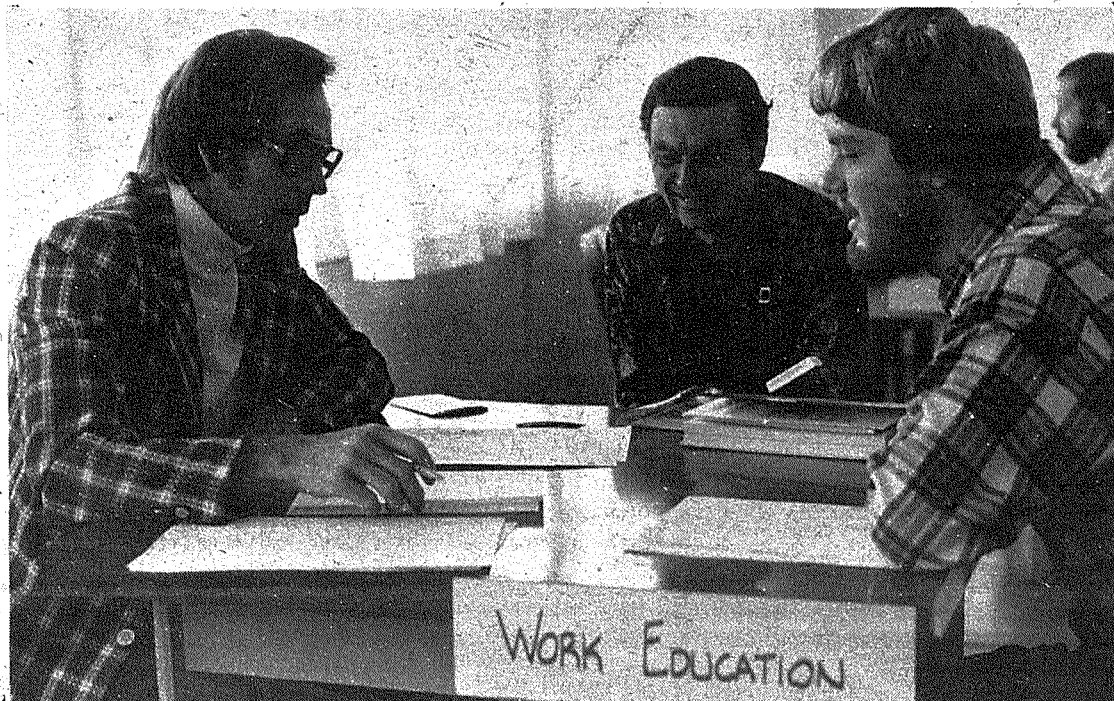


WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL.2 NO.6 NOVEMBER/DECEMBER, 1978

Weimar College Opens on Schedule



Dean of Labor Willard Werth advises student Doug Toppenberg during registration. Arvil Sage, work supervisor, looks on.

Lights appear in dormitory room windows as early as 4:00 in the morning. Those that get up closer to 6:00 have overslept unintentionally.

The forty-five Weimar College students have begun another day.

A few jog; most that exercise before daybreak join the Health Conditioning guests taking a brisk walk around "the loop", a half-mile stretch of road that encircles the campus. Some brave the trails, taking a flashlight or counting on a full moon. Care is taken not to collide in the dark with other early risers.

The first light of day enables a few to read their devotionals as they sit on the plank that runs the length of the water flume. From that vantage point, the inspired Word is coupled with sight of the lower meadow, making those quiet moments particularly peaceful.

Early morning hours mean hitting the books, too. Assignments from the Ministry of Healing or Education, both by Mrs. E. G. White, often blend unconsciously with private devotions and Bible study, strengthening the thread of continuity between private Christian growth and classroom work.

If there's one area where students feel pinched, it's in

the area of time. Time management has been a problem for both students fresh out of high school and those returning to school after several years' absence. There is seemingly too much to do. But a temperate, balanced life demands discipline and that lesson is sinking in along with many others.

When breakfast begins at 6:30, there's always a line of hungry students waiting. Daily morning worship is at 7:25; the work schedule and classes follow at 8:00. Half the students attend classes in the morning and work in the afternoon.

The others' program is reversed.

Students staff the kitchen, work in the gardens and orchard, and join Institute construction crews. Several students work with the medical staff in caring for the needs of the Health Conditioning guests. Three hours a day are spent in some useful labor.

Classes are held in what used to be the children's ward of the tuberculosis center. Remodeling is far from complete. Students are no longer distracted by the brightly painted walls of the wards-turned-classrooms. Only recently has the heating system been functioning in the old building, and students came prepared with mittens and heavy winter coats for the first days of cold weather.

Auburn is ten miles away; Sacramento is forty. Those students with cars make a few trips into town when time allows — which is not often. Most every spare moment is spent studying.

