

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 5 NO. 7 JULY 1981

Local and State Agriculture Advisors Attend Seminar

Local and state agriculture advisors and consultants, along with other interested persons recently spent a tightly scheduled day at an Agriculture and Food Quality Seminar conducted at Weimar Institute. The seminar was a joint venture of the Lassen Foundation, Ardmore Sanitarium and Hospital and Weimar Institute.

Robert Fillman, President of the Institute, welcomed over fifty guests then emphasized the important place agriculture has in the over-all management here at Weimar. Several noted speakers followed with presentations of various topics of interest.

The first speaker was Dr. Allan Anderson, retired min-

Dean of Loma Linda School of Health, had just recently returned from ministering to some of the areas of the world where hunger is an accepted condition. Speaking on the role of agriculture in Public Health, he mentioned how inappropriate it is that we seem more interested in growing corn to make gasohol than in raising food to feed the hungry. Also, although one fourth of the human race is suffering from malnutrition, much prime land is used to grow coffee, tobacco and various other debilitating drugs, not to mention the huge quantities of carbohydrates that are converted into alcohol. By cooperation and mutual endeavor among nations, he maintains, the food crisis could be overcome.



Over fifty persons attended the recent Agriculture and Food Quality Seminar held at Weimar Institute.

"I was so interested in the seminar that I got up at 3:30 in the morning to come. It was worth it!"

Edith Neufeld, Ukiah CA

ister, whose subject was Agriculture in Biblical History. "God planted a garden. Now He could have spoken it into existence, but Adam's first lesson in life was to be regarding agriculture." He then went on to speak of seeing first-hand the tremendous work that modern Israel has done in restoring much of its rocky soil to its former productivity.

Dr. Jim Crawford, outgoing

Next, Dr. Colin Standish, Dean of Weimar College, spoke of agriculture as the versatile educator. Giving positive evidence of the physical, intellectual, emotional and spiritual benefits of agricultural pursuits, he stressed the need for the development of a systematic philosophy of agriculture in education.

It appears that 30-50 per cent of cancer in men and women is related to faulty nu-

trition. This is in spite of our present knowledge of what is known to be a nutritional diet, noted Dr. U. D. Register, Professor of Nutrition at Loma Linda University. "The biggest problem of food in the United States is the abuse of abundance," he stressed.

"We've talked too long about just eating good, without really considering what 'good' is."

Doug Havens, teacher in agriculture Department
Loma Linda University

stressed.

Dr. Sandy Beddoe, agricultural consultant, then called attention to the relationship between fertile soil and food nutrition. "Nutrition must be built from the ground up," he commented. He observed that the direction taken at

The food quality laboratory that has been set up at the Institute operates a combined soil/plant testing program. Along with this, the testing of the products of our own orchards and fields is done in order to determine the best agricultural methods and varieties that will yield the best quality produce.

May Chung, M.P.H., health educator from Hawaii, conducted two spirited round table discussions immediately following the morning and afternoon sessions. The final event of the day was a tour through the Weimar Agriculture Food Laboratory.

"Excellent, absolutely excellent!" commented Mark H. Smythe, President of Turn-Around Situations Inventory Project and Operations Management. "There was a good group of people here that are aware and con-

Christ Uplifted During Week of Prayer

It was an intense week with much prayer and study into God's Word. But it was extremely rewarding to again see that God has provided an absolute answer to the sin problem.

Elder Alexander Snyman, pastor of the Huntington Park, California, Seventh-day Adventist church, dealt powerfully with his chosen subject: the 1888 Message of Wagner and Jones. He spoke convincingly of this message, which emphasizes the truth

about God, and fully believes that the message, if heeded, would be instrumental in preparing a people for the second coming of Christ.

Throughout the week, Elder Snyman repeatedly reviewed the validity of this message of righteousness by faith in a faithful God. On Friday evening he concluded with the admonition to "hold fast to the profession of your faith without wavering. Take to others the truth about God's character. Reveal His

beauty to the world." He reminded his listeners that, though it is comforting to know that we can come to the throne of heaven and find acceptance, forgiveness and understanding, we must never forget our mission to others. Until the good news about our God has been spread to the whole world, Jesus cannot return.

It is our privilege to join with God in being a part of the finishing of His work here on earth in our lifetime.

Weimar Institute is to take the best of two worlds — organic and chemical farming. He concluded by saying that farmers can be among the best health doctors as they cooperate with God in working with the soil.

An illustrated lecture on the agricultural processes at Weimar was then provided by Mel Horning, agriculture pro-

"I especially enjoyed the tour of the garden. I think that is the test of the whole thing — how it really looked. They know what they are doing."

Iola Lippen, Covelo CA

duction manager of the Institute.

Following, Dr. Fred Riley, Weimar's Agriculture Department chairman, spoke on humus and human nutrition.

cerned. I'd like to see a seminar like this become a series, with an update every year, or even every half a year, at different locations around the world."

'I Didn't Know I Was Hooked'

By Avis Willis NEWSTART Class April 1981
(as told to Aileen Ludington, M.D.)

I started taking tranquilizers 16 years ago. It was a temporary measure to help me cope with a difficult time. Things had really piled up on me: marriage, step children, teenagers in the home, starting a business, learning to keep books — and the pills did calm me down, helped me maintain control.

But I planned to quit when the worst was over. I was determined not to become dependent on pills. The trouble was that the problems never stopped. Around every corner there was always another crisis to throw me off balance.

As one year stretched into another, I looked vainly for that hiatus of time. I just remained too busy to face going through the stress and strain of quitting, so I kept putting it off. Still determined not to get hooked, I would switch from one kind of medicine to another. And I never took very many, 1-2 a day, sometimes 3, occasionally one at night. This went on for 16 years.

When I entered the April NEWSTART program, I had a lot of very serious problems. My blood pressure was too high, my weight out of control, my nervous system depleted, my reserves gone.

Although I still had the desire to quit the tranquilizers, I felt these other problems were more pressing.

During the first few days, as my physical status was evaluated, no one bothered me about the pills. I was glad, actually, because I wasn't ready to part with them. Deep down I was afraid to stop, afraid of how my body would react, and of what it might do to my heart.

