will receive lodging in the Newstart Center, meals, and the freedom to participate in any group activities. Though he may attend any lecture or class, he will not receive any of the special services. However, these may be purchased on a per item basis, as space is available in the schedule.

Guests with the observer

status can come for any amount of the regular 25-day period. Entry into the program can be settled up to a week before the program starts, or at any time during the program where space is available. The cost is \$56.00 a day (One half the full price.)

For someone who cannot stay the full 25 days, but wants to hear all of the lectures, tapes are available. Those who have participated in the patient observer program feel that it is a good alternative to the full patient status.

This broadens the possibility for executives and those of similar circumstances who can come but for a short time, but who are geared to learn at a quicker pace.



WEIMAR INSTITUTE

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. Relying solely upon the free gift of the righteousness of God revealed in the Person of Jesus Christ, the Institute openly confesses that no function of its ministry can detract from the reality of that One Source of salvation. Rather, we desire that His righteousness shall become more believable to others because of this service to which we ourselves have been called. (2 Tim. 1:9, Eph. 2:9-10)

ADMINISTRATION

Robert L. Fillman President
Kent Dickinson Business Administrator
Dick Winn Secretary
John Sipkens Director of Labor

NEWSTART HEALTH CENTER

Henri Wiebe M.D. Acting Medical Director

WEIMAR COLLEGE

Colin Standish, PhD Dean of the College

RETREAT MINISTRY

Dick Winn Chaplain/Director

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WEIMAR INSTITUTE BULLETIN

Pat Payne Editor
Veronica Morrish Assistant Editor

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 wills or trusts will be gratefully received.

OFFICE HOURS

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

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.

We All Worked Together

By Susan Claridge

"Many hands make the work lighter." The Weimar family recently had an opportunity to experience the truth of this familiar expression.

Over 3000 feet of deer fence needed to be installed around the Institute property, in addition to 1000 feet of barbed wire fencing that needed to be repaired. A big job! But not too big for a Weimar "fencing-bee"!

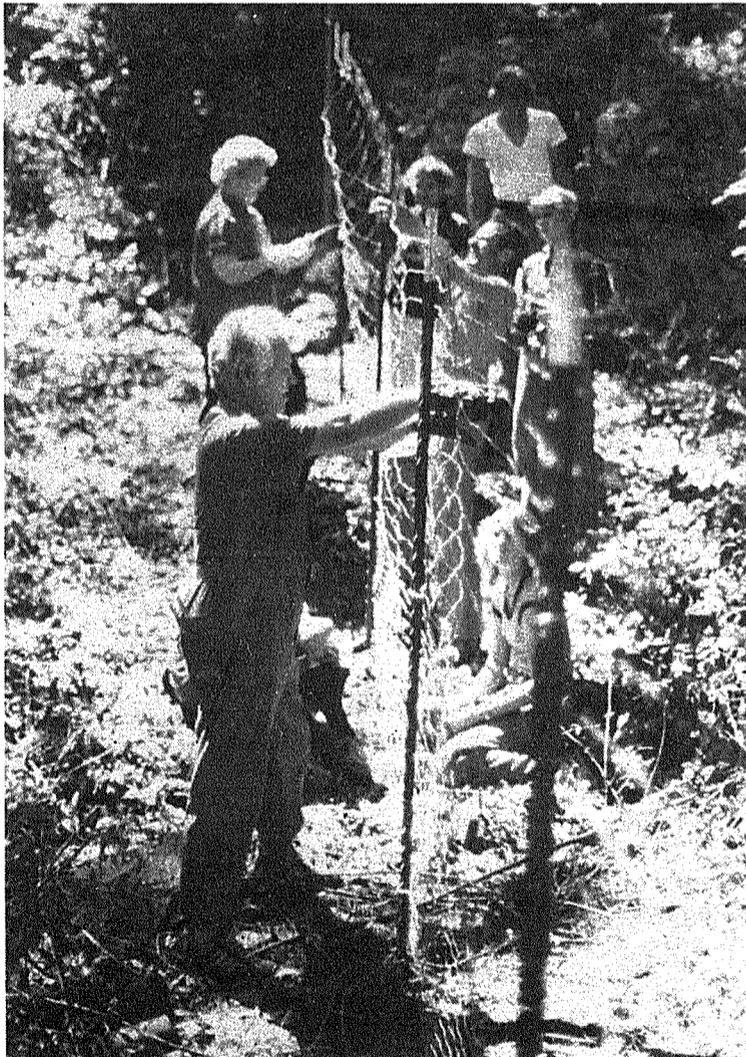
Every year, one or two days are set aside specifically for a corporate work project. This year fencing was the designated task. By 7:15 on a Thursday morning Weimar staff and students were gathering, dressed in clothes to fit the occasion, and ready to go! Eventually, eight groups were formed, each ranging from four to twelve people. Given tools, materials and an assignment, they set to work.

