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CANCER: Break its Grip!!

By Kelly Jay Ferris, D.H.Sc., M.P.H., R.P.T.

What do stress, nuclear radiation, BBQ broiled steak, and tobacco have in common? All have an effect on the development of our society's most dreaded disease — cancer.

Next to diseases of the blood vessels, cancer of all types is the second most frequent cause of death in the United States. The word cancer produces images of long, lingering pain; deforming surgeries; and strange side effects from chemotherapy and radiation. Must you live in dread of this often fatal disease, fearful that there is no cure? Cannot cancer victims be given at least some hope? Read on and see.

First, what is cancer? Nothing more than body cells dividing uncontrollably. Normal healthy cells have a specified division rate. Occasionally, however, a cell is disturbed and then it divides much faster than it should, thus forming a group of disturbed cells called a tumor. If the growing tumor is spreading we call it malignant. If not, it is considered benign. These cells crowd out the normal healthy cells and can destroy body tissue. Occasionally one of the abnormally fast-dividing cells breaks off from the tumor, circulates through the blood and lodges somewhere else in the body. This is called metastatic cancer.

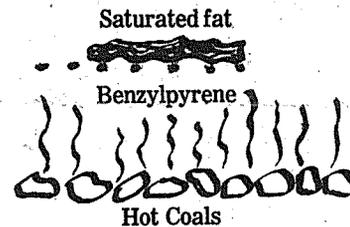
One might have a liver cancer growing in the brain. Once a cancer gets started, it could send out cells to many places at once.

How does it start? There are several known causes. One is mutation. Occasionally, as cells divide, some of the offspring become mutants — deformities. These mutants could have many undesirable characteristics such as too rapid cell division. This often happens, to some more than others. Why don't more people have cancer? Our bodies have an immune system that detects and destroys mutant cells. Thus, the efficient combination of a mutant cell and a poor immune system could lead to the growth of a destructive tumor.

Another cause of cancer is radiation exposure. X-rays, ultra-violet rays, and nuclear radiation can damage the cell structure and genetic code and render the cell mutant, which leads to uncontrolled cell division and a cancerous growth. Likewise, if the immune system is suppressed by stress, or the person has a poor diet, seldom exercises, or the radiation was too over-powering, the cancer will catch hold.

Another cause are the chemical irritants, all kinds of chemicals termed carcinogens. Toxic substances from tobacco smoke, asbestos, alcohols, synthetic com-

pounds, pesticides, paint fumes, certain chlorohydrocarbons, or any chemical or molecule that can irritate a cell to render it a mutant. BBQ steak is an example. As the steak roasts over the fire, the fat drips down onto the very hot coals. The high temperatures can cause chemical reactions in the fat molecules that create carcinogens.



The toxic chemicals which rise up in the smoke and penetrate the steak are the same chemicals found in cigarette smoke. A one pound piece of BBQ steak can have as much benzylpyrene as several hundred cigarettes. This could relate to the development of colon cancers when the benzylpyrene comes in contact with intestinal cells.

Viruses are another cause of cancer. These small, semi-living organisms need a living cell in which to reside. Once entering a live cell, the virus can multiply. Some virus multiply fast, some slow. Some have the ability to enter only one type of cell, others can only enter another type. Once in the cell, the virus can inject its genetic blueprint material, DNA or RNA, into the nucleus of the cell. Here the virus' DNA or RNA intermingles with the cell's DNA and causes derangements. These derangements can cause the cells to become cancerous. Diseases such as leukemia, colon cancer, lung cancer and breast cancer can be related to a virus infection. Probably another mode of transmission of viruses is through animal products. When animals infected with the virus are eaten, the virus can be transmitted to the human.

A final cause are certain toxins. For example, aflatoxin from moldy peanuts and vegetables can be cancer producing. In underdeveloped countries that do not have refrigeration and quality standards for food, aflatoxin is a common cause of primary liver cancer. Toxins from other molds, fungi, poisonous insects and animals can be carcinogenic. Even toxic secretions from one's own body can be hazardous.

THE SOLUTION. What can you do to prevent cancer?

1. **Eliminate the cause.** Immediately eliminate cancer suspects such as tobacco, poor food, radiation exposure and chemical irritants. This could include such things as saturated and polyunsaturated fat which has been related to breast and colon cancer, respectively. This could mean asbestos and Fiberglas which are related to lung cancer. Eliminate alcohol which is related to cancers of the throat, esophagus and stomach. Milk from Bovine Leukemia virus infected cows is related to leukemia in humans, especially when raw milk is used. So, whatever is in question, eliminate it.

2. **Use a cancer preventing diet.** For instance, one can begin a nutrition which lowers the blood level of LDL. LDL is the main cholesterol carrying component of the blood and high levels of LDL decrease the ability of the white blood cells to fight cancer. A low fat, low cholesterol, high fiber diet is the key. High cholesterol foods such as meat, whole milk, cheese, organ meats, and shell fish should be eliminated. High fat foods that cause the gall bladder to secrete bile, which is composed of cholesterol, should be eliminated. So avoid fried foods, processed foods, "fast foods", snack foods, pastries, etc., which all have high fat. Also eat a diet which is high in fiber. Certain fibers bind with cholesterol and can flush the cholesterol out of the body. So, whole grains and legumes (peas, beans, lentils, garbanzos) cannot be surpassed.

The cruciferous vegetables are especially good cancer preventers. Broccoli, cauliflower, cabbage and Brussel sprouts are at the top of the list. Countries using high levels of these foods have very few cancer cases, especially colon cancer.

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CANCER

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3. **Reduce cortisone levels.** It has been shown that high cortisone levels can suppress the body's immune system and leave one susceptible to cancer. Cortisone is elevated in times of stress. So, one needs to reduce excess stress that might be harmful. You can do this by taking vacations, delegating work, getting adequate sleep, exercising, reducing job pressures, moving away, praying, studying Scripture, claiming promises, talking to a friend, walking out in nature — whatever you have to do to reduce an overbearing stress, by all means do it! Dwell on the positives. Focusing on negatives can make one susceptible to cancer. Strive to develop a positive mental attitude.