Each day ends with group worship. A few hours studying in the Library or in the privacy of one's own room fills the evenings. Choir practice, prayer meeting, or planning sessions for Sabbath programs or cooking classes, are elements squeezed into most schedules.

Wednesdays are reserved for community outreach when every student goes off-campus to meet and associate with Institute neighbors. They take a survey with them, hoping to interest local residents in upcoming seminars in healthful living and Bible Study. The book *Christ's Object Lessons* is also being offered to homes in the area.

Life at Weimar College is full.

What sort of person has been attracted to College at Weimar? Who has been willing to forgo some comforts for the opportunity to be among the first students?

The twenty-one women and twenty-four men represent ten states and Canada. The average age is 21½, most coming with previous college experience. A good three-quarters of the students are interested in some area of health — nutrition, administration, education — and hope to receive a thorough training to work in some capacity in a health conditioning program.

Hal Mayer of Hamburg, PA, is one student interested in health administration. Hal studied at another college with plans to become a respiratory therapist, but felt uncomfortable with the direction in which this medical-related field was heading.

"I became insensitive to

people's hurting," says Hal. "A professor of mine and I finally got into some deep discussions about alternative health care ideas, and the health conditioning concept really made sense to me."

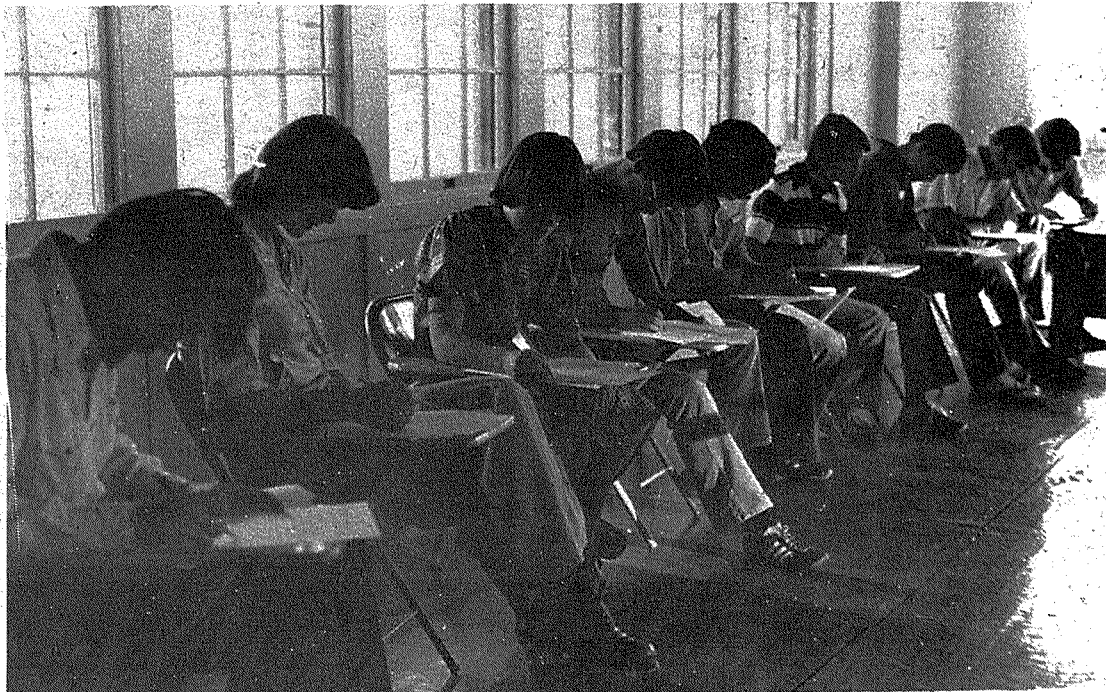
The Holy Spirit prepared me months in advance to hear about Weimar," continues Hal. "Just when I'd discovered the concept of a more preventative medicine, I heard Richard Fredericks speak about Weimar Institute and plans for a College; I knew that was for me."

Hal is one of eight students working with the Health Conditioning guests this quarter. His background has helped him fit into the program very comfortably.

Scott Richards of Arlington Heights, ILL, joined the staff at Weimar this past summer. He was unsure at first as to whether he would attend the College; he wanted to wait to see how plans shaped up for the program. Half way through the summer, Scott had decided to apply. He wanted to learn a practical skill as well as become professionally involved in health education.

Along with several other students, Scott is participating in a cooking school being conducted in Placerville, CA, on Tuesday evenings. He is also working in the Weimar kitchen, where he continually experiments with the granola, a breakfast staple for the entire Institute.

Continued on Page 2



Forty-five students registered for classes on September 25.

Week of Prayer

November 6-10 was a week filled not only with classes work assignments, schedules and homework, but with music, new insights and discoveries, and special times for praying, meeting and sharing.