All had a part, young and old alike. Classes were cancelled for the day so every one from the young grade-schooler to staff members had the opportunity to work together in accomplishing the task. Those who did not work on the fence, helped by clearing away brush and rocks. Some chopped wood, and several of the younger students helped by bringing water to the thirsty work crews.

By the end of the day, there were a lot of sore and tired bodies but it was worth it. Working together had been a lot of fun. It was also extremely rewarding to look back over the day and see that a big job had been done!

Rejoice evermore.
Pray without ceasing.
In everything give thanks...

1 Thess. 5:16-18



General Information and Directions For Guests Travelling to Weimar Institute By Bus

Rather than getting off at Auburn or Colfax, it is possible to request of the bus driver to be let off at the West Paoli Turn Out which is approximately 5 city blocks from the campus. If a guest has luggage it would be more convenient for someone from the Institute to meet him there.

Going towards Sacramento the approximate times for let off are: 9:45 a.m.; 6:05. p.m.

Going towards Colfax/Reno the approximate times for let off are: 10:35 a.m.; 4:25 p.m.

Alumni Share What NEWS

"I was almost ready for a wheelchair..."



Mary Ross

By Mary Ross
May 1978 NEWSTART Class

I couldn't raise my arms. I couldn't comb my hair. I couldn't go upstairs. I was nearly bed-ridden with advanced rheumatoid arthritis. Besides that I had hypoglycemia. I carried snacks everywhere, even to church to ward off the shakes, and the disorientation that would follow.

I was also overweight. A recent stroke blurred my vision, caused me to stagger and made me feel dizzy and nauseated. I was

taking 60 pills a day. When I walked, the landscape around me seemed to whirl, and I had the sensation that the pavement was coming up to hit me in the face. I lived in fear and dread of the next stroke, the big one. I was only 56 years old.

I heard about Weimar and their plan to start a life-style change program. I applied immediately for their very first class, and was there the day it opened in May 1978. Our accommodations were pretty crude and things were disorganized, but the people were dedicated, and full of love, and the treatments were wonderful.

That was three years ago. When I left, I determined to stick with the new life-style, and I have. We are very active socially and I have lots of company. I cook them big, wonderful gourmet meals, so they won't feel deprived because of me. But I don't even taste the food. I have my potato, fresh vegetables and salad. If I am ever tempted to cheat, I just pause and think about what I was like before Weimar's NEWSTART program, and that's all I need. No, I haven't cheated. I've stuck with the diet and the exercise program faithfully.

The result? It's hard to believe. The hypoglycemia is gone. I've lost 25 pounds and weigh 120, ideal for my height. I walk 3 miles a day with minimal pain and only an occasional mild flare-up of my arthritis. There is no observable residual from my stroke, and I've not had any more. I've taken no pills at all for three years. In fact, I started feeling better the day after I stopped all those pills.

We travel a lot and I pack beautiful lunches, full of fresh, wholesome food. When we eat out, I have no trouble getting a baked potato and a fresh salad. I usually bring whole wheat bread along.

Yes, I am strict. Since I have started I have never been off the program. Life is too precious, too important to take chances. I have too much to live for, too much to do. Food is in your mouth only a moment, but can be on your hips for a lifetime. It isn't worth it. People just cheat themselves when they don't keep up their good habits. Most people just want a three week miracle, they don't want to use their will power.

My only real problem is my mother. She continually offers me things I can't eat. She feels threatened when I refuse them. I guess she will never understand.

I can honestly say I feel better than I did in my twenties. I really do. This is the first reunion I've attended, and I'm anxious to share my experience with others, to encourage them to be faithful. It pays. It really pays off.

The Hardest Problems

"Eating out" — Mae Libby, September 1980

"Can't pass up left-overs" — Janis Fleharty, February 1981.

"When there is stuff in the house I shouldn't eat." — Betty Simi, November 1980.