4. **Certain chemicals in the body have been seen to fight cancer.** These chemicals, called endorphins, are thought to be secreted in the brain and GI tract during times of pleasure and exercise. These chemicals then circulate through the blood and connect to receptor sites on the white blood cells that fight cancer. Therefore, the positive emotions, faith, hope, love, courage, thankfulness and joy could be producing these chemicals which help fight cancer. Also it has been demonstrated that exercise causes these chemicals to be secreted and could have an effect on cancer prevention.

Here is the cancer prescription in summary form:

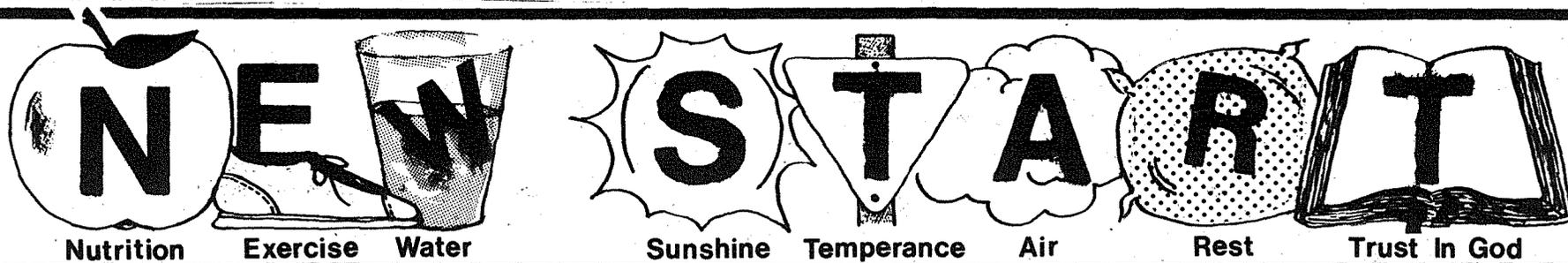
1. **Eliminate the cause:** Tobacco, alcohol, animal diet, exposure to chemicals or toxins.

2. **Cancer preventing diet:** Lower LDL by eating less cholesterol foods and saturated fat, don't overeat, less refined foods, less total fat, eat whole foods, high fiber food, cruciferous vegetables, high Vitamin A foods.

3. **Reduce stressors:** Lower cortisone by avoiding overwork, resolving conflicts, don't carry guilt, resentment or remorse; delegate responsibilities, say "No!", give cares and worries to God.

4. **Increase joy and peace:** Increase endorphins, spend time with loved ones; spend quiet time alone with God and His Word; develop a hobby; take a vacation; mini-vacation; exercise; rest; laugh; help others; work with your hands; spend time in nature, climb a mountain; feel exhilarated.

If you can do these four things, you'll have the best defense against cancer. Many people have died prematurely merely because they did not mobilize their own resources to fight off the cancer. Often when a doctor announces the diagnosis of cancer, the patient experiences a deep depression. This then leads to the increase of stress hormones, and no endorphin production. Therefore, if you have cancer, don't let it get you down. Fight it, laugh a lot, exercise, eat right, keep active, and you'll have the best chance of recovery and the best quality life in spite of it. Sometimes, however, other treatments may be necessary: surgery, radiation, chemotherapy, etc. But the four cancer principles are the foundation for all cancer therapy.



Acronym by Bill Dawson, Design by Terry Zeyen and Cindy Becker

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

(Mac and Nancy Johnston, NEWSTART guests January 27-February 7, as told to Sue Chirco.)

OUR BEST CHRISTMAS GIFT

"Getting to come to the NEWSTART Program was a Christmas gift for us from a fellow pastor. He was convicted we needed to attend. He went through the program three or four years ago to lose weight and get his diabetes under control. He was so successful he wrote a book about it, *I Almost Died* (Integrity House, 1983). His experience really made an impression on us.

"We felt we needed a new lifestyle too. Our lives were in a rut and we were developing signs of poor health. We knew how to eat but we just didn't take the time or effort to do it correctly. "We'd been used to plenty of steak and potatoes, good bread, ham and eggs and hash browns — one of our favorite meals," says Mac; "and Nancy likes coffee. But with all these kinds of foods — high fat, high protein and all —

we can see now, our health didn't stand a chance for long." "Our exercise levels weren't good either," Nancy added. "Three times a week on a mini-trampoline, or a little walking just wasn't enough. I vacillated so with my exercise program from one extreme to another. But now I have set some priorities. I have a goal and feel I'm on an 'even keel.' We're both walking up to 7 miles a day now."

To Mac the most difficult part of the NEWSTART Program seemed to be at mealtime, wanting to drink with the meal. He discovered he had a deeply ingrained habit here, working against good digestion.

Both he and Nancy received in-depth help from the doctors' lectures, counseling, and cooking classes. As Mac put it,

"Cholesterol, triglycerides, protein, carbohydrates, HDL — we've heard about these things but have never quite understood until now." "Yes!" joined Nancy, "Now I know and am aware of what affects my health. These terms are no longer simply names and figures. I understand and can set new goals." Mac went on, "We've also been very delighted to meet and talk with the doctors personally. Each of the doctors has a slightly different style in sharing information and yet they all do so from a basic Christian philosophy which permeates the entire program. We greatly appreciated that!" "In fact," says Nancy, "I think the college students should also get a big round of applause here. We read so much in the Scriptures about hospitality and service. And this is a big part of our

concern back home — we teach a great deal about it. But I think the greatest example of how Christian young people should be is shown in the way the students here have completely overflowed, exhibiting God's love to the patients. I particularly appreciated the students in hydrotherapy and the doctors praying with me. No one missed an opportunity."

"When we return to southern California soon we plan to just live this new lifestyle out as examples to our community and church friends. This lifestyle has brought another valuable principle to our Christian living: treating our bodies as God's temples and bringing them under good discipline. We feel like we are going from glory to glory and this is just another step."

1985 NEWSTART Program Dates and Details

1985 NEWSTART Schedule

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

Sessions include:

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

NEWSTART Costs

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

Reduced rate for short sessions.

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

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

We are covered under medicare B.

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

My need is in this area:

(Check items)

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

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FOOD FIBER: A VITAL DEFENSE

Research has been zeroing in on the effects of fiber in the diet. Many interesting facts have surfaced as a result.