I fit smoothly into the routine, and soon realized I was getting competent medical care for my problems. Also, I was surrounded with caring, supportive people who were anxious to help me get well. When my pill supply ran out a few days later, I asked the doctor if it would be safe to quit them, cold turkey. After talking with me awhile, he said he felt it would be O.K. He knelt with me in prayer, and we asked God's blessing on my decision.

I slept all night the first night, but the next day was the longest day of my life. It just seemed to go on and on, for eons! And that night I did not sleep at all, not one wink. Spells of nausea washed over me; drinking hot water would relieve them. By morning the bed clothes were all over the room; it had been a restless night.

The next day I began hallucinating. Whenever I would close my eyes, I seemed to be looking at water in front of

me, whirling round and round, like a whirlpool. Then the water would reverse direction, and whirl the other way. At other times I seemed to be surrounded by water that flowed and rippled and bubbled above me. For the next 7-8 days, whenever I closed my eyes the vision of the whirling or the rippling and bubbling water would be there. I would study the scenes intently, observing the details, trying to absorb the meaning. I was calm, and otherwise able to keep up with my classes and my schedule.

On the fourth night as I prepared for bed and turned off the light, I saw clothes on hangers, covering the walls of the room. That time my eyes were open, not shut. I was not frightened or excited, but rather felt like a detached observer of the happenings around me.

The next day I had walked and walked and walked. I couldn't quit. That night I'd doze off to sleep, then jump awake. Other times I'd wake up and find my feet moving rapidly.

For the next few nights I only slept 2-3 hours. However, I would awake perfectly refreshed, and did not tire during the day. I sometimes felt dizzy, with a dull roaring in my head, and a sensation of pressure, like a tight cap on my head. At these times I would drink more water and go out for a walk on the trails.

During the second week I slept better, gradually increasing to 4-5 hours. Two weeks later I slept 9 hours straight, and 3 more hours the next morning. After that, my sleep pattern normalized.

During the two weeks of withdrawal, I talked and talked, and talked! I must have worn everyone out! There were spells when I felt very stiff and tight. The hydrotherapy and physical therapy treatments really helped overcome the rigidity in my body. Gradually, I began to relax.

The more I relaxed, the less I felt like a motorized robot, and my human feelings began to emerge. I became more aware, more interested in life around me, and began to get some control of my life. Instead of being in a tight knot, trying to push myself around each day, I began to feel like a real person again, rejoining the human race. When I saw my doctor, I said, "You are now seeing the REAL Avis; she hasn't been around for quite awhile." I felt like a heavy, thick layer of bandages had been removed from my body, and I was normal, relaxed and free at last.

After three weeks, I'm sleeping well. The hallucinations have stopped. I still have spells of dizziness, but they are brief, and more and more infrequent. My mind is clear, and my thoughts are better organized. I'm more capable of making decisions,



Avis Willis

and my judgment and emotional control have returned. It will take more time for total recovery, but I am unbelievably better already.

Actually, I feel like a new woman, like I've been born again! My blood pressure has come down, and I've lost 10 pounds. I'm thankful to God, and the wonderful people here for this deliverance, this NEWSTART for my life. I would be totally stupid to ever go back to those pills, to that

dreary, depressing, self-defeating way of life again. It scares me to think what those "harmless pills" actually did to my body and nervous system.

But quitting tranquilizers can be very threatening. People need help to do it. I wish that people could have more understanding for each other, and be more supportive of each other. Then they wouldn't feel they need these drugs in the first place.

Job Openings At Weimar

As Weimar Institute continues to expand, so do its areas of need. Recently, several job openings have arisen which must be filled in order for proper operation to continue.

BAKERY

Needed: A supervisor to operate a second shift. Must be dextrous and quick to learn new techniques and willing to train students who come into that department to work.

FOOD SERVICE

Needed: Two full time, experienced people to function as meal shift supervisors. Must have some background in quantity food preparation. Also, must be willing to work various shifts.

AGRICULTURE

Needed: At least one person experienced in greenhouse, nursery stock, or orchard. Preferably qualified to do some part-time teaching as well.

CONSTRUCTION

Needed: One or two mature, experienced people to do remodeling and construction.

Should be able to train others in that area.

GROUNDS

Needed: An experienced person in lawn care, shrubbery and flowers, etc., to maintain several acres of lawn and landscaping. Must be willing to supervise and work with students.

NEWSTART Center

Needed: A woman physical therapist. A garden therapist and/or occupational therapist. Also needed, a chaplain.

PLUMBING

Needed: A person with a strong background in plumbing. Would work with students, and do the plumbing for the maintenance and construction crews.

COLLEGE

Needed: An Outreach director — possibly a health-educator with ministerial experience in community outreach.

If you are interested in applying for any of the above openings, please write to: President, Weimar Institute, Box A, Weimar, CA 95736; or call (916) 637-4111. Thank you.

Do You Have a Minute?

By Dr. Dennis Blum

(First in a series of ten "health spots" aired over local radio station KAHJ, based in Auburn, CA. Dr. Dennis Blum is chairman of the Health Education Department at Weimar College.)

By late summer of 1979, the evidence against dietary fat as a significant risk factor for colon and breast cancer was so overwhelming that on October 3 of that year, the National Cancer Institute went public to warn the American people about the risks associated with a high fat diet. The American Cancer Society estimates that in 1981 almost 100,000 people will die from colon and breast cancer alone.

Cancer is rapidly approaching the distinction of becoming the number one killer of the American people.

The Senate Select Committee on Nutrition and Human Needs, prepared a comprehensive study on the American diet and presented it to Congress in December of 1977. They found that the typical American diet acquired 42% of each day's calories from fat. They said that was much too high.

Recent studies have shown that you can reduce your risk of many forms of cancer by simple modifications in your diet.

If you would like to reduce your dietary intake of fat, you should attend the Vegetarian Cooking Seminar being conducted for the Forest Hills Community by health professionals of the Weimar Institute. They speak from years of research and experience.

This is Dr. Dennis Blum, speaking on diet and health.

Looking First-hand at Evidence of the Flood

By Marvin Watts
Student, Weimar College

Sometimes the need arises within each of us to leave behind the usual places and activities. To find somewhere far away to rest for a while.