Elder Reinhold Tilstra, pastor of the Carmichael Seventh-day Adventist Church in Sacramento, accepted the invitation to come and hold the Fall Week of Prayer for our Weimar family. His genuine smile and love just underlined his message of "God Can Be Trusted".

Jesus richly blessed in many different ways and while reflecting on that week a student, Carol LeBlanc, commented:

"It was my first Week of Prayer! I was inspired by all the lessons taught and was grateful that more time was set aside for prayer. We can't get too much of either!"

During the meetings we looked at who God really is and how trustworthy and dependable we individually can find Him to be. And when we discover we can trust Him, we can also believe in what He has

said — His promises — which He desires to fulfill in our lives that we may become like Him.

Many of the students especially appreciated the thoughts Elder Tilstra shared on being a part of the body of Christ and the different spiritual gifts He has given each of us "for the common good". (I Cor. 12:7) Another student's thoughts were —

"So many times, in theory and words, I know that God is going to direct my life into His special plan for me, but often I find myself anxious to whether He really is, and worry while I wait! But this week has helped me see more clearly that when God says something — He'll do it! The question is if I'll let Him."

Wednesday brought Elder Ralph Martin, director of pastors for the Northern California Conference, to speak to us. He shared some interesting and new ideas on different areas of emotional expectations and God's ideal of a simple and quiet lifestyle. He also emphasized the independent access that each of us has to know and do His will for our lives.

Friday evening found the cafeteria decorated with candles, autumn leaves and peaceful smiles from faculty, staff and students who had gathered for an Agape Feast and communion. It was a rich and beautiful experience as we sang, ate and fellowshiped together. Many shared their thoughts in testimony and praise. Rosemary McEvilly wrapped her week's experience up by saying,

"This was my first Week of Prayer also. Even though it was a busy week it was a beautiful opportunity for growth. I had to get used to praying so much of the time, but I really felt my attitude change. There was just so much growth I found out about myself. It didn't always feel good — but it was good for me! The times of sharing were uplifting and really wove us together."

Doug Gibson also felt those "growing" times and this is what he shared. "I learned that God is trustworthy; and not to be discouraged. God still works miracles — healing people's hearts. He healed mine this week!"



Carol has had an interest in health and recreation for years. Her off-and-on schooling experience had been discouraging and she had finally given in to the idea of pursuing a career in business. Weimar's major in health sounded like something she wanted.

What sort of person has been attracted to Weimar College?

Common traits are a strong spiritual interest and a desire to serve others. Above any professional objective in the minds of these students is the commitment to Jesus Christ. His plans for them come first.

till pretty late," says Carol. "I applied right away, and told them I didn't have any money. The administration wrote back and told me to pray about it and that they would, too. Things worked out!"

Three days before school began, Carol was sure she could come. She either sold or gave away all those things she could not fit into her car to bring to College.

College Opens

Continued from Page 1

On registration forms for College, Carol LeBlanc marked that she considered her permanent address to be Weimar, CA. Originally from Vermont, but living in Manhattan Beach, CA, Carol literally gave up all that she had to come to College.

"I didn't hear about Weimar



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. 2:8-10)

ADMINISTRATION

Robert L. Fillman President
Dick Winn Chaplain
Richard Fredericks Communications & Development

HEALTH CONDITIONING CENTER

Zane Kime, MD Medical Director
George Chen, MD Medical Personnel Director

WEIMAR COLLEGE

Colin Standish, PhD Dean of the College
Willard Werth Director of Work Education

RETREAT MINISTRY

Dick Winn Director

Weimar Institute is a non-profit organization. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts.

OFFICE HOURS

Monday through Thursday: 8:00 AM - 5:00 PM.

Friday 8:00 AM - 4:00 PM.

Sabbath: Closed.

Sunday: Not usually open, but try us — we might both be surprised!

Telephones: business line: 916-637-4111. Emergency calls after business hours: 916-637-4186. (This is a private line; use only for urgent calls.)

Visiting: A casual walk-through of the campus — most any time you want.

A meeting with the President or other staff members — please write or phone ahead to confirm an appointment.

Please note: We do not conduct Sabbath Services at Weimar. And on retreat weekends, we reserve the meetings and the dining lodge for registered retreat guests only. We know you will understand our request that you schedule your weekend visits for non-retreat weekends.

WEIMAR INSTITUTE BULLETIN

Pat Payne Editor
Sandy Arct Assistant Editor
Elfred Lee Art Director



Weimar College students and faculty gather for group portrait.

More On Sunshine

By G. D. Chen, MD

"Go out into the light and warmth of the glorious sun, you pale and sickly ones, and share with vegetation its life giving, health dealing power."

This counsel given by Mrs. White is certainly much different from what we hear by the medical profession of today. We are cautioned to keep out of the sun rays, for fear of skin cancer and ageing of the skin. Who is correct?