Fiber, simply put, is that part of your food that passes through the small intestine undigested. Fiber is found only in legumes, vegetables, fruits, nuts, and whole grains. Its presence in the large intestine is very important. Fiber attracts and binds water in the large bowel. As a result the fecal mass is large and soft instead of hard and small and passes quickly through the colon.

Here, briefly, are some of the problems caused by a low fiber diet:

1. **RAISED PRESSURE IN THE BOWEL** causes muscle thickening and diverticular disease (pockets in the bowel lining that trap food and may lead to the operating table).

2. **RAISED PRESSURE IN THE ABDOMINAL CAVITY** which results in hemorrhoids, varicose veins, and hiatus hernia.
3. **CANCER OF THE COLON** results from slow transit time of feces which become very irritating because of putrefaction. When carcinogens are present the longer they are in contact with the GI tract the greater the risk of cancer.
4. **HEART DISEASE.** One of the major risk factors here is cholesterol which accumulates in the arteries of the heart and causes a heart attack. Fiber affects cholesterol in several ways. First, a high fiber diet is probably low in cholesterol, and second, it causes the food to move faster through the GI tract and there is less chance for the cholesterol-laden food to be broken down and absorbed. Fiber also binds the bile salts so they are not reabsorbed. Thus new bile salts must be synthesized from cholesterol to replace them. This tends to lower the total body pool of cholesterol.
5. **GALLBLADDER DISEASE** is related to gall stones which are 90% pure cholesterol.
6. **OBESITY AND DIABETES.** The removal of fiber and the excess consumption of starch and sugar go hand in hand, for if your diet contains sufficient fiber it is hard to overeat refined foods. People get too many calories because of concentrated (refined) foods.

The solution to this problem is the same as all our other dietary problems — to insure our getting enough dietary fiber, eat a good variety of fruits, vegetables, legumes, nuts, and whole grains, and eliminate or use sparingly those foods that contain little or no fiber.

FIBER CONTENT OF FOODS

Grams of fiber per 100 grams of edible portion

ITEM	gm	ITEM	gm.
Wheat bran	9.1	Peanuts	1.9
Soy Beans	4.9	Avocados	1.6
Beans, common & lima	4.3	Broccoli, parsley, blueberries.....	1.6
Lentils	3.9	Cashews, pears.....	1.4
Almonds	2.6	Kale.....	1.3
Artichokes	2.4	Cauliflower, carrots, apples	1.0
English Walnuts	2.1	Cabbage.....	0.8
Celery, grapes, peaches, squash.....	0.6	Lettuce, corn.....	0.7
Barley, potatoes, oranges, tomato.....	0.5	All meat, fish, (all kinds) and all dairy products e.g. cheese (all kinds) milk, eggs.....	0

Source: *Handbook of the Nutritional Contents of Foods*. U.S. Department of Agriculture — (Dover, 1975)

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

Building Better Marriages

Buddy L. Kruger

Satanic forces, committed to a "deceive and destroy" mission are on the march! Assaulting human beings from all directions these supernatural enemies carry on an all-out multifront, world war. Their goals: separate man from His Creator, from his fellowmen, and lure or provoke him to destruction. Their methods: 1) deceive humankind with lies and theories that erode constructive, supporting relationships 2) disguise these falsehoods with "good" or attractive fronts 3) promote and provoke violence, armed conflict and other measures of force as solutions to problems.

For example, consider one area under heavy attack: courtship and marriage relationships. Through the media a 24 hour a day propaganda barrage on this issue pounds in on us. Television, radio, music, magazines, movies through attractive actors and actresses, model before us a poisonous philosophy of intemperance, outside of marriage sex experimentation, multiple affairs, impulsive romances and "commitment" only until the kicks are over. They represent these distortions as normal and expected practices of the majority. And the younger the better! In fact the impression is often left that if young people haven't done

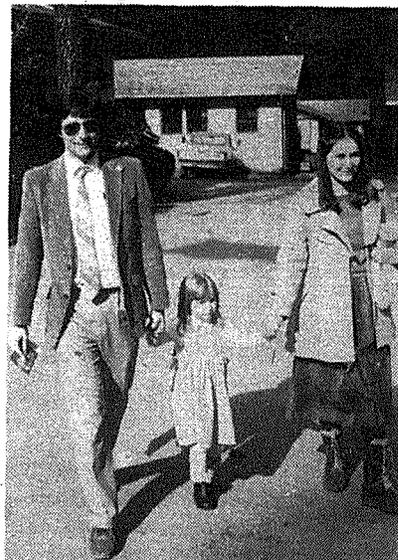
it all before they get out of their teens, they've missed out and lost their only chance for happiness.

Several generations of humanity have accepted these social lies and allowed them to sway their choices on a larger scale than ever before. Perhaps this is why America is now seeing a 50% divorce rate. And our youth are in deep trouble with escalating child alcoholism, drug abuse, violent crime and suicide. Youth from broken homes self-destruct or fragment with false solutions, trying to find their lost family roots, personal identities, roles, and future directions.

The question is how can a young person avoid these influences and social pressures and establish instead deep, satisfying relationships that last. And how can married people or others in the older generations build some deeper, more permanent bonds into their existing relationships. What are the essentials? Some of these have been identified for us in recent years by researchers in the area of human development.

They use the term "pair bonding" to describe this process, its cause and elements. Pair bonding is the interlinking and cementing of personalities that goes on between a man and

woman in their mental, social, spiritual, and physical values. This "bonding" happens when certain conditions and activities progress in a casual friendship. It helps to know these things ahead of time so we can plan for the good possibilities and watch for elements out of place which can endanger wholesome relationships.



FAMILY

First, let's look at some conditions that favor and deepen more permanent bonding between two human beings in marriage or when looking toward to marriage together.

It has been found that the men and women should be about the same age, the man a year or two older. They should be of similar physical size. Their courtship should be slow and long term and broad in scope so they may share a wide variety of life's everyday scenes and experiences. They need to see each other in problematic situations and crises. Social bonding takes place through being much together for most times and events.