"Buying and fixing things for company." — Janis Fleharty, February 1981.

"My mother! Constantly offers me things I can't eat, and is hurt when I refuse." — Mary Ross, May 1978.

"Snacks" — Nearly everybody.

NEWSTART Wits

"My NEWSTART began in 1937, the year I got married." — Fred Riley, Weimar Faculty.

"It's great to be able to get up out of a chair without my hands." — Francis Miller, August 80 NEWSTART — after losing 65 pounds.

"Stop bragging! I would love to just be able to sit down and not worry about breaking the chair." — Billie Watson, Sept. 30 NEWSTART — 300 lbs. and losing.

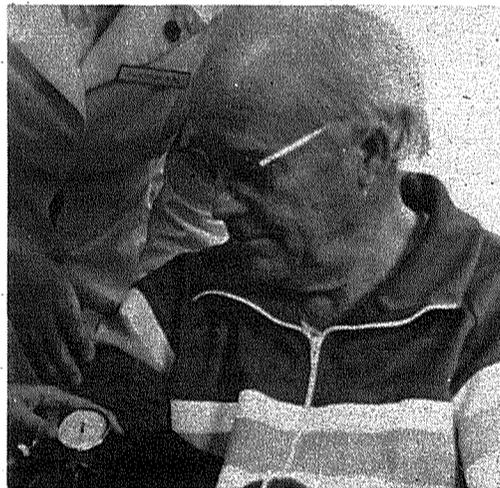
"When I can sit in a tourist seat, I'm going to Hawaii!" — Janis Fleharty — Feb. 1981 NEWSTART — 40 pounds down, 150 to go.

"When I can buy clothes from the racks again, instead of sending for fat sizes, LOOK OUT San Francisco, here I come!" — Betty Simi, Nov. 1980 NEWSTART — 40 pounds down, 40 to go.

"When I can slide into a booth at a restaurant — NOW THAT will be the ultimate temptation." — Janis Fleharty, Feb. 81 NEWSTART.

"Food you eat standing up doesn't count. Everyone knows it has no calories." Anonymous.

"When the doctor doubled my medicines..."



Jack Bogle

By Jack Bogle
November 1980 NEWSTART Class

The day the doctor doubled my medicines and advised angiography, I made my decision. I chose to come to Weimar's NEWSTART program.

I had been an Adventist and worked for the church 38 years, and I am presently working for Loma Linda University. I thought I was observing health reform.

But my eyes were opened. Within a few days my blood pressure started going down and I had to back off my medicines. Soon I was able to stop them completely.

That was six months ago. My blood pressure continues to stay down without medication. I have lost 15 pounds and my wife has lost 18 pounds. We are delighted. We feel great. I just had 12 pairs of pants taken in.

Dr. James Crawford

"God created an infinite potential into our brains — He wants us to develop them through all eternity."

"Dis-ease develops when the inner and outer persons are not synchronized."

"Be glad you've got what you've got while you've got it!"

"Never waste a good crisis."

NEWSTART Has Meant To Them

"I was a coffee addict..."



Betty Simi

By Betty Simi
November 1980 NEWSTART Class

The first five days were some of the most miserable of my life. My head ached incessantly. I was too nauseated to eat. Then I was too weak to walk. Twice I was at the end of my endurance and ready to go home. But I was urged to hang on a little longer.

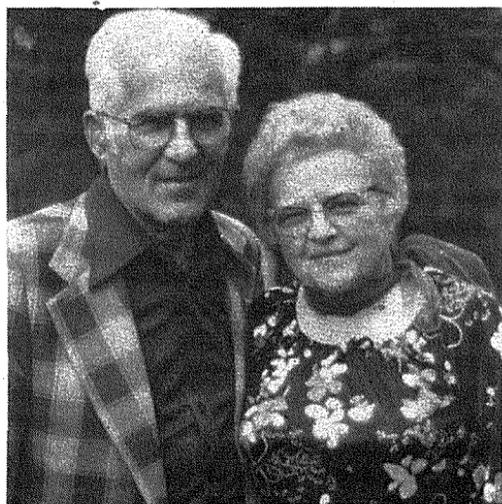
By the fifth day I started to pack, but by lunch time the symptoms cleared. From then on I started feeling really good.

I had no idea coffee

could do that to a person. How I had longed for just one cup!