Let your mind go. Imagine yourself miles away from where you are, out in the middle of nowhere — like on top of a huge sand dune in a desert in Nevada...All you can see in any direction is seemingly endless miles of barren valleys and treeless mountains, and the great fill of sand beneath you, glowing in the afternoon sun.

You realize that this is about as far away as anyone could ever want to be, but as your mind takes in the solitude of the scene, your eye takes notice of a trail of dust in the distance. Before you have time to guess what caused it, the caravan of six cars is unloading about 25 people at the base of your dune where they all begin a tall ascent up the steep slopes, pressing persistently

to the top. Finally, they crawl up — sweating, thirsty and exhausted. And you ask, why are they doing this? Soon you discover that it was all a part of the geological field trip for the Creation and Flood Class. It was also a weekend adventure for students, faculty and friends as they not only got a first-hand look at evidence of the flood, but experienced the beauties of the desert.

Sand Mountain was just the beginning of "class material". Our study continued with hikes through Indian caves and an abandoned mine; a visit to the remains of giant ichthyosaurs (a 70-foot-long sea-dwelling reptile); and fossil hunting through a freezing blanket of snow (unusual for May!) Adding natural interest to the trip were our contacts with friendly mice, a "horny" toad, a pair of deer antlers, and encounters with two very live rattlesnakes.

We logged many other wonder-filled activities, but that which was not written down was probably the

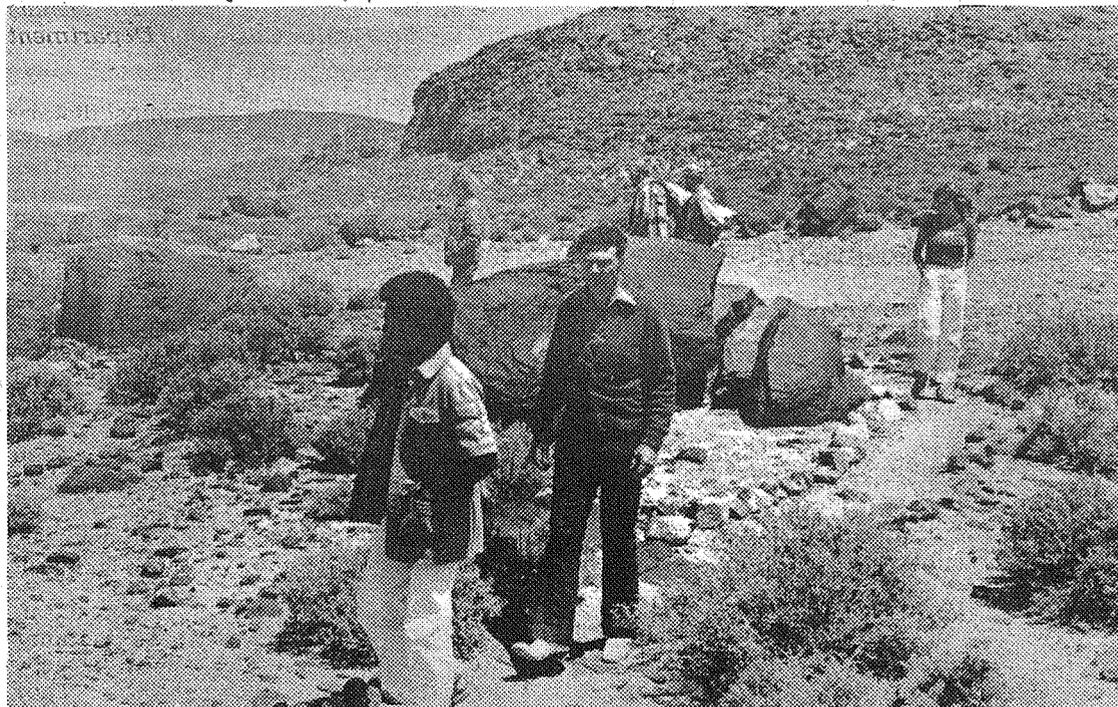


Up, up to the sky! Climbing Sand Mountain, a giant sand dune in Western Nevada.

greatest value to all on the trip. As a unified group we were sharing the wonders of God's creation in an atmosphere of warmth and friendliness. It was a unique experience of fellowship with God and man — one that I am sure we will never forget.



Looking for shells and petrified wood on the hills above Finger Wash. Watch out for rattlers!



Marvin Watts, Weimar College student, and Arvel Sage, tour leader, explore a field of boulders along what used to be the shore of ancient Lake Lahanton. History has lost the origin and meaning of the curious symbols carved into the rock surfaces.



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)

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WEIMAR INSTITUTE BULLETIN

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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.

On Campus Cooking School a Success

By Susan Claridge

Weimar College's Outreach department recently decided to conduct a cooking school right here on campus. Fourteen students, under the direction of Virginia Fillman, a qualified instructor from Placerville, undertook this as their project.

It took several weeks of preparation. Class time was spent in study of the principles involved in conducting such a school. There were practical demonstrations. Finally, there were announcements made in local newspapers and on the radio. (See "Weimar Goes on the Air" June 1981 issue of this BULLETIN)

People heard about it and came. Word spread through friends and neighbors. All in all, some seventy people registered. From almost every walk of life they came — a banker, grocery clerk, bookkeeper, bus driver, nutritionist, homemakers...even a truck driver! Their reactions were varied, but always positive. Auburn resident, Mrs. Hunter, made this evaluation:

"It has helped me to gain a better understanding of health principles — made me more aware of things which have kind of slipped into the background."

One person exclaimed, "I never realized how much sugar there is in so many

from the Weimar Kitchen

Have you ever wondered what you could put on your bread without being loaded down with extra sugar calories? Fruits: dried, fresh or canned in delightful and creative combinations provide great substitutes. Here are some jam recipes which are delectable to the taste, nutritious, and free of refined sugar. Use these as a guide and try out your own creations!

recipes

Pineapple-Apricot Jam

1 cup chopped dried pineapple
1 cup of canned apricots
*(with juice)

First put apricots in bottom of blender; then add dried pineapple (a pint jar works best if it fits). Blend until it gets to the consistency of jam.

*Peaches can be substituted for apricots.

Raisin Jam

2 cups raisins (pressed down) in pint jar, or blender.
Cover with water and blend.