Spiritual bonding depends much on their united commitment to the Creator of marriage, closely following His Word in their individual and married lifestyle.

Before marriage and the beginning of sexual contact they should plan and prepare extensively for their home, taking time to and/or furnish a house, apartment, etc. with the basics. They should make agreements and policies and arrange for their financial future

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Better Marriages

(Continued from Page 3)

support-base. Another condition crucial to perfect pair bonding is the way the couple commit themselves to their relationship as lifelong, exclusive and perpetually intimate. Related to this is the next one: they maintain personal respect toward other marriages, not acting "familiar", flirtatious, or seeking to attract others of the opposite sex. Also, when offspring come along the man and woman share the domestic duties, both investing themselves in the care, feeding and training of their children. Lastly, their relationship should be balanced in style, avoiding domination by either, and avoiding a rigid chain-of-command structure. Rather they should develop a mutual cooperation style where the atmosphere remains open to the contributions of all family members. Dad and Mom value and seek the input of their children in the family firm.

With these conditions of more perfect bond building on their side young people can succeed in warding off satanic attempts to destroy their future happiness through poorly bonded relationships.

In next month's issue we will consider specific intrapersonal activities which also influence and encourage bonding.

For further reading:

Gary Chapman, **Toward a Growing Marriage** (Moody Press, 1979).

Melvin Konner, **The Tangled Web: Biological Constraints On The Human Spirit** (Holt, Rinehart and Winston, 1982).

E.G. White, **Health and Happiness**, (Audio Visual Productions, Jemison, AL, 1984).

Evelyn Duvall, **Family Development**, (J.B. Lippincott Company, 1971).

Gordon MacDonald **Magnificent Marriage**, (Tyndale House, 1976).

Fathers: Beware of Pot

A developing fetus may suffer greater harm from the marijuana use of its father than from that of its mother, says Dr. Susan L. Dalterio, research assistant professor of pharmacology at the University of Texas Health Science Center at San Antonio, Texas. For the last ten years Dr. Dalterio has been conducting research with laboratory mice on the effects of marijuana on the reproductive system.

In an interview published in the November 1984 issue of LISTEN Magazine, Dr. Dalterio discusses some of the effects of marijuana on the offspring of animals treated with cannabinoids. For example, male mice that had been so treated had significant problems in making females pregnant. Of those pregnancies that did occur, many of the young died either before birth or shortly after. Tests of the surviving male offspring showed them to have the same problems as their fathers. "When we looked at the chromosomes in the testes of both fathers and sons, we found abnormal chromosomes and birth defects in the third generation," said Dr. Dalterio.

Since there are no third-generation offspring of human marijuana users available for testing, predicting what will happen to humans is still uncertain. Dr. Dalterio says that effects similar to those observed in mice are very likely, though, since some of the effects being studied were first noticed in humans. "I think we've shown a reasonable amount of evidence to urge strongly that the father's input be considered in terms of drug exposure."

WHAT LIES AHEAD

Barry Kimbrough

What lies ahead for the world? Many people are asking this question, and the interest is not among Christians alone. "Secretary of Defense, Casper Weinberger, is worried about the end of the world, as well he might be. Late in July, he gave a group of Harvard students a glimpse of his thinking on the possibility of nuclear disaster that showed Cap to be both more religious and more candidly fearful than Pentagon Chiefs are often wont to be.

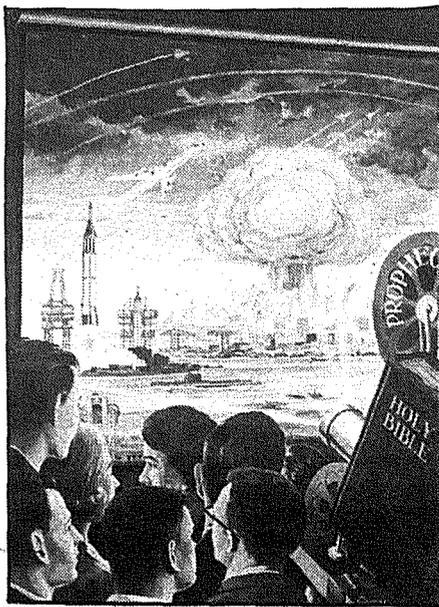
"Citing the Bible, a student asked Weinberger: 'Do you believe the world is going to end, and, if you do, do you think it will be by an act of God or an act of man?'"

"I have read the book of Revelation," the secretary replied, "and, yes, I believe the world is going to end — by an act of God, I hope — but everyday I think that time is running out."

"Are you scared?" another student asked.

"I worry that we will not have enough time to get strong enough to prevent nuclear war," he said. "I think of World War II and how long it took to prepare for it, to convince people that re-armament for war was needed. I fear we will not be ready. I think time is running out...but I have faith." — San Francisco Chronicle, September 5, 1982.

Although the end of the world is bad news for those who do not know God, it is great news for Christians. Jesus said, "Behold I come quickly; and my reward is with me to give every man according as his work shall be." Revelation 22:12. Isn't it time for us to live and work and hope for the day when Jesus will come in the clouds to take us home? Isn't it time to let God speak through our deeds and words so that the world will be warned and encouraged to prepare for this fantastic event? Seventh-day Adventist pioneers lived with one dynamic hope: Christ will come! And they died with that hope burning in their hearts. But what has become of the doctrine of the second advent?



Have we become so comfortable in this world that we no longer look forward to that place Jesus is preparing for us? He promised, "I go to prepare a place for you." John 14:2. He is preparing that place because He knows as long as we are living for Him we will not find a "place" on this earth. We will never fit in with its fashions as long as we are wearing the garment of His righteousness. "If ye were of the world," Jesus said, "the world would love his own; but because ye are not of the world, I have chosen you out of the world, therefore the world hates you." John 15:19. There is more confusion now over the doctrine of Christ's coming than over any other. Some believe He has already come, others say He will never come. Still more proclaim He will come secretly. But what does the Bible say? "For as the lightning cometh out of the east, and shineth even unto the west; so shall also the coming of the Son of man be." Matthew 24:27.

How soon will Jesus come? He will "come" before the end of 1985...for some of us, because His coming is as close as our last heart beat, our eternal destiny is then fixed. Are we ready to face eternity?