But I'm glad I was allowed to suffer. The experience is indelibly etched in my memory. Whenever I smell it, whenever I feel the tiniest temptation, the memories come flooding back. And I won't touch it! This is the best kind of affirmative action.

"We discovered the 'fountain of youth'!"



Fred and Carolyn Baybarz

By Fred Baybarz
November 1979 NEWSTART Class

I entered Weimar's NEWSTART program after by-pass surgery, considerably over-weight and taking pills for high blood pressure. My wife was over-weight, arthritic, borderline diabetic and hypertensive. She was swollen with edema.

We really took seriously what we learned. I would say we have followed the program at least 90% in the year and a half that has intervened.

We each lost over 30 pounds. My blood pressure has stayed down and my wife doesn't have any more headaches. I can honestly say I feel better than I've ever felt in years.

My wife's arthritis is gone and so is her edema. She can walk right up a hill now, the same hills she had to avoid before. Her diabetes and blood pressure are under good control. Yesterday I did three miles in 34 minutes and I'm 72 years old.

Yes, we both feel better, in fact feel younger than we did 30 years ago. Maybe this is the right way to find that elusive "fountain of youth"! All I can say is, it's silly to spend all the money to go through the NEWSTART course and then not do it! My wife and I have surely gotten our money's worth. Healthwise, it's the best investment we've ever made.

Dr. Charles Tam

"You've got to get skinny!"

"Transgressing the laws of health is like burning your finger in the fire."

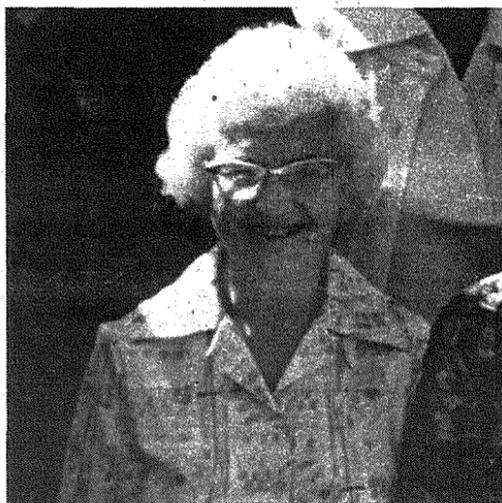
Dr. U.D. Register

"All the majesty of the mind can be dethroned by the stomach."

"A charcoal-broiled steak contains the carcinogens of 240 cigarettes."

"He that keepeth his mouth, keepeth his life... why will ye die?"

"I couldn't walk a block..."



Mae Libby

By Mae Libby
September 1980 NEWSTART Class

I couldn't walk a block without severe pain and cramping in my legs. I was frustrated. Would I finally have to surrender to old age? Was it expecting too much to want to be active and vital past age 77? Was it worth the investment to seek further medical help? I decided to FIGHT! I enrolled, full of hope and determination, in the September 1980 NEWSTART class. I had been a minister's wife, and I

thought I thoroughly understood and practiced Adventist health reform. But I learned so much more! By the end of the program I was walking 3 miles with minimal pain.

In the 6 months since then, I've followed the program faithfully at home. I try to regularly walk 1 to 1½ miles daily, but it is hard to find the time! I teach a Sabbath School class, I'm the Dorcas leader, and still I see so very many needs to be filled that I long to do more.

I'm glad to be back for "homecoming". Today I feel healthy, vigorous, happy, and no longer threatened by disease. I know how to handle it. I really don't feel a day over 50. My family rejoices with me. They are all for this program. My daughter says it's so nice to be able to walk with me and not have to stop every 2 seconds for the cramps to go away.

Victory Capsules

"Once I made up my mind — NO SWEETS — it stopped being a problem."

— Marie Anderson, August 1980

"I've hated the diet the past 6 months, but I've eaten it. Now I've gotten to the place where food that is not good for me is no longer appealing."

— Francis Miller, August 1980

"I found God. I'm happy and hopeful now."

— Betty Simi, November 1980

"Oh My Aching Head!"

By Vernon D. Putz, R.P.T.

The purpose of this article is to look at some common causes of headaches and give some simple, practical suggestions to help relieve them. This article is not intended to be an indepth scientific discourse. Some of the suggestions are based only on a personal experience of a few people, but may be of help to the reader.

"Headache is a common symptom which may be due to a wide variety of causes including emotional disorders, head injuries, migraine, fever, intracranial vascular disorders, dental disease, diseases of the eyes, ears, or nose, or intracranial masses." Allergies are also thought to be a common cause of headaches.