Raisin-Fig (Prune) Jam

1 cup chopped dried figs or prunes
1 cup raisins
Add enough water to blend.

things! From now on, whenever I start to have that half cup of ice cream, I'm going to visualize those five to six teaspoons of sugar. I think it's going to make a difference."

Weimar College students each had a part in helping to plan, set up, demonstrate and assist in various other details of the weekly programs. Each night included a film, doctor's lecture, student demonstrations of food preparation, and samples. Everyone seemed responsive and pleased. As one woman commented, "I really like the samples, and have already started to incorporate these recipes into my own cooking."

During the five weeks that the classes were offered

people were taught how to prepare wholesome, yet attractive breakfasts, entrees, vegetables, breads and desserts. Part of the tuition cost entitled each one to a copy of "From the Weimar Kitchen," Weimar's own recipe book, and extra handouts each night. Jill Monaco, from Foresthill remarked, "It's about the best \$10 I've ever spent." Another, who traveled all the way from Nevada City, simply stated, "It's been worth it."

Attendance remained fairly stable. As one smiling participant agreed, "I enjoyed it so much that I wouldn't have missed a night."

Indeed, it was an enjoyable experience for participants, students and staff alike.

Should You Lose Weight Fast?

By John Goley, D. H. Sc.

Everyone who finds that he is overweight probably has, at some time during his life, decided to lose weight. Many weight-loss diets are available on the market. They range from high fat to low fat, from high protein to low protein, and from high carbohydrate to low carbohydrate. But whatever the composition of food in the diet, the main goal is to achieve loss of total body weight. The question that needs to be answered is, "What is being lost?" The obvious answer is "fat". Or is it?

When talking about weight loss one needs to consider what actually contributes to total body weight. The two divisions of body weight are fat weight (body fat) and lean body weight (protein, bones and water). An equation for total body weight could be expressed as:

Total Body Weight equals Fat Weight + Lean Body Weight.

During a weight loss program, the weight that is lost should ideally come from the fat weight compartment. Loss of muscle protein or bone is not desirable because of the need for structure and movement. Loss of water is not desirable because the body needs this water to carry on metabolic functions.

But do all diets maximize loss of weight from the fat weight compartment? No! And therein lies the foundation of quick weight loss diets. Probably the most common rapid loss diet is the low carbohydrate diet. Dramatic losses have been recorded on the order of 5-15 pounds in 1-3 days. But is it possible to lose fat weight this rapidly? Let's look at it objectively.

To lose one pound of fat, one must have a deficit of 3500 calories. This means either

eating less or exercising more so that 3500 calories are burned in excess of what is taken into the body. If one were to lose 5 pounds per day, and it was coming from the fat weight compartment, that would be a total deficit of 17,500 calories per day! To achieve this deficit would mean eating 1000 calories for the day and running 5 miles per hour for 25 hours! And to lose 15 pounds would mean doing this for three consecutive days! This is a physical and mental impossibility.

The conclusion left is that the rapid weight loss seen from the low carbohydrate diet results from a loss of lean body weight. Muscular protein is broken down to make blood sugar for the brain and water is lost when it is used to flush protein wastes from the body.

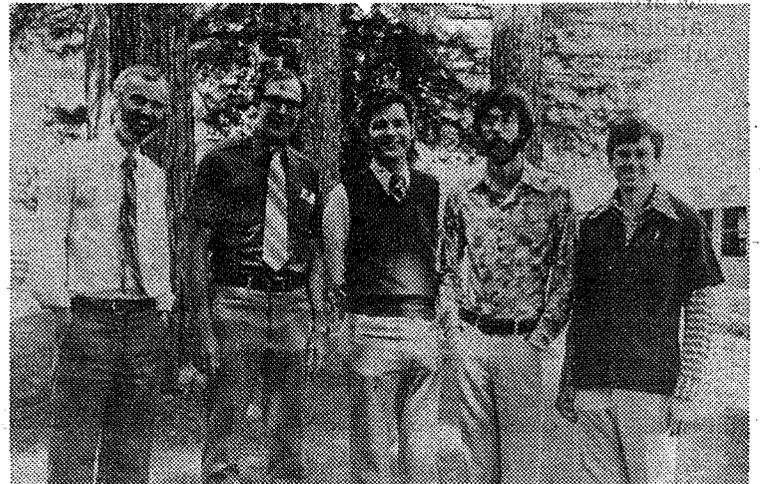
The body acts in a similar way to a total fast or any diet of less than about 900 calories per day. Body protein is again broken down to provide energy for the brain and the weight loss is a combination of protein, water and some fat. This is not the weight one would wish to lose.

The ideal program for weight loss consists of a calorie deficit of about 500 calories per day for a total of 3500 calories per week or about 1 pound per week. This can be achieved with a diet high in complex carbohydrates, low in fat and adequate in protein. To accomplish this, it is ideal and most healthful to obtain foods in as unrefined a form as possible. Whole grain breads and cereals, fresh vegetables and fruits, combined with an appropriate walking program will help to maximize loss of weight from the fat weight compartment.

Should weight be lost rapidly? No, it went on slowly and it should come off slowly.



Over seventy people registered for the five week cooking school offered by Weimar College. Under the direction of Virginia Fillman (right), fourteen students undertook the project. Here Debbie Fillman and Jennifer Matlack drew names for the weekly "door prizes" of food.



Speakers for the lecture series were Dr. Henri Wiebe, Bob Fillman, Drs. Dennis Blum, John Goley and Sidney Nixon.



It would be hard to say who enjoyed the classes more, the people attending the sessions or the students and staff who participated in the project.



Each evening began with a light supper of food samples. The response from those attending was very good.