Let us also beware of time-setting. "You will not be able to say that He will come in one, two, or five years, neither are you to put off His coming by stating that it may not be for ten or twenty years." 1. Selected Messages. p. 189.

God, too, longs for the day when He can send Jesus to earth the second time. It is so easy to look at eternity from only our perspective, but think of God who created us for His fellowship — think of Him who lived, suffered, and died that we might be with Him. After describing the new earth, John wrote, "Behold, the tabernacle of God is with men, and He will dwell with them, and they shall be His people, and God Himself shall be with them, and be their God." Revelation 21:3. Can you imagine the joy of His heart when He is finally reunited with us? Of course, we will be filled with "joy unspeakable and full of glory", but God will be rejoicing even more! He "shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Revelation 21:4. Surely God will have to wipe away some of His own tears in that day — tears He has shed for the last 6,000 years over the damage and pain sin has brought. But finally we will have found our "place" where we perfectly fit in. "On those peaceful plains, beside those living streams, God's people, so long pilgrims and wanderers, shall find a home." Great Controversy, p. 675.

The question today is, Have we surrendered to the Holy Spirit? Are we living by heart and mind in His presence where there is fulness of joy and at His right hand where there are pleasures forevermore? Is Jesus Christ our LIFE? If such is the case, we can firmly claim the promise, "When Christ, who is our life, shall appear, then shall ye also appear with him in glory." Colossians 3:4.

God Wants Us!

"Not long since we heard a preacher say, 'God does not need the company of man, and can easily dispense with it.' Don't believe it. 'God so loved the world that He gave His only-begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.' He gave Himself for us, because He wanted us. His soul yearns for human companionship so much that He can not live without it. He saves us, not for our sakes, but for His own sake, He tells us more than once. What confidence this gives us in approaching Him. We do not come cowering, as culprits who hardly dare believe the words of pardon spoken by the Judge, but with boldness, as friends to a Friend who has been at infinite pains to secure our company."

E. J. Waggoner

Signs of the Times, February 12, 1902

A FAVORITE RECIPE



Banana Sauce

- 4 c. water
- 1/2 c. Cashews
- 1 c. Dates
- 2 t. Vanilla
- 1/3 c. Cornstarch
- 1/2 t. Salt
- 6-10 Bananas, sliced

1. Blend until smooth in blender (except bananas).
2. Heat until thick.
3. Add bananas. Serve hot over toast.

FAMILY

WHEN GOD COMES TO VISIT

B.L.K.

Time: late Friday afternoon.

Place: God's palace in the New Jerusalem, Headquarters of the Universe

Setting: an atmosphere of anticipation, angels scurrying in and out of His throne room

Another Earth Friday has come. All heaven has been astir most of the day, making preparations to celebrate with the human race the greatness of Jehovah. For on these Fridays special things happen in the realms of eternal day. (Special things, that is, if there are any things more special than others in the presence of God. For all things and beings have unique value, a special place and time in the Creator's heart. None are neglected, unhonored, unappreciated. If one exists at all he has already had much special thought and attention given him by God.) So when the near time arrives for His Sabbath to begin on Earth, that's different than anything else in heaven's Heart. It is a day-appointment God, Himself, made with mankind in Earth's first days of life (Genesis 2). Then it was, He had taken out His Universal schedule book and for all eternity to come had blocked out every seventh Earth day on His calendar—a time from sunset Friday through sundown Saturday.

Friday was the preparation day. It was needed, for the enjoyment of His Rest can only be proportionate to the preparations made for it. That is His own principle of life,—the principle of proportionate returns,—harvesting what one sows, is another way to say it (Gal. 6:7). And what a delight it has been for the Earth Creator to prepare, and keep those precious hours every week just for honoring His faithful children. They were worth all the extra effort. In fact He counted it no effort at all. How He loved them!

So, laying aside all the pressing matters of an infinite, ever-expanding Universe filled with other beings of His own love, He gladly "hangs up the phone," "closes up shop," "walks out of the office," in a sense leaving the others, "the ninety and nine" (Matthew 18) to go visit His Earth family. The feeling on an Infinite scale is perhaps sensed slightly in the emotions of busy parents of this world who leave their place and work behind for a time, to travel down to where son or daughter live; to visit anew, live with, and express their long pent-up benevolence and care for the "flesh of their flesh, the bone of their bones. Yes, He had shared that feeling with them, giving them capacity to feel it too and experience in a human way once or twice a year what He felt every Friday: the ache, the longing, the desire, the tension of being heart-hungry, wanting to be full, the urgency to be done with secondary matters and be on His way, soon to see their faces, to embrace them long, to fellowship with them again in an exclusive way.

The last-minute items come in, the last messengers are briefed, the last ambassadors from far-flung worlds and star systems are received and cared for, the last instructions left with His agents for va-

rious parts of His vast, galactic kingdom.

And now He dresses. Removing Heaven's brilliant officiating robes of business affairs, He pulls on His earthly celebration garments, His hosting garments, the finery of sparkling light and glory adapted to Earth's dulled sensibilities. For Sabbath is His day for doing what He loves best: for serving, for hosting, for sharing His created treasures with loved ones. He is the Host, they are His guests!

He loves this "work" because it is in His very fibers to treat and bless and give Himself to His human family. Why? Why must He, The King, do this for them? Should not they do it for Him? Yes, but it is His natural disposition as their King. And it is their need, for they cannot physically come to Him.

Oh, long ago, before sin entered, they could have come to visit Him in His palace, but even then He chose to go to them (Genesis 1-3). Now they are earthbound and can come only spiritually in prayer and meditation. They had become captives to an enemy's deception and force, unable to free themselves, made unable to meet Him face-to-face in His splendor. Now He had to cover His glory in different garments, remaining largely invisible for their sake, but nevertheless really there and eager to reveal Himself to them in all the ways He could.