These conditions are of a more serious nature and should be treated by a physician. There are, however, a number of things that can lead to headaches that can be corrected without medical assistance.

"The brain substance itself is not sensitive to pain. There are several types of tissue containing sensitive nerve endings or fibers which can produce mild, moderate or severe headaches. Regarding the tissues covering the skull, some of the arteries are especially pain sensitive. Inside the skull the large veins or sinuses and venous tributaries on the surface of the brain, the large cerebral arteries at the base of the brain, and the arteries supplying the delicate membranes covering the brain, all are pain sensitive. (Some of the cranial nerves and upper spinal nerves are relevant to transmitting painful stimuli to the brain.)

By careful laboratory experiments and clinical observation, scientists and physicians have clearly shown that headache is produced by distortion or irritation of any of the above mentioned sensitive areas either outside of the skull or within the skull. Distorting pressures or irritation can be conveyed to these sensitive tissues by direct or indirect means. For instance, if too much blood is in the head some of these sensitive tissues will be distorted and a typical headache will result."

It appears that many headaches are due to an imbalance of circulation or vascular congestion. A case in point would be one who has mentally worked hard all day, who has had little or no exercise and has been sitting in an area where his feet have become cold. Because of the cold feet and the mental activity the blood has pooled or congested in the head, therefore producing a headache. The remedy for this condition is threefold. One, break up the work period with frequent vigorous exercise such as walking. Two, keep the feet and legs well clothed or covered. Three, take a hot foot bath and place a cool cloth on the head and neck. This will equalize the circulation. (You can also add a pinch of mustard powder to the water to make the treatment more effective.)

Another thing that effects our circulation is our eating habits. Sugar, for instance, causes the circulation to be sluggish by making the red blood cells clump together so they do not pass through the small vessels. So we should avoid sugar in our diet.

Some people never seem to have time for breakfast; therefore, the blood sugar drops to a low level in mid-morning which may cause a headache. These people will often eat a sweet roll and drink coffee for relief, which may ultimately compound the problem. Remember that the best way to eat is to "eat like a king for breakfast, like a queen for dinner, and like a peasant for supper." Tea, coffee, alcohol, tobacco should all be eliminated if one is serious about his health.

Dehydration is also a common cause of headaches, especially in women. It is essential that we drink our 8 to 10 glasses of water per day. A good reminder is to pour 8 to 10 glasses of water into a pitcher and place it near where you are working. Make sure it is finished before retiring.

Chronic sinus congestion can often give rise to a headache. These headaches are

characterized by pain around the eyes and forehead. Hot and cold wash cloths applied to the face, hot and cold showers especially in the face area, and breathing in steam is often helpful.

Headaches can also be attributed to stress and tension. This is usually manifested by pain arising from the base of the skull. Stress is best dealt with by taking regular exercises. While sitting at a desk all day with the work piling up, the muscles in the neck and upper back become more and more tense until you have neck and head pain. You will find that by taking 5 or 10 minutes of exercise (stretching and/or walking) every hour, will relieve the tension and help you to think clearer and accomplish more work. It is also a good idea to change your posture frequently. Try putting a pillow behind your lower back and keep shoulders and neck up straight. When doing desk

work elevate your books and paper on a slant to avoid excessive neck flexion. Neck and head tension can often be relieved by heat and deep massage to the upper back and neck.

Headaches have a number of causes and each symptom should be a warning signal. If, after you have followed the above suggestions, the symptoms continue, you should consult a physician. If symptoms such as visual disturbances, blurred speech, weakness in one area of the body, severe nausea, blackout spells, etc. occur, contact a physician immediately.

Bibliography

1. Chussid, Gough, McDonald, Joseph; Correlative Neuroanatomy and Functional Neurology, Long Medical Publications 1964, page 259
2. Baldwin, Bernell, M.D.: Paper entitled "Headache" page 1, 1977.

Earn a Scholarship This Summer

Weimar College is offering scholarship opportunities for a selected group of freshman students for the 1981-82 school year. Such students may apply to work in one of the various industries at Weimar Institute during the summer commencing about the middle of June. Such students would be provided board and lodging during the summer and also earn a \$1,200 scholarship towards the \$3,600 yearly tuition and board fee of the 1981-82 school year.