In former issues of the Weimar Institute Bulletin, the benefits of sunshine, the relationship of skin cancer to increased fat ingestion, and free radical formation with polyunsaturated fats has been stressed. The higher the fat in the diet the higher the incidence of skin 2,3 and other cancers (particularly breast and colon). 4. A high intake of polyunsaturated oil encourages ageing. 5 A natural diet which is low in all kinds of fat is prophylactic against cancer and premature ageing.

Two of our Health Conditioning guests on the therapeutic diet (low fat) noticed brown spots, senile keratosis, which they had for over 10 years, disappear with sunbathing. At Weimar, sunbathing is encouraged daily, and is considered one of nature's most

healing agents. 6. In agreement with the claims in medical literature regarding the beneficial effects of sunshine, we have seen a drop of over 30 percent in the cholesterol and triglycerides. Fasting blood sugar dropped, while the thyroid function and white blood count increased when sunlight treatments were given for 4 days, one time per day, with no change in the diet or exercise.

Window glass stops over 95 percent of the ultraviolet rays from the sunshine. Driving in your car or being indoors behind windows on a sunny day is of no value in obtaining the beneficial effects of sunshine, even though you feel warm. You must obtain the sun's rays directly on your skin, or through plastic windows that allow ultraviolet transmission. With good wind protection, even in the winter time around high noon with the temperature near freezing you can feel warm and obtain a good sunbath.

Tips on Sunbathing:

1. Do NOT BURN!!! (therapeutic effects occur just below level of turning red)

2. Protect your eyes, as they sunburn more easily than the skin.

3. The more skin exposed to the sun the better.

4. Gradually increase your exposure time as your skin tans.

5. Be sure to eat a natural diet which is low in fat and protein, and high in carotene which helps one to tan and gain beneficial results. 7

6. If you presently have sun damaged skin (as on face or hands), these areas should have only limited exposure. The rest of the body may be fully exposed.

7. See your physician right away if you develop any skin lesion.

When cloudy, cold, or rainy weather prevents sunbathing, a sunlamp is next best. The fluorescent tube sunlamp is a preferred choice of the commercially available sunlamps.

"In regard to that which we can do for ourselves, there is a point that requires careful, thoughtful consideration. I must become acquainted with myself, I must be a learner always as to how to take care of this building, the body God has given me, that I may preserve it in the very best condition of health. I must eat those things which will be for my very best good physically, and I must take special care to

have my clothing such as will conduce a healthful circulation of the blood. I must not deprive myself of exercise and air. I must get all the sunlight that it is possible for me to obtain. 8

Let's partake of God's life-giving, health dealing power that He has given us in the sun!

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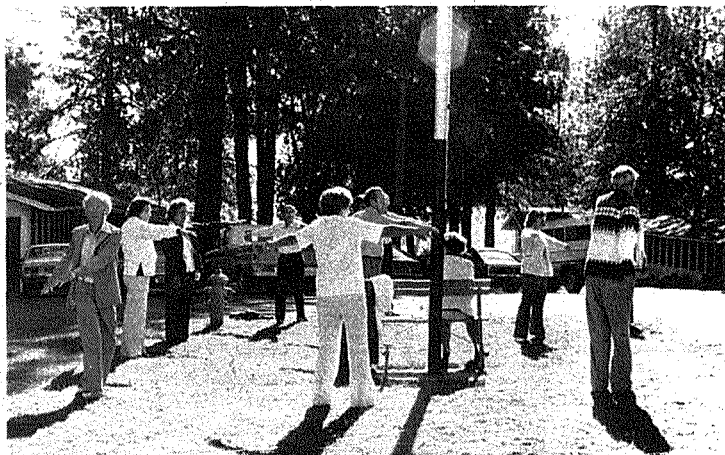
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Patients exercise in the open air and sunshine.

Growth Glimpses

Bulletin editor, Pat Payne, announces that with this mailing of the Bulletin, more than 10,150 persons are on our mailing list and receiving the Bulletin regularly. Approximately 250 of these names are on our foreign mailing list.

The agricultural crew, under the direction of Dr. Fred Riley, has almost completed converting the large building known as "The Colony" into a spacious greenhouse. This building will be used for both students and Health Conditioning Center guests for year-round agriculture involvement.

The elementary school has taken up quarters in the large building next door to the Physical Therapy building. Under the general instruction of Mrs. Terry Winn, the eight students (children of staff members) also enjoy art classes from Elfred Lee; science classes from Alex Nischuk; and social science classes from various persons on the staff who have had overseas mission experience.

Some of the guess-work has been taken out of finding Weimar Institute by the ar-

rival of several large signs to be placed on the entrance roads leading to our front gate.

With the arrival of the student group, it was necessary to open the second large dining area in the dining hall and, except for carpeting, the room has been pleasantly redecorated.