Behind Him in the distance recedes His home, His capitol, His city, and in minutes He begins the descent into the darkness surrounding planet Earth. He wonders how many of His children will be ready for this week's visit; how many can He really talk to, bless and share special secrets with? How many will enter His Rest with Him? (Hebrews 4:9-11) and by faith be His companions for this day? He longs to greet every one and spend time with them but He will never intrude or force His visit in on them. They must choose, and invite Him into their homes, hours and hearts. Many Sabbaths He'd found few invitations, few waiting, ready, prepared for Him. Most seemed preoccupied pursuing their own ways, plans and selfish ambitions, doing their own things, ignoring Him and His presence, unknowing slaves to an enemy master, Satan. How He craved to free them and give them rest and happiness and a future at last in knowing and trusting Him.

And that's why He'd made His Sabbath and shared it with man in the beginning. It was His special time to put something more into their relationship, to give Himself in a fuller way and thus refresh man and woman with His intimate companionship. He had therefore invited all humankind to keep His Sabbaths holy as a sign between them and Him that they might know Him personally (Ezekiel 20:20). For He had personally called, "Come to Me, all you who are weary and burdened and I will give you rest." (Matthew 11:28).

Now, He is here. It is Friday eve. The sun is setting as He approaches the first door—maybe the one to your home. Will you answer His knock and accept His invitation?



Share Something Priceless

By Barry Kimbrough

Health and happiness are priceless possessions. Everyone wants to know how to feel great, and it is a rare person who does not want to live at peace with others. The book Health and Happiness (originally titled The Ministry of Healing) presents these life principles in a clear and simple way. It also shows how a relationship with God fits into one's life.

"Real mind cure for today's stress," is how the Christian Observer describes the book Hidden Treasures. A 288-page commentary on Christ's parables, the volume (originally titled Christ's Object Lessons) digs deep into the meaning of the stories of Jesus. It offers answers to the questions that have plagued mankind. "When I am in trouble I know where to go!" This was the testimony of one man after reading it.

The author of these books was a devoted Christian worker. Many years ago she wrote:

"A great work is to be done in our world in a short time, and we must study to understand and appreciate, more than we have in past years, the providence of God in placing in our hands the precious volumes, Christ's Object Lessons and Ministry of Healing, as a means of helping worthy students to meet their expenses while in training, as well as a means of liquidating the indebted-

ness on our educational and medical institutions" (Testimonies, volume 9, page 79).

Weimar Institute students and staff have already had success sharing these books with members of the community. At \$4 each — \$8 a set — the project brings truth-filled literature into the hands of their neighbors, and the proceeds go toward reducing the Institute's mortgage. One friend of Weimar has pledged to match the sales by giving \$1 for every \$5 worth sold. Another has pledged \$1 for every \$1 worth sold. This will mean a total of \$22,000 for debt liquidation.

The whole project was made possible by NEWSTART guest Henry Martin of Grants Pass, Oregon. He recently donated \$10,000 worth of these books to Weimar. His enthusiasm for the plan spread among students and staff as he recently shared his experiences in witnessing through his auto-dealership.

You, too, can experience the joy of sharing these volumes with others. There is nothing more rewarding than going from house to house with the positive message they contain. For single copies, order from Weimar Institute Outreach Department. In bulk quantities, order from AVP Retail Marketing Services, Dept. P, Box 386, Jemison, Alabama, 35085.

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For further details, contact them:

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Phone (619) 479-0840

Weimar Bulletin

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

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WEIMAR INSTITUTE BULLETIN

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

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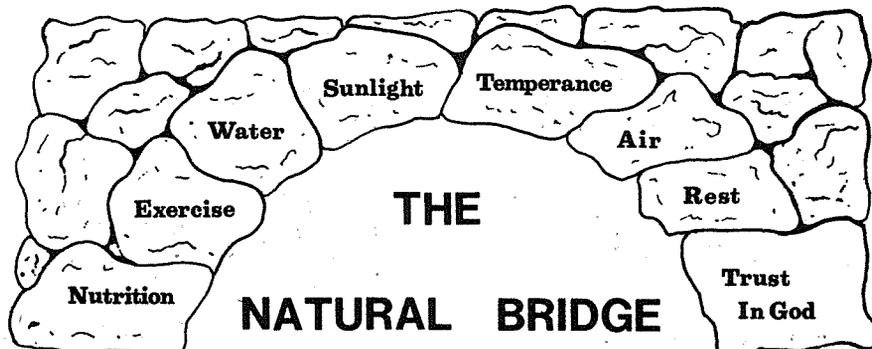
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NEWSTART HOMESTYLE



By Judy Reeves
(Newstart Homestyle Coordinator)

When I was a little girl my father was a Chief Engineer for the San Diego-Coronado Ferry Co. The ferries were the main link between San Diego and Coronado. One could drive many miles around the Strand to get to Coronado, but few did; it was just too far, besides the ferries were fun to ride and sort of nostalgic.

For years, though, there was a great controversy over the ferryboats versus a bridge. The Navy didn't want a bridge, a lot of citizens didn't want a bridge either; however many commuting workers did. Finally after years of debate a bridge was spanned over the bay and the ferries retired.

NEWSTART HOMESTYLE has been designed as a connecting link or bridge, if you will, to cross over to human needs. To meet people at their needs. So many, many people want a better lifestyle and health. They want to be happy and feel good. They want a better life for their family too. But how? Not everyone can or needs to come to the NEWSTART program here at Weimar, but they can receive the knowledge available about this lifestyle through NEWSTART HOMESTYLE, a series of videotaped presentations with instructor's guide and lesson notebooks covering the basics of the NEWSTART program in a twelve session course.

The first four lessons are a home cooking

school which fills an obvious need. Lessons 5-12 (The 8 Natural Remedies) have come to be a BRIDGE spanning from the known need of NUTRITION to the often unrecognized need for REST and TRUST IN GOD in an easy transition of eight lessons. These eight lessons may be used alone as a seminar, or in addition to prayer meeting or as a follow-up to the cooking school.

The bridge is well constructed with scientific evidence given by the physicians, showing how the Creator gave us the best food in the beginning. Each lesson not only strengthens the realization that we can trust this God who has always wanted only the best for us, but it also creates a deeper desire to know Him better. Dick Winn is working on an advanced series called "Eight Pictures of God" to help those who want to know more about the God who revealed this wonderful lifestyle for us. Be watching for further notice as to when this series will be available.