The conditions of acceptance in the scholarship program are as follows:

- 1) The individual be accepted as a student for the 1981-82 school year.
- 2) That he or she works a minimum of 480 hours during the summer.
- 3) There is a limit to the number of such scholarship opportunities that are available, and in general, opportunity will be given to those who apply earliest.

There is also opportunity to earn some toward the college financial needs during the Christmas vacation and the spring vacation. The work education and scholarship program is under the directorship of Dr. John Siphens and any specific questions relating to it may be addressed to him at Weimar Institute. Now is the time to apply, if the Lord may be leading you to Weimar College for the next academic school year. The school offers majors in Health Education, Secondary Education, Metropolitan Ministry, Agriculture and Religion. And it is possible to undertake the first and possibly the second year of courses whose major is not

offered at Weimar College. There are also a limited number of opportunities available for graduates in other areas who would like to spend a quarter to a year at Weimar learning some of the distinctive patterns or

work/study and Outreach ministry which are characteristic of the Weimar College program.

All such inquiries should be addressed to The Dean, Weimar College, Box A, Weimar, California 95736.

College Faculty Reviewed

Recently the President of Weimar Institute, Robert Fillman, and I interviewed the teaching faculty of Weimar College. This is an annual dialogue in which we seek interchange of concepts between teachers and Administration, and also seek to determine the desirability on behalf of both parties to continue service at Weimar College. This has always proved to be a very inspirational time, and this year was no exception. We found a highly motivated, loyal and committed faculty. Every faculty member committed himself or herself to another year of service.

We believe this speaks volumes for the caliber of faculty that has been attracted to Weimar Institute, and also for the fulfillment that they are experiencing here in their

ministry. We have worked very hard for stability of personnel, knowing that this is essential to the development of realistic and qualitative short and long term goals.

Weimar College does not offer written contracts to its staff, and it is not our purpose in the foreseeable future to do so. We believe that the relationship between the administration and staff should be on a trust basis, and this is well understood and appreciated by the faculty.

However, we do have needs as we expand, for additional faculty. We are expecting three or four new faculty members for the next academic year. I know you will want to continue to pray for the work of our faculty here at Weimar College. Your interest is always appreciated.

— Dr. Colin Standish, dean

GRADUATION!

DATE: It is GRADUATION time at Weimar. The date is June 12 & 13, 1981.

LODGING: Reservations for graduation are being taken now by phone or letter. The parents of the graduates will have the first choice, all others will be on a first-come, first-serve basis. Those we cannot accommodate will be referred to local motels. Self-contained R.V.s will also be assigned spots on first-come, first-serve basis. No hook-ups or showers are available. There is no charge for parking R.V. s.

CHARGES: Cost for lodging is \$5.00 per night per person, bedding included. If you have your own bedding, it is \$3.00 per night per person.

MEALS: Please buy the meal tickets IN ADVANCE from the college office. (The kitchen has to plan ahead, and we need to preserve the sanctity of the Sabbath.) Cost of meal tickets per person:

Breakfast.....	\$2.50
Lunch.....	\$3.00
Supper.....	\$2.00

Unused meal tickets will be refunded.

AIRPORT-BUS SERVICE: From Sacramento the round trip charge is \$25.00. If you need this service please give us a call.

We have only one perfect photograph of God, and this is Jesus Christ.

E.G. White, Comments
Vol. 7, page 906

FROM OUR CHAPLAIN

What's So Bad About Sin?

By Dick Winn

Sin, much like the plague and taxes, is nobody's favorite. Among Christians and other thoughtful people, sin is universally abhorred. Even those who have a hankering to do sinful things often defend their acts by claiming that they are not sinful. Because most respectable folks just wouldn't be caught boldly committing a sin.

But I've begun to suspect that not everyone has the same reason for being down on sin. Even some of those who most vigorously crusade against it sometimes work from reasons that may not hold up under pressure. Because, unpopular as sin may be for the sake of public discussion, it can be very attractive on the private level. And only that view of sin which personally strips it of its attractiveness will be lastingly effective.

To emphasize the point, let's look at two types of answers to the question. "What's so bad about sin?" View A is presented mostly as a contrast to clarify View B — the one we're in favor of!

VIEW A

God hates sin because it is repulsive to His sensitive nature.

Sin is so terrible primarily because it makes me guilty in God's eyes.

My main motive in overcoming sin in my life is thereby to get God to think well of me.

Sin means offending God's feelings.