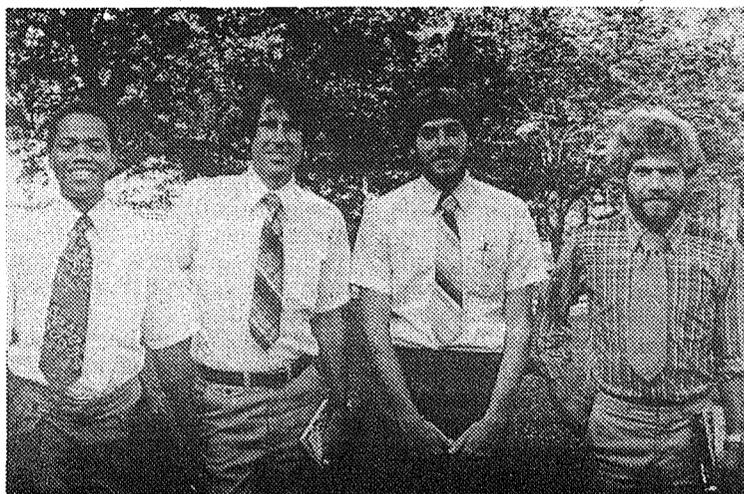
It's Been An Exciting Year!

By Susan Claridge

As Weimar College completes another academic year, it has been rewarding to slow down for some moments of reflection over the progress of the past year in various departments.

The Community Outreach department is well worth noticing. All have worked hard to make this vital part of the college curriculum an enjoyment and a success.

After winter quarter, it was decided that it would be advantageous to offer more choices to the students working in outreach projects. Different departments expanded to accommodate individual interests and talents. Instead of being assigned to one certain project, students could choose any of the various areas such as the practical-helps teams (which work in the surrounding com-



Weimar College student colporteurs Lloyd Lyles, Dan Bruno, Tim Riley and Rob Affeldt.

munities cleaning yards, doing housework, visiting the elderly, or doing whatever else needs to be done), cooking schools or other seminars, giving Bible studies, and colporteuring.

The colporteurs especially enjoyed their work and have already seen tangible results from their efforts. Each Wednesday morning students Lloyd Lyles, Rob Affeldt and Tim Riley joined with Dan

Bruno to work in the small town of Lincoln for 2½ hours. There they witnessed for God through the colporteur ministry. Two by two they went from house to house with their materials. They offered five small booklets on health-related topics, and the book *Christ's Object Lessons*.

At homes where people could make no purchase, some type of free magazine or book was left. The response was favorable, and helped to lay the groundwork for further work in the com-

munity. It even opened the door for Bible study with a few interested people.

The students involved are very optimistic. Lloyd feels that it has been an invaluable experience for him. Through this ministry, real opportunities have opened for him to share his love for God. "It has really enriched my whole experience at this college. I wholeheartedly suggest that others try it, too."

Yes, it has been an exciting year for Weimar College. And there are more to come!

Your Advice, Please!

Weimar College needs your help in deciding what learning programs we should offer next summer (1982). Even if you consider your ideas very ordinary, please check the form below, add something we missed and return it, if possible, within the next few days. Use separate paper, if you prefer.

For college credit

- Daniel and Revelation
- Prophetic guidance
- Bible doctrines
- Marriage and the Christian home
- Home nutrition
- World history survey
- Techniques for library research
- Adventist history
- English, first quarter
- Basic building construction
- Typing
- Small farm operation
- Work experience in Christian education
- Psychology in Christian education

For secondary school credit

- Music for the glory of God (music camp)
- Preparation for adult Christian living (Jr. or Sr. Bible class)
- Meal planning and preparation
- Spanish I

For continuing professional education

- Decision making for the Christian accountant
- Auditing SDA organizations
- Business proficiency in the conference office
- Modern rehabilitation nursing
- Facilitating the transition to home convalescent care
- The physician's role in health education
- The dentist's role in health education

Seminars (3 to 5 days)

- Marriage enrichment
- Home nursing
- Home water treatments
- Operation of health reconditioning centers.
- The vegetarian restaurant
- Planning for total health (including nutrition)
- Power over tobacco
- Exploring God's word (for people of all faiths)
- A study of the Gospel according to John (for people of all faiths)
- Issues in the Adventist church
- Beginning sewing
- Improving sewing skills
- Bible prophecies (for people of all faiths)
- How to give Bible studies
- Proficiency and ethics for church treasurers
- Vegetable gardening
- Orchards and vineyards
- Developing the home school (for those planning to begin)
- Improving the home school
- Home school family retreat
- How the Christian may deal with stress
- Knowing western birds

Noncredit courses (1 to 8 weeks)

- Math review
- Grammar and writing review
- Using and programming microcomputers

Learning sessions (2 to 6 hours)

- Witnessing for Christ
- Gardening techniques
- Music for worship services
- Perspective on the Great Controversy between Christ and Satan
- Planning the wedding ceremony
- Helping your child learn
- Exercise for backaches
- Food preparation
- Science update (recent developments)
- Infant nutrition
- Discipline for preschoolers
- Relating to the adolescent son or daughter
- Issues in creationism
- Ministry to the dying and their families (for pastors and others)

Write in courses you think should be added:

ONE MORE THING — please go back and circle courses you would actually take if they could be fitted into your calendar. This is not an application and you are not obligated in any way. Thank you VERY much.

Name.....

Address

.....Zip.....

Occupation.....

Check to request the program catalog when it's ready next spring.

Mail to Ted Wade, Summer Programs Coordinator, Weimar College, Box A, Weimar, CA 95736.

Does God Really Need Your Help?

By Kent Dickinson

In the 1979 *Encyclopaedia Britannica*, "Book of the Year" the religious affiliation of the world population is given as follows:

Roman Catholic563 million
Muslim546 million
Hindu471 million
Protestant320 million
Buddhist256 million
Confucian\$168 million
<hr/>	
Total2,324 million

In addition, there are hundreds of millions of people whose religions are unknown. What an awesome task, humanly speaking, lies before God's people to finish His work of proclaiming the gospel to all the world. What impact can a comparatively miniscule number of some three million Seventh-day Adventists have on such overwhelming odds?

In the days of Gideon, God wrought a signal victory with but 300 Israelites against the combined hosts of the Midianites and the Amalekites which were "like grasshoppers for multitude; and their camels were without number, as the sand by the seaside for multitude." Judges 7:12.

Is there any limit to God's ability to finish the task of warning a judgment-bound world? Does he then need our meager numbers or resources?

Did God need the twelve disciples to go to all the then known world with the message of a risen Saviour? Why was the gospel commission of Matthew 28:19, 20 given by Christ to His disciples? Was it not to include them as ambassadors, as light bearers, to those yet in darkness.