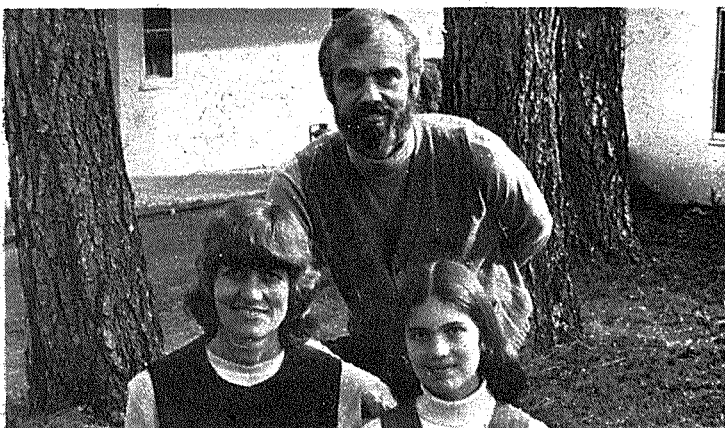
Considering its condition when we purchased Weimar Institute, the old metal chapel building seemed only slated for storage and possibly even to be dismantled. However, now that it has been emptied and cleaned and freshly painted on the inside, the Chapel serves as a very pleasant place for morning chapel services, prayer meeting, vespers, and Saturday night programs.

Among the new staff arriving at Weimar, we are delighted to welcome Dr. Henri Weibe and Dr. Beverly Cox-Weibe. He is a specialist in pediatrics and she is a board certified internist. Together, with their daughter, Alexandra, their pleasant smiles, and their musical abilities, they make a fine addition to the Weimar Family.

Mel and Ella Osborn, and their children, Tammy and Todd, are also spreading warmth and efficient work around the campus. Mel brought with him a much needed back-hoe which has been in use constantly since his arrival. Ella is working in the kitchen with pleasant efficiency.

John and Nancy Wohlfiel and their children, Amy and Christian, are also a welcome addition to our Family. John is the full-time Chaplain for the Health Conditioning Center, providing more individual personal contact with the guests than we were able to provide with only a part-time chaplain.

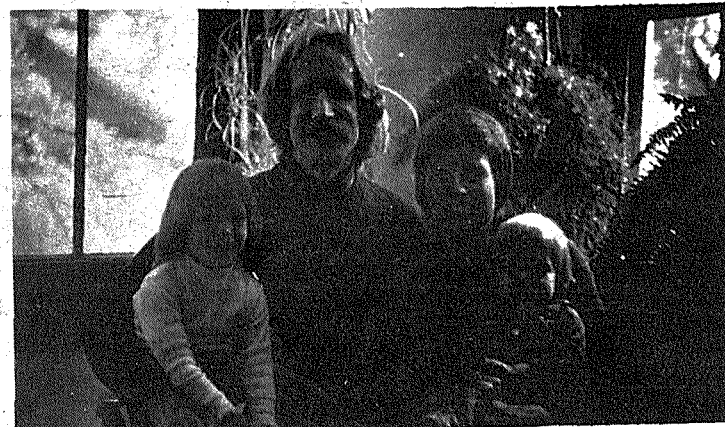
At a recent meeting of the finance committee of the Board, approval was given to increase the stipend of the staff workers by 100 percent. Lest other workers become envious of such a marked increase, this 'raise' still only brings the stipend to \$20 per week. It is, nevertheless, a marked boost for the workers, some of whom have worked at these volunteer 'wages' for almost a year and a half.



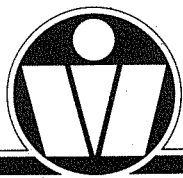
Dr. Henri Weibe and his wife Dr. Beverly Cox-Weibe and their daughter Alexandra.



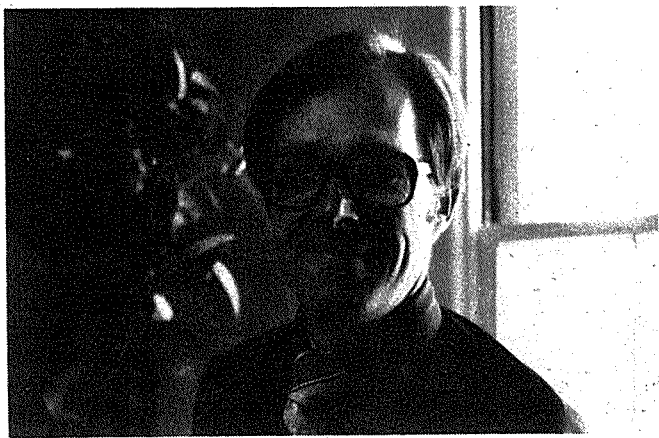
Mel and Ella Osborn with their children Tammy and Todd.