Sinning brings bad consequences into my life, because God is expressing His displeasure and annoyance at me as a sinner.

Sinning is very much like committing a religious taboo.

The sin problem is solved in my life when God decides to change His opinion of me — deciding to "forgive and forget" rather than to hold grudges against me.

Sin isn't so bad if I don't get caught... (maybe even God isn't watching!?)

VIEW B

God hates sin because it hurts the people whom He loves so much.

Sin is so terrible primarily because it reveals that God is still distorted and misunderstood in my eyes.

My main motive in overcoming sin in my life is that God might use me more effectively, and thereby get others to think well of God.

Sin means thinking and acting contrary to God's mind — His wisdom and character.

Sin brings bad consequences into my life because any departure from the sensible, orderly principles of God's universe will bring its own inherent, negative consequences.

Sinning is very much akin to distorted, rebellious thinking, or to making willfully uninformed choices.

The sin problem is solved in my life as I — responding to the truth — change my attitude toward God, deciding I have reason to love, trust, and obey rather than rebel and go my own way.

Sin always leaves a scar in me, even if no one else is watching. It would hurt just the same even if God were not watching.

I WANT TO HELP!

Here is my gift of \$_____

- to help cancel Weimar's mortgage debt.
- toward Weimar's monthly operational expenses.
- to be placed in Weimar College's Worthy Student Fund.
- other.....

PLEASE SIGN ME UP FOR...

- the Weimar Institute Bulletin.
- I am already receiving the Bulletin.
- recipe book: FROM THE WEIMAR KITCHEN (\$5⁰⁰)

PLEASE SEND ME...

- information regarding Weimar's NEWSTART Health Center.
- Weimar College Student Application.
- Other.....

NAME
ADDRESS
CITY STATE ZIP

Please Print Clearly

SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

FROM OUR READERS

I was an SDA pastor who lost my voice in an accident. But my heart is still in the ministry. Please use these donations for the support of a Bible teacher or evangelistic work of some type. That way I will feel I am doing something in the way of direct ministry. Thanks.

Reader, San Bernardino, CA

Thank you for the excellent BULLETINS you put out each month. How do you manage to make them better all the time? February was better than January. March is better yet. I look forward to seeing many more good things as time progresses toward our Lord's return... My visit to Weimar recently helps me to answer questions people are asking in regard to whether or not Weimar's orchard is adequate for the expected needs of staff and students, faculty and NEWS-TART guests. As a fruit grower and orchard specialist of some 30 years experience, I have made an initial survey of the Weimar orchards and estimate that, given the good health and vigor of the present trees, Weimar's orchards should supply somewhere between 250 and 400 persons with fresh fruit by 1983. Dr. Fred Riley and Mr. Mel Horning are to be commended for the excellent appearance of these orchards.

Reader, Boise, Idaho

I wanted to share with you the story behind this check for \$150.00, as it is such a blessing for me to share in the Lord's work. Last month when I received your letter asking for donations for the worthy student fund I didn't feel that I was able at that

time to help, and tried to throw the letter in the trash, but the Lord strongly impressed me to save it so I put it in a drawer. A couple of weeks later when I was cleaning out the drawer I saw the letter and again put it in the trash pile, then removed it. Later on, in my flower-arranging class I was impressed to sell fresh flower arrangements for Valentines Day. So I prayed about it and set to work. The flowers sold so fast I could hardly believe it! I am still amazed that I received \$150.00. Praise the Lord!

Reader, Pompano Beach, Florida

Enclosed is the sum of \$40.00 which I am sending to help in any way you see fit. Although I am retired, I am very interested in our institutions and especially in your program there. I cut hair as a sideline, at a nursing home, and this money comes from that. May God continue to bless and guide each one of you there at Weimar.

Reader, Cortland, Ohio

Thank you for sending us the BULLETIN. We are really enjoying all the healthful hints... We have some close friends who are very interested in Weimar although they are not of our faith. They would also like to receive your paper and come for a visit, and learn more about your program.

Reader, Paradise, CA.

I would like to receive your little paper, so I am enclosing a dollar that was given to me. I am 13 years old. I go to public school and am in the seventh grade. I will be 14 in March next year, and will be

in the eighth grade. I sure wish I could come to Weimar for the summer to see what it is like and to be with others who are Adventists too.

Reader, Visalia, CA.