"For whosoever shall call upon the name of the Lord shall be saved. How then shall they call on Him in whom they have not believed? And how shall they believe in Him of whom they have not heard? And how shall they hear

without a preacher? And how shall they preach, except they be sent?" Romans 10:13-15.

We have been told, "The greatest men of this earth are not beyond the power of a wonder-working God. If those who are workers together with Him will be men of opportunity, doing their duty bravely and faithfully, God will convert men who occupy responsible positions, men of intellect and influence...They will have a special burden for other souls of this neglected class. Time and money will be consecrated to the work of the Lord..." Acts of the Apostles, p. 140.

"There are men in the world who will give of their means for schools and sanitariums...God's money is in the hands of these men, and some of them will heed the request for help...through this means not a few will become interested, and may hear and believe the truth for this time," Counsels on Stewardship, p. 188.

"The magnitude of our work calls for willing liberality on the part of the people of God. In Africa, in China, in India, there are thousands, yes, millions, who have not heard the message of the truth for this time...In our own country there is much to be done...There are many cities to be entered and warned." Testimonies, Vol. 9, p. 41.

"If those to whom God's money has been entrusted will be faithful in bringing the means lent them to the Lord's treasury, His work will make rapid advancement. Many souls will be won to the cause of truth, and the day of Christ's coming will be hastened." Testimonies, Vol. 9, p. 58.

"Love for lost souls brought Christ to Calvary's cross. Love for souls will lead us to self-denial and sacrifice, for the saving of that which is lost." Testimonies, Vol. 9, p. 59.

Have we done our best for the Master?

Choices: Critical Factor for Health

By Dennis Blum, D.H.Sc.

Every day we make choices, consciously or unconsciously, that determine our health not only for the present but in the future as well. Unfortunately "the future" often seems so distant that it makes little impact on most of these choices.

A case in point might be a 24-year-old man who dearly loves his "meat and potatoes" diet and fails to see that the insidious disease processes have begun which can seriously affect the condition of his heart at age 50, twenty-six years in the future. Even if he knows that his diet is not the most healthful, twenty-six years is too far removed to make a significant impact on his present choices. He feels fine now, why spoil today with premature anxiety over things he cannot see or feel.

Unfortunately each day that this man chooses not to make significant health choices, he is making future changes more difficult for himself. He is also gradually preparing his heart for major problems. Like so many

others, he wants to live for today without regard for the future. We have been convinced by the media that we should live for the present. This is the "NOW" generation! Today we make things happen! Somehow we are made to feel that serious planning for the future will rob today's living of its excitement and fulfillment.

People desire good health and generally know what they should do to achieve it. But when it comes down to actively giving up bacon and eggs for breakfast, hamburgers and hot dogs for lunch, and steak for supper, their will power weakens. The dangers seem too distant and too remote. Their families and friends discourage changes by making food a very important and emotional part of many social occasions. For example: showing friendliness by sharing drinks, family and social barbecues, reputation as a gourmet cook, or a fabulous hostess. Who wants to be a wet blanket, or be criticized or maybe even rejected by family or friends? Self-worth is often mea-

sured by the acceptance or rejection of our life style and its contribution to the pleasure of others. Sometimes such rejection can pose a greater obstacle than the dietary change itself.

Intelligent choices can bring greatly improved health, but these choices must be made on the basis of good scientific evidence. Some established findings are as follows:

1. A healthy lifestyle can reduce the risks of stress.
2. A healthy body has a positive effect on mental health.
3. Proper diet and exercise can reduce the risk of heart attacks, high blood pressure, diabetes and some types of cancer.
4. Positive life style changes will rapidly produce measurable improvement in one's health.

Intelligent choices based on good evidence not only improve health, but strengthen will power. And the consciousness of making these right choices lessens conflict in the life and brings peace of mind and an improved sense of well-being.

On the other hand, impulsive and indulgent choices bring guilt, because we know better but lack the courage to change. Then we try to repress this guilt, and this very process has been shown to precipitate disease. We must learn self control if we want to stay well.

Our bodies have been given us in trust. It is God's will that we be healthy, for we read in Jer. 30:17 "I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord." Solomon warns in Proverbs: "He that hath no rule over his own spirit is like a city that is broken down and without walls."

Good health depends upon good choices, today, to-

morrow, and for the rest of our lives. Each good choice today strengthens future choices. God desires to give us health, but we must make the choices. He has even promised us help in making these choices if we would but ask Him. We need not expose our bodies — God's living temples — to needless battles with disease. By not making good choices we are making it difficult for God to communicate with us through the only channel He has — our bodies.

God desires that we make good choices and live accordingly. Then we will be better able to clearly understand His will for us in all areas of our lives.

NEWSTART Alumni Corner

Dear Alumni, family friends and loved ones:

It's summertime! What a joyous season it is — flowers blooming, birds singing over their young, folks digging in their gardens, planting seeds and hoping for an abundant harvest. Everything is full of praise to God. There are many things we can learn from nature, especially seed sowing. Each of you alumni recall all the things you learned here about health and how to treat your bodies, and, most important, you gained a deeper knowledge of God. We pray often that the seeds that were planted in your hearts will be cultivated, watered, and receive that "sunshine" that will produce good results that lead to eternal life.

God's seed of love has sprung up in our hearts for each other. It was cultivated over the last year and a half, and matured as we tried to follow His ideal plan for courtship and marriage, always keeping Him central to our whole relationship. Our wedding service took place March 20, 1981, surrounded by our loving families and friends. We were pronounced man and wife on Friday evening as the sun faded in the west, just as Adam and Eve were joined by God on the sixth day of creation. Our first day as a united team was the holy Sabbath, and every day in the past few months has been a happy, growing and maturing process.

We were able to spend time with family, friends, and former NEWSTART guests in different states during the weeks that followed our week-long honeymoon in the Smoky Mountains. Arriving here April 23 for the Alumni Homecoming was exciting! What a joy to see so many dear faces, and to hear of the new start they've maintained physically, mentally and spiritually. Many of the former staff members made it particularly special by traveling long distances to be reunited. We were thankful for each one who was able to share in our happiness at our reception on Sunday, the 26th, and for the many thoughts and prayers that we know have ascended on our behalf. May we take this opportunity of thanking you deeply for all the many lovely cards, letters, and gifts we've received. It means so much to hear from each of you.