John and Nancy Wohlfiel with their children Amy and Christian.



FROM OUR PRESIDENT



Quite often those who visit Weimar or those who write to us inquire regarding Weimar Institute's relationship with the SDA Church. Since many have indicated an interest in this, and since we are eager to have that relationship properly understood, I will attempt to answer several of the questions most frequently asked.

Who owns and operates Weimar Institute?

Weimar Institute is owned by a California non-profit corporation founded by a group of Seventh-day Adventists. Since it is a non-profit corporation, it is not possible for anyone to personally profit from the development of the property. The Articles of Incorporation provide that when and if the corporation is dissolved, all assets must be turned over to another non-profit corporation. A Board of Directors is responsible for the operation of Weimar Institute and for the appointment of administrators to carry out the policies of the Institution.

What relationship exists between Weimar Institute and the Seventh-day Adventist Church?

Since Weimar Institute is a private non-profit corporation, there are no legal or official ties with the SDA Church. This is the position that was taken after careful consultation with Conference personnel at the Local, Union, and General Conference levels. It means that the Church is not responsible for the financial obligations of the Institution, nor is it accountable for the programs and policies of the Institution. It is a position which allows Weimar Institute flexibility and freedom to implement programs which might be much more difficult within the framework of a large established organization. In short, it is a relationship based on cordial understanding and mutual benefit.

Do you support the principles and goals of the SDA Church?

Weimar Institute is strongly committed to uphold the teaching and mission of the SDA Church. All of the staff are members in good standing and are dedicated to support the principles of the church. Even though there are no legal or official ties with the church, there are many unofficial connections through which Weimar Institute and the church cooperate. Officials of the Local, Union, and General Conference are frequently consulted, not only to seek their counsel, but also to keep them informed of our progress. Individuals representing all three conference levels serve on advisory councils which make recommendations to the Board of Directors. The community service phase of our college curriculum is organized to assist the churches in the area. Local pastors cooperate to help provide avenues of service for our college students. Weimar Institute has no church on the campus, which might encourage members of nearby churches to seek the stimulation of an academic environment. Rather, students and staff are urged to join one of the surrounding churches in order to regularly share their talents in those Sabbath Schools and church activities. It is the desire of Weimar Institute to do nothing that would be counter-productive to the goals and objectives of the church, but rather to support the mission of the church in every way possible.

Since you have several ministers on your staff, would it be appropriate to send tithe to Weimar Institute?

Weimar Institute takes the position that tithe funds should be given to the church through usual conference channels. The Institute does not solicit tithe funds nor do we accept funds that are clearly marked tithe. While funds which come in the form of donations are gratefully accepted and prayerfully allocated, we do not feel comfortable accepting tithe. Should funds come in which are clearly tithe, they will be channelled to the conference.

In summary, Weimar Institute is a private, non-profit institution made up of individuals who are dedicated to cooperate with the church in proclaiming God's love, preparing individuals for service, and hastening the day when Jesus can come.

Sincerely,
Your brother in Christ,

Robert L. Fillman
Robert L. Fillman

Legacy Of Health

Contrary to what may seem to only be an innovative approach to health care, Weimar Institute's Health Conditioning program has roots at least a hundred years old. In fact, they reach back to antiquity; for in Eden man was given the eight basics for healthful living: sunshine, fresh air, pure water, exercise, proper diet, rest, abstemiousness (self-control), and trust in Divine power (contentment). However, through the passing of time, the human race sustained great loss. Fallen from purity, man became the subsequent heir to falsehood, fable, and just plain ignorance.

As recently as the 1800's man's future was pathetically blighted by the common medical practices of the day.

"Twenty years ago, when a man had a fever the doctors thought he had too much vitality — too much life — and so they bled him, and purged him, and poisoned him with calomel, and blue mess, and sundry other poisons, for the purpose of taking away from him a part of his vitality — his life — in other words, killing him a little." J. H. Kellogg, M.D., in "The Health Reformer," January 1876 (Battle Creek, Michigan.)

The prevailing life-style of the century did not help matters.

"The customs of society are not favorable at the present time to healthful living. No sooner is life commenced than the stomach is made the recipient of some poisonous nostrum, which weakens it; and, with many, this practice is kept up from the cradle to the grave. The brain is stupefied at one time with a poisonous dose, and at another time it is excited by poison; food of a very unhealthful nature is supplied for the nourishment of the body; the body is very unhealthfully clothed; and the habits of mankind are so generally perverse that it would seem that the ingenuity of man had been taxed to the utmost to invent means to waste vitality, impair the constitution, and shorten life." J. F. Byington, M.D., in "The Health Reformer," May, 1867.

A hundred years have since passed. Though tremendous changes have transpired, how much real progress has been made?