Heart Attack

(Continued from Page 2)

pletely changed my eating habits. I've severed myself from 4 of my 6 business enterprises, and my life is much less hectic, less pressured. My weight is nearly down to my ideal, and I can honestly say that I feel like I did in my twenties. No, actually I feel more like I did in my teens, before I started smoking. I now awake each morning with a clear head, and a zest for a new day.

I thank and praise God for all that happened to me. Both my father and my grandfather died of heart disease in their early forties. But with the health knowledge I have now, I feel that I'll have many more years to give the Lord. I hope to arrange my business so that I can spend more of my time in lay ministry, particularly working for other business men.

But I have one problem. Now I'm hooked on peanut butter! Do you have a cure for that?

NOTE... Tom gave us this interview in May when he returned to Weimar bringing his sister and his aunt and uncle to the NEWSTART program. Tom looked tan, relaxed, fit, happy; quite a contrast to the serious, pale, tense, depressed man of four months before. A.L.

CALENDAR OF EVENTS FOR WEIMAR COLLEGE

- Graduation June 12, 13
- Summer Work Scholarship Program . Begins June 15
- Work/Experience Seminar July 5-24
- Faculty Colloquium..... Sept. 18-20
- College Reopens..... Sept. 27
- Registration..... Sept. 28
- Student Orientation..... Sept. 28-30
- Classes Begin Oct. 1
- Week of Prayer Oct. 11-17
- Final Fall Quarter Exams..... Dec. 16, 17
- Christmas Break Dec. 18-Jan. 3, 1982

All your creatures, Lord, will praise you, and all your people will give you thanks. — Psalms 145:10 GNB



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WEIMAR INSTITUTE BULLETIN



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New Testament Stories Relived

Gift or Motive?*

By Veronica Morrish

The story is paradoxically nestled, like an oasis, between two desert-like incidents: Jesus' denunciation of the scribes, on the one hand, and His prediction of the destruction of Jerusalem and the end of time, on the other. Like a refreshing parenthetical pause, the episode depicts love (the overruling motive) wrapped up in a very mundane gift — two copper coins. Pointing backward, the story contrasts the selfish motivations governing religious enthusiasts with the selfless act reflected in a widow's offering. Pointing forward, it says something positive about complete trust in a God who is in control of personal daily existence as well as cosmic events.

As Jesus sat in the court of the temple where the treasury chests were and watched those who came to deposit

their gifts, this episode emerges. Many of the rich brought large sums of money and with great ostentation deposited their gifts. The haughty Pharisees made a grand show of their donations so that all might see how generous they were. But Jesus was not impressed. In fact, He was saddened by their empty, superficial devotions. Presently, however, His countenance lighted up as He saw a poor widow approach the treasury. She came hesitantly as if afraid of being observed. She waited timidly until the wealthy and pompous had deposited their offerings. Then she looked at the gift in her hand — only two mites. Very small indeed compared to those which had been given before she came. And yet she longed to give something, insignificant as it might seem, to the cause she loved and believed in. Waiting her turn she quickly

dropped in her coins and turned to hurry away as silently as she had come. But in the process she caught the eye of Jesus which was fastened upon her.

He called His disciples close to Him and had them take note of the woman's poverty. Then His words of commendation fell upon her weary ears: "Truly, I say to you, this poor widow has put in more than all those who are contributing to the treasury. For they all contributed out of their abundance; but she out of her poverty has put in everything she had, her whole living."¹

Tears of joy must have filled her eyes as she knew that her act of love and deep interest in God's work on earth was understood and appreciated by One who could read her inner motive. And the One to Whom she gave her total material worth and in Whom she trusted implicitly, would supply her temporal as well as spiritual needs to her complete satisfaction.

For a closer-to-home application, Christian writer, Ellen White makes the following comment on the story:

"It is the motive that gives character to our acts, stamping them with ignominy or with high moral worth. Not the great things which every eye sees and every tongue praises does God account most precious. The little duties cheerfully done, the little gifts which make no show, and which to

human eyes may appear worthless, often stand highest in His sight. A heart of faith and love is dearer to God than the most costly gift."²

*Based on Mark 12:41-44 (RSV)

¹ Mark 12:43-44

² Ellen G. White, *The Desire of Ages*, p. 615.

Time is running out . . .

for sending in your application

for the Work/Study Seminar to be held

July 5-24, 1981.

DON'T DELAY!

Write — right away:

Dean, Weimar College

Box A, Weimar, CA 95736