We had the privilege of assisting here for the May NEWS-TART session. It was good to be back. However, this letter is a loving farewell to all our dear ones here in America. We feel that the Lord has been leading us step by step to a call back to His work in Thailand, for a minimum of three years. Conditions are ripening for beginning health education work there, and we feel we are needed to help in that Buddhist land where so many need to know God.

After a six-week mission course this summer in Michigan, at Andrews University, we will be on our way, if all the doors remain open. "May the God of peace himself sanctify you wholly; and may your spirit and soul and body be kept sound and blameless at the coming of our Lord Jesus Christ. He who calls you is faithful, and he will do it: Brethren, pray for us." (I Thess. 5:23-25, RSV). This is our heartfelt prayer. You will be missed, and often in our prayers.

In deepest Christian love,
Byron and Carol Reynolds

"I Thought I Was Too Old!"

By Margaret Friesendorf
May 1981 NEWSTART Class
(As told to Aileen Ludington,
M.D.)

My world began falling apart two years ago when my husband was told he was going blind and nothing more could be done about it. My own health was poor, but I was determined to keep going for his sake. When he died six months ago, I was ready to quit.

After all, I'm 79 years old. You have to die sometime. My digestion was so poor I was eating 6 small meals daily, and still felt miserably bloated. I had to go for colonic irrigations twice a week to eliminate properly. My blood pressure was too high, and my circulation so poor that my ankles were swollen and discolored. My weight went out of control and I became much too heavy. But worst of all was the severe pain in my back and right hip. I could hardly get around at all. I had eleven different medicines to take. But I just felt so miserable and depressed that I told my daughter if I couldn't feel better, I was ready to join daddy.

She urged me to come to Weimar, so I came. It was my last hope. I really thought I was too old. I didn't think much could be done for my condition.

After 3 weeks I have changed my mind. I've lost 13 pounds. I'm eating 3 meals a



Margaret Friesendorf

day, with a good appetite and no real digestive problems. I've not needed a single colonic irrigation. My blood pressure has come down and the swelling in my legs is nearly gone. The pain in my back and hip is so much improved that I can get around much better. I only need to take 3 medicines a day now.

But the best thing is my mental outlook. I feel so much better now, that my problems don't look so bad. I feel like I'm in control of my life again.

Sure I feel lonely, and I still have trouble sleeping. But I don't want to die anymore. I've got too much to live for. I can't wait to get home.

Christ is ready to honor the largest demand we may make upon Him for His resources are inexhaustible, and He would have us ask largely that our joy might be full. If our hearts are kept filled with His love, and we are seeking the blessing of others and the glory of God, it is our privilege to so trust Him that we shall experience answers to our prayers continually. The difficulties that confront us are not intended to discourage us, but to teach us new lessons in the life of faith, and to prove us to see whether we will depend upon the natural, or trust Him to perform the impossible.

(From the files of Mrs. Charles E. Cowman,
published in Streams in the Desert, Vol. II)

New Testament Stories Relived

Divine Answers and the Faith Alternative*

By Veronica Morrish

The discourse is interrupted. A paralyzed man is being let down through the roof by his friends. Now he lays with mournful countenance and pleading eyes at the feet of Jesus. His unspoken request is for mercy and healing. The place is Peter's house in Capernaum.¹

In the region of Tyre and Sidon, a heathen woman comes to Him crying: "Sir, have pity on me, Son of David; my daughter is tormented by a devil." But He says not a word in reply.² He seems to be ignoring her, but she persistently presses her petition.²

A Roman centurion having heard about the Savior and believing firmly in His power to heal, sends some Jewish elders with the urgent plea that Jesus should come and save his servant's life. In immediate response to the urgency of the situation (for the servant is at the point of death), the Master hastens toward the centurion's home. But He is met by a man of indomitable faith, his complete trust crystallized in the words: "I am not worthy to have you come under my roof...but say the word and let my servant be healed."³

A poor disease-stricken woman follows the crowd through the narrow streets in search of Him. She had missed Him by the seaside; had arrived at Levi-Matthew's house just a few minutes too late. And now she is desperate. It seems as if she will never reach Him. Amidst the bustle and confusion of the curious multitude she had no hope of speaking to Him. At best she can only catch a fleeting glimpse of His figure. Fearful of losing her chance of a lifetime, she presses forward and, as He passes, she barely touches the border of His garment.⁴

Four divergent situations involving true-to-life human beings as different in their backgrounds, vocations and lifestyles as night and day. Chances are these individuals never once came in contact with each other, and yet they are related in the sense that they form an integral part of the framework of God's dealings with mankind.

The Savior looks with compassion on the paralyzed man while the rabbis wait anxiously and angrily to see what He will make of this case. They well recall how the needy man had appealed to them for help and how they had given him no hope. Instead, they had made him despair, that his suffering

resulted from his sinful practices. So as the man now lies before the Master, these religious zealots cannot speak. They only exchange knowing glances at each other, and looks of contempt at the despicable sight in front of them. Their thoughts are negative, but Jesus' thoughts are positive since He is concerned with restoration.

The Gospel of Mark tells us that "when Jesus saw their faith (the active faith of the man's friends and the somewhat passive faith of the man himself), He said... 'My son, your sins are forgiven.'"⁵ To the paralytic it seems like the burden of despair has now rolled away. He accepts the words of Jesus as a boon to new life. He urges no further questions. He is too delighted for words. Heaven's light fills Him with inestimable joy, and the people look on in utter amazement upon the incredible scene.