NEWSTART HOMESTYLE is enjoying much success. We appreciate hearing all the glowing reports instructors send back to us. Uses for NEWSTART HOMESTYLE continue to broaden. Several hospitals have now started using it in their rehabilitation programs.

Bridges are for getting from one place to another the simplest and easiest way. We are so glad that NEWSTART HOMESTYLE is fast finding a place as a bridge to a better lifestyle for many people.

Bring NEWSTART To Your Community!!



It's EFFECTIVE!

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

It's in DEMAND!

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

It's SIMPLE!

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

KIT CONTENTS

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

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

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

CARS NEEDED:

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

From our President



Dick talks with staff member, Steven Siciliano.

On the surface, it seemed a very tranquil, domestic scene. The aroma of savory cooking drifted from the kitchen, accompanied by the sound of clattering utensils. The guest of honor

was being politely entertained in the living room. The home was familiar and comfortable to all its occupants.

The astute observer, however, could sense partially-hidden tension crackling through the house. A spoon being slammed too hard on the table. Sighs of exasperation. The taut voice of an older sister invoking religious authority to get her younger sister to take life more seriously.

And being an astute observer, Jesus saw in the sparks between Martha and Mary far more than a domestic squabble or sibling rivalry. He saw in them two markedly different approaches to spiritual life — and thus to Himself. And He wished to leave no doubt about which one He saw as the more useful.

Martha was a prototype of what we might call a Romans 7 style of religious experience. Though Jesus had been "received into her house," her experience was still one of distraction, anxiety, and trouble. With her eyes fixed steadily upon the "oughts" of religion, and with her mind consenting that she should do many

things to please Jesus, she was still strained by fears of inadequacy and failure.

The joylessness of Martha's manner revealed that her actions of caring were not her free-flowing native breath. And if "serving Jesus" was such a drudgery, those who were not clouded over with the same gloom — like her sister in the living room, sitting so peacefully at Jesus' feet — must not be taking their religion seriously! Oh, the haunting fear of every up-tight legalist: that someone, somewhere, is having a good time.

Her sister Mary, by contrast, had discovered the Romans 8 experience. She was enthralled by the union of her spirit with that of her Saviour. Her heart was crying out that most intimate of all adorations of God: "Abba! Father!" Far from being consumed with the endeavor to please Jesus, she was stunned with the awareness that He was pleased already just to have her friendship.

Mary had discovered that the essence of all spiritual life centers around relationship rather than per-

Dick Winn

formance. Freed from the spirit of slavery and fear, she was set free to know life and peace — because she was enthralled with the Lifegiver.

Jesus approved Mary's choice, because He knew that it was the opposite of that made by Adam, and Eve in the garden. He knew that, just as separation from God brings every curse in its train, so personal attachment to God brings every blessing in its train. Far from becoming a passive mystic, we know that Mary went on to become one of the most vigorous workers in the young church. For the motivation that was blooming in her heart could not be taken away!

What can more effectively meet the deepest needs of our hearts than sitting at the feet of Jesus? What can be more healing than to be absorbed with Jesus' revelations of His Father, and of His personal affection for us? Of all the things that a person can do in the name of religion, Jesus Himself says that this alone is the needful one.

These comments based on Luke 10:38-42.

WHAT IS MEDICAL MISSIONARY WORK?

The following article is the first in a series on Medical Missionary Work covering the topics of 1. Medical Missionary Work Defined. 2. How Weimar College is Meeting the Need For Medical Missionary Training. 3. How Can the Christian in a Local Church Do Medical Missionary Work?

By Richard Mautz

Have you ever heard someone talking about "Medical Missionary Work" and wondered what in the world it was? Sounds like a medical doctor who's gone overseas as a missionary, doesn't it? But in reality the term was coined many years ago to describe a much broader application than the above. Specifically and simply it means doing the work and living the life Christ Jesus did for the healing and uplifting of others in need. Surely a medical doctor can do this, but also, many other professional and non-professional people can do this work and do it anywhere they happen to be, not just "overseas". It describes what every true Christian, young to old, has been given an inner desire to do: be like his Master. Business people, homemakers, mechanics and engineers, paper-boys, nurses and military service people, editors and loggers, the able and the disabled, employed or unemployed — all can be "medical missionaries" to those around them. It is the greatest, most needed work in all the world. Consider what it covers in the following four categories: a natural, progressive Christ-like ministry.

PERSONAL INTERACTION

This area overlaps the other three but is a vital first step. It is related to our attitude, love and empathy.

The Medical Missionary represents Christ, in working as Christ worked, putting the gospel into practice as he comforts the suffering, gives courage to the hopeless, manifesting to them sympathy and confidence. This will surely begin to fulfill the Scripture call to "break every yoke", or by love and sympathy free people from their discouragements, fears and personal, destructive habits.

HEALING

It may seem that this area can only be done by a professional medical person, but there are many opportunities for the non-medical person to be involved in the healing process as well. At least they can pray for the recovery of the sick. If it is possible for the Christian to learn the use of simple therapies and understand the laws of health, they can relieve suffering and build confidence in God's principles of health.

TEACHING

As suffering has been relieved the person will often want to learn how to avoid sickness and follow God's natural laws of living. People need instruction for a new lifestyle and how to choose and prepare simple, nourishing food.

BIBLE WORK

The previous three steps may awaken an interest in Bible truth and the good news about Christ. This "open door" can be easily shut and we need to respect the privacy and rights of each individual and never pressure or coerce people with truth. God's Word needs to be taught

simply as it is in Jesus, using personal experiences of what the truth has done for you. This will draw (not push) people to study the Scriptures or allow you to read to them from God's Word.

The Holy Spirit is the One that leads to conversion, not convincing arguments; so be open to His guidance and you will be a valuable tool in the Lord's hands.

(In our next issue we will share with you the details of the Weimar College training program for medical missionary work.)

(Richard Mautz is the NEWSTART Center Physical Therapist)

In Loving Memory

A MEMORIAL GIFT TO WEIMAR INSTITUTE HAS BEEN MADE

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by Beulah Dalton

Staff Positions Open

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

Printer

Secretary

Agricultural Supervisor

(Truck Gardens)

Male Physician

Female Physician

Bakery Manager

Food Service Supervisor

COLLEGE FACULTY POSITIONS OPEN

Quality teaching is a significant dimension of education at Weimar College. The school is dedicated to high academic standards, professionalism in teaching and uniquely Seventh-day Adventist Christian perspective to learning. These goals call for highly qualified, spiritually perceptive, strongly motivated teachers in every department.