Walking among the pine scented trees, noting the clearness of the air, the joy of the sun's abiding rays, one ponders first the origin and then the destiny of this place called Weimar Institute. Conditioning guests will be the first to tell you that something very good is happening here. What? And, why here, why now? Perhaps the best answer to these questions is yet another question: Why not? With a heritage as rich as the darkest humus soil, ready for planting and harvest, Seventh-

day Adventists have held the keys to abundant living for a century. 1 Perhaps, in the enormous strides made in the medical profession, the one thing unheralded has been simplicity. Now Weimar is offering an alternative, an option. Not meant to discredit or destroy extraordinary technological advancements, it is a call to return to a lifestyle more in keeping with that which was originally intended for mankind by a loving and wise Creator. How then can any human claim fame when such measures find great success? It is God's hour.

Weimar Institute Board member Sherman DeVine M.D. is seeing his 70th year. But he does not brag about it, nor is he complacent. Instead of a birthday, he very well could have had an obituary.

Living a nominally healthful life style Dr. DeVine comments that he was "a lacto-ovo-vegetarian who even went to the extent of confining the eggs to maybe two or three a week and using skim milk instead of whole milk; slipping at times into the little indiscretions of pumpkin and custard pie and chocolate candy and the good second and third helpings of 'potluck' concoctions."

He used no tobacco, no coffee, and felt he was on a good exercise program, playing tennis two or three times a week. However, even though on this accepted type of health program, he continues, "In 1971 I sustained the most severe type of coronary-arterial occlusion one could experience. It was necessary for the doctors to electro-shock me two times to bring me back to life."

Surviving the ordeal, and as yet unaware of some of the possible reasons for his condition, Dr. DeVine continued on very much the same pattern of living. Losing a little weight, he passed another three years. Then, he had a stroke.

"At that time, I was unable to talk. I couldn't read or write. Everything was backwards. I could gather two or three words at a time and make no connections with the sentences or phrases above or before. I couldn't hear too well and my ability to communicate was markedly impaired," says Dr. DeVine.

Today he is greatly improved due to a program very similar to that now being offered at Weimar's Health Conditioning Center. However, before improvement came, he was to suffer still another coronary occlusion in the latter part of 1975. As a result of that experience, he became considerably depressed, being unable to continue work. Advised strongly that after these three traumatic insults to his system, that he slow down and get out of the active stream of life, he became disheartened.

It was in the spring of 1976 he first heard of an establishment in southern California that sparked his hope. Advised that in his case, a triple by-pass surgery would constitute too great a risk, he had little else as an alternative. He opted for a 30-day stay at Longevity Research Institute, and was most gratified with the remarkable changes. There he entered an exercise program that was initially very uncomfortable — walking. From only a few feet at a time to 8 to 13 miles a day by the end of the 30 days, up and down hills, Dr. DeVine experienced wonderful results. Skeptical to begin with, he finally yielded to the evidence before him. The combination of exercise and a therapeutic diet which included no free oils, fats, or greases, slimmed him down and brought his blood pressure back to normal. His serum cholesterol and total lipids and triglycerides had returned to normal as well. Medications ceased.

Today, Sherman DeVine serves on the Board of Directors of the Weimar Institute, and is a consulting physician to the Health Conditioning program. When he lectures to the Conditioning guests, it is a testimony of experience that he gives, along with the medical facts.

Is it a fad? Is it a wonder cure? No, it is simply "the old paths", renewed and, with fresh insight, advancing. Every month a new group of Conditioning guests arrive at Weimar Institute to undergo a change in life-style. Sometimes that change is spectacular, sometimes less dramatic, but the results are the same; the program brings improvement. Using the eight natural remedies God has provided, while encouraging each participant of the program to become acquainted with the great Master of the Universe, we walk together toward a bright tomorrow. Long range results are not yet available, but guests report sustained and continued improvement as they return to their homes to maintain what they have learned here.

It seems so exciting, this "pioneering." Yet one cannot help but finally realize that, in truth, it IS an innovative approach to health care, but more so, it is the re-discovery of our precious legacy of health.

1. To trace the advance of health education in the Seventh-day Adventist Church during the last century, a volume was prepared by D. E. Robinson in conjunction with the trustees of the E. G. White Publications. Entitled "The Story Of Our Health Message," it is available through any Adventist Book Center.

from the Weimar Kitchen

recipes



Shirley Fillman, Food Service Director

What's the first thing knocked off the 'acceptable foods' list of every dieter? Bread...that starchy, unnecessary carrier of peanut butter, jelly, and jams.

Yet bread made without oil and white sugar is one of the finest foods we can eat. Bread

is one of our chief sources of grains, and tastes especially good with fresh fruit spreads.

"Religion will lead mothers to make bread of the very best quality...Bread should be thoroughly baked, inside and out. The health of the stomach demands that it be light and dry. Bread is the real staff of

Banana Bread
1 c. date butter
2 tsp. salt
2 mashed bananas
1 tsp. vanilla
3 c. whole wheat flour
1 T. soy milk
2 c. chopped dates
2 pkg. yeast dissolved in two-thirds cup warm water
1 c. chopped nuts
raisins
dried apricots, etc.

Mix in order given. Add yeast before adding flour. When blended, pour into angel food cake pan and let rise about ½ hour. Bake in slow oven at 300 degrees for 1-½ hours. Bars, cookies, or muffins may be made from this recipe.

Preparing Pans with Liquid Lecithin

Put a drop of liquid lecithin in a pan. Spread over pan with fingers. Take a paper towel and wipe out the pan until no trace is seen on the paper towel. Your pan is then ready to use.

Pan Bread

1 c. warm water
3T yeast
Mix and let stand while mixing the rest of ingredients. Cook ½ C. dates in 4 C. water until dates mash.

ADD:
7 c. wholewheat flour
½ c. sesame seeds
½ c. chopped walnuts
1 c. chopped dried apricots
1 c. raisins
2 t. salt
2 c. oatmeal

Makes soft dough. Spoon into baking pans which have been prepared with liquid lecithin. Let rise to top of pans. Bake at 350 degrees for 35-40 minutes.

life, and therefore every cook should excel in making it.

"...there is more religion in

a good loaf of bread than many think." CDF 315, 316.

Bread needn't be the calorie

culprit; a well-rounded diet, even for those wanting to lose weight, includes bread. ♣

Diary Of Blessings

God has continued to bless His program in many ways — especially through people. He has sent us 45 beautiful people to become the first students of Weimar College.

In the process of sending these 45 students, the Lord had to make special provisions for several of them. During registration one of the parents who had come to help enroll a student handed the business manager \$1,000 to be used for students with financial needs. As a result of that gift, three students were able to meet their tuition costs the fall quarter.

In another example of God's care, one of the Health Condi-

tioning guests was impressed to give \$8,000 to establish a student loan fund which will allow students to borrow educational funds interest-free. After completing their education, students who borrow from this fund will pay back into the fund to enable yet other students to benefit.

The Lord has continued to bless in the Health Conditioning Program. Each program has been filled with people who could benefit from health conditioning. Resulting physical improvement has been most encouraging, and equally impressive has been the spiritual growth. Such results only emphasize that when God's

methods are followed, improvement is sure.

During the September HC program, some of the guests learned that our agriculture department is in serious need of a tractor. They took up a collection and presented Dr. Riley with the first \$2200 toward the purchase of a tractor.

Good progress is being made on the HCC building. Quite soon we will need to order the furnishings for the guest rooms. We think it is very important that those who come for the HC program have pleasant rooms in which to live. ♣

Questions and Answers

Q. What is happening now in regards to the Retirement Center?

A. At the present time, we are not placing priority on the Active Senior Ministries program. With the need to finish the Health Conditioning Building at the earliest possible date, with the College program in its first quarter of operation, and with the need to develop additional staff housing, we simply do not have the resources to devote to the Active Senior Ministries. It is our plan to concentrate on the development of this program within the very near future. Watch the Weimar Institute Bulletin for future progress.

Q. My wife and I are interested in spending about a

week helping you there during our vacation. Is that possible? What arrangements do we need to make?

A. With our current shortage of housing, it is difficult to provide guests a room for more than a night or two — and even then it is important that arrangements be made in advance. Occasionally, however, it is possible to schedule a longer visit for someone with specialized skills. We would recommend that you write Weimar Institute describing your skills and indicating the dates you would be available. If we are able to use your assistance when there is available housing, we will be thankful for your help.

Q. How do I apply to be on

the staff there? What kind of people are you looking for right now?

A. If you are interested in a staff position at Weimar Institute, you should write to request a Staff Ministry Application. If after studying it carefully and prayerfully, the Lord seems to be leading you in that direction, send in the application with the necessary supporting data. Current staff needs include a qualified, experienced business administrator, one or two individuals with food service or quantity cooking experience, a baker who could help to develop a commercial bakery, a sheetrock tapper and finisher, and an assistant director of agriculture with farming experience. ♣

MISSION'S VISION

It took VISION to stay
In the garden to pray
While multitudes clamored nearby.
Just why didn't He run
(With so much to be done!)
What made Him content to just die?
For He didn't take flight,
Nor there turned He to fight;
Instead, He on God would rely.

It took VISION to be
Mary's Child at her knee,
While lepers and blind men knew not
That the Father above,
In unutter'ble love,
In Him gave the answer they sought.
As a Child He must grow;
As a Man He would Go—
To us this great lesson He taught:

It takes VISION to hold
All your talents and gold
In God's treasure box of "delay."
It seems all must be spent,
So that all men repent
Before it's too late in the day.
But, it must be made known
That not all things are grown
To ripen in just