But the Master is not yet finished! He wants to impress upon the minds of those present that He has power both to forgive sins and to make men physically whole. He, therefore, says to the paralyzed one: "Get up, pick up your bed and go home."⁶ Then he, who had been borne on a mat to Jesus, rises to his feet in the strength of youth. A fresh glow of health replaces the pale pallor of death. And he takes up his bed and goes out. "And the people glorified God, saying: 'We have never seen anything like this before.'"⁷

If you should talk to Jesus about His favorite work, you would very quickly come around to the subject of restoration and divine answers. Answers which included granting the petition of the heathen woman of Tyre and Sidon, and restoring in her — an outcast — the very image of the Divine. It would also include deep insights into His ministry to and approbation of the Roman officer who sought healing for his student. I can almost hear Him saying with great satisfaction: "I tell you, not even in Israel have I found such faith."⁸

Are you beginning to see the threads of the living tapestry from heaven's own loom? Lives degraded, distressed and broken finding upgrading, encouragement and healing in Him. But wait! What's that I hear? A woman mumbling to herself: "If I touch even His garments I shall be made well." So she makes one last desperate attempt. She touches it! Hers was a quiet determined faith. Her reward: Physical healing and divine commendation:

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"Daughter, your faith has made you well, go in peace."⁹

Put together these divergent situations, backgrounds, vocations and lifestyles. Take a second look at these people who had one common desire — above all else — to see Him, to have Him make an impact on their lives. People as part of an intricate whole contributing to God's over-all plan of displaying before the universe His indisputable love and glory.

How can we help but choose the faith alternative when it brings God's answers as a potent remedy to the human problem?

- 1 Story taken from Mark 2:1-12 (Phillips)
- 2 From Matthew 15:21-28 (NEB)
- 3 From Luke 7:1-10 (RSV)
- 4 From Mark 5:25-34 (RSV)
- 5 Mark 2:5 (Phillips)
- 6 Mark 2:11 (Phillips)
- 7 Mark 2:12 (Phillips)
- 8 Luke 7:9 (RSV)
- 9 Mark 5:34 (RSV)

Weimar College Yearbook Now Available

We have prepared a simple collection of photos of the Weimar College students and staff. Students are pictured in small groups as well as busy in work assignments and many other activities. BULLETIN readers who have known some of our 1980-81 college family will enjoy leafing through this 48-page booklet. For your personal copy send \$4.00 (or more) to help cover production and mailing costs, to the Weimar Institute business office, Box A, Weimar, Ca. 95736.

Be cheerful and hopeful in Christ. Educate yourself to praise Him. This is a great remedy for disease of the soul and body. "I shall yet praise Him, who is the health of my countenance and my God." (Psalm 42:11; 43:5) This Day with God, p. 305.



Some forty members of the Pacific Union Conference Spring Educational Council, who were meeting in Sacramento, took the opportunity to tour Weimar Institute. After enjoying supper in our cafeteria, they met with President Bob Fillman and Chaplain Dick Winn in the Weimar College building to discuss various aspects of the institute.



Enticing food displays and tasty samples helped generate continued interest during Weimar's recent on-campus cooking school. (See page 4 for details).

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FROM OUR CHAPLAIN

Freedom Is The Answer

(But what was the question?)

By Dick Winn

How many really crucial life-questions can you think of which find their only answer in the fact of human freedom? Would it surprise you how often this truth provides basic answers? For example, think about these questions just as a sampling.

1. Why is there so much pain and suffering in a world made by a loving God? Couldn't He have found a way to keep us from doing hurtful things — from bringing so much pain on ourselves and each other? It seems such an attractive option — a pain-proof world! Until we begin to consider the kind of people who would live in that world. Would love have any meaning without the freedom not to love? Would obedience make any sense at all without the

freedom to place intelligent loyalty behind understood principles? As one author expressed it, "Why did God allow all this fearful iniquity that man might be free? To this there can be but one answer. It was because He knew the worthlessness of all forced obedience, and that, therefore, the freedom to sin was absolutely necessary to the possibility of righteousness."¹

2. Why is it so vital for God's people to develop Christlike characters now? Won't God simply re-create our characters at the time of Christ's second coming — thus making us ready to enjoy heaven?

But our characters, since they involve personal choices of values and loyalties, are the part of us that God will not touch without our permission.

His position has always been, "Choose you this day whom you will serve."² He will never sneak down into our skulls and re-wire our frontal lobes to make us smiling, compliant "saints." Rather, He enlightens us with truth about Himself, draws us with His love, then says, "It is your choice how to respond."

Nor is this approach a temporary measure, to be cast aside as soon as this earthly existence is over. God never has changed one's character by divine fiat; and He won't change His methods now. If truth, love, and freedom aren't adequate to the task of restoring lost sinners, causing Him to resort to doing something to us (rather than with us), then the whole plan of restoration is suspect.

3. Why does the Bible place such a heavy emphasis on truth? Isn't it enough just to feel very loving toward Jesus?

Jesus said, "You shall know the truth, and the truth shall set you free."³ Satan has control over us only so long as he can keep us deceived about God and His law — His universe. We follow his enticements because we have been blinded, duped into thinking that he can offer ful-

fillment. Jesus sets us free by exposing Satan's fraud, and winning our thoughtful allegiance to His intelligent principles. And then He preserves our freedom by the same method. Warm sentiments are a nice bonus, but not a safe guide for thinking. Free people must have accurate, sound information upon which to base their free choices; otherwise freedom is a wasted privilege.

4. Why does God speak so firmly against those who exercise authoritarian control over the minds of others?

For some reason — in spite of our lip service in favor of freedom — many of us are afraid of freedom. We are frightened about making the wrong choices, uncertain about the options. We often wish we could hide behind the choices of another person. We too easily allow another to do our thinking for us. If that authority is kind, then we reason that it is a good arrangement; if he is evil, then we know we're in trouble. But in either case we lose!

For it is only those whose "faculties are trained by practice to distinguish good from evil"⁴ who are equipped to handle the eternal freedoms of heaven. God knows

that this can happen only by often-repeated experience. And so God tells even well-meaning authorities to lead only be example, and to back off from making decisions for other people.⁵

5. What is the relationship between love and freedom? To love is to have one's affections, trust, and loyalties drawn out by the qualities of another. But it is a freely-chosen response! Love is not levered, bought, demanded, or manipulated. Indeed, external pressure will always kill love. A decision to love another is the highest expression of freedom. Meaningful love is expressed by one who knows that he is entirely free not to love. And God wants us, as His people, to love Him and each other, with the highest meaning of the word!

Aren't you glad God has gone to such lengths to preserve our freedom? Don't you agree that we should do our best to preserve each other's freedoms?

1. Ellen G. White, *The Southern Watchman*, May 1, 1906.

2. Joshua 24:15

3. John 8:32 (RSV)

4. Hebrews 5:14 (RSV)

5. See 1 Peter 5:1-3