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

TREES Reveal Promises

By Dr. Warren F. Murdoch



Giant Sequoia

A medical facility, like Weimar Institute, should be located in the country where the beauties of nature's scenes draw patients' attentions away from their aches and anxieties. Regardless of the state of our health, all of us experience demands upon our mental resources, which, in turn, place stress on our bodies. By going to the country or park - a little island of "country" in the city - and by focusing our attention on the beauty of the scenes of nature, our mental resources are restored. At the same time our bodies experience relief from stress. By increasing our ability to observe, we benefit more from these hours invested in such recreation.

God is the author of two great books—His book of created works and the Scriptures. He has written some of the same information in both books with equal accuracy. Science reads paragraphs in God's book of created works. Restorative recreation also consists of looking at the pictures in this great book. As we observe the trees and flowers, smell the fresh air filled with their fragrances, hear the bird's songs and the music of murmuring breezes and babbling brooks, feel the warmth of the sunshine, we can begin to sense the all-sufficiency of God to provide life for His many creatures. We receive a greater ability to trust in divine power.

One book helps us understand the other. Both books teach us something of the laws through which God works. Many illustrations from nature are used by Bible writers to help us understand God's Word. Jesus used such illustrations when He taught with parables.

Consider a lesson from the trees. Some of the trees are the largest and the oldest living things we can observe. The tallest

known species of trees is the coast Redwood, *Sequoia Sempervirens*, found in the coast mountains from southern Oregon to Monterey, California. The Howard Libbey tree in Redwood Creek Grove was measured to be 367 feet tall.

The largest trees are the California Big Trees or Giant Sequoias, *Sequoiadendron Giganteum*. These trees are found in thirty-two groves on the western slopes of the Sierra Nevada mountains ranging from Weimar to Sequoia National Park. The largest and most massive living thing is the General Sherman tree in Sequoia National Park. It is 272 feet tall; has a girth (circumference) of 79 feet at five feet above the ground; and estimated to weigh 4,290,000 pounds. This giant tree contains the equivalent of 600,000 board feet of lumber. A seed of a Big Tree weighs 1/6000th ounce. Its growth to maturity may represent an increase of over a quarter of a trillion-fold.

Farther south at high elevations are the Bristlecone Pines, *Pinus Longaeva*, the oldest living trees. The oldest living tree known is a Bristlecone Pine, named Methuselah, growing at 10,000 feet elevation on the California side of the White mountains. Its confirmed age is 4,600 years, apparently living from the time when vegetation became re-established after the great flood. Thus we see that some trees are not only the largest and the oldest living things, but apparently do not die of old age.

Consider another observation about the coast Redwood trees. Several years ago we camped at Meyers Flat, California. A sawmill was beside the camp ground. On display were two logs cut from the trunks of two trees in the same arroyo (dry area).

Both logs were about twelve feet in diameter. The log from the tree which grew on the top of the ridge where the ground would dry out early in the spring had 1550 annual rings. The other log which was the same size was from a tree which grew in the bottom of the arroyo near a stream. This log had 550 annual rings. In only 550 years this tree grew to the same size as the 1550-year old tree.

With these paragraphs from God's great book of created works in mind, consider how they increase our capacity to understand the following three passages of Scripture.

"Blessed is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful. But his delight is in the law of the Lord; and in His law doth he meditate day and night. And he shall be like a tree planted by the rivers of water, that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper." Psalm 1:1-3.

"Blessed is the man that trusteth in the Lord, and whose hope the Lord is. For he shall be as a tree planted by the waters, and that spreadeth out her roots by the river, and shall not see when heat cometh; but her leaf shall be green; and shall not be careful in the year of drought, neither shall cease from yielding fruit." Jeremiah 17:7,8.

"And they shall build houses, and inhabit them, and they shall plant vineyards, and eat the fruit of them. They shall not build, and another inhabit; they shall not plant, and another eat: for as the days of a tree are the days of my people, and mine elect shall long enjoy the work of their hands." Isaiah 65:22,23.

YOU ARE CORDIALLY INVITED TO A BANQUET (FOR YOUR SOUL)

This month we are happy to offer at sale prices all the recorded week-of-prayer meetings held at Weimar College since 1982, including the most recent student week-of-prayer conducted in January.

SA 1-3 Spring 1982 Dr. Samuel DeShay Three tapes \$9.00.

Former General Conference Health and Temperance Director with wide experience in the world health work, Dr. DeShay presents five talks relating the SDA health message to current world needs. Thought provoking and pleasant to listen to.

HPA 1-6 Fall 1982 FOR SUCH A TIME AS THIS — Dr. Paul Hawks six tapes \$20.00.

A unique exposition relating the book of Esther and the Three Angels' Messages; presented in contemporary thought forms by the current dean of Weimar College.

HK 1-6 Spring 1983 OUR WONDERFUL GOD by Dr. Ken Hart six tapes \$15.00.

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CC 1-5 Spring 1984 Elder Clayton Child five tapes \$14.00.

A straight-ahead revelation of our spiritual need and the ability of Jesus Christ to completely meet that need. Certain to shake, then lift you up.

SMA 1-5 Fall 1983 WE ARE FILLED TO IMPART by Monte Sahlin five tapes \$14.00.

An in-depth study of city ministry exploring the understanding and skills needed to effectively accomplish this most vital and urgent commission.

LJ 1-5 WE ARE CHANGED BY BEHOLDING by Elder John Loor five tapes \$14.00.

A beautiful series of sermons focusing on the last hours of Jesus' life and emphasizing the transforming power of His perfect character.

SW 1-3 Winter 1985 STUDENT WEEK-OF PRAYER three tapes \$9.00.

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WEIMAR COLLEGE ALUMNI WEEKEND April 12-14

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Contact the college office —
(916) 637-4111

Academy Homecoming Weekend

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

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

Weimar Academy Alumni Association Box 486 Weimar, CA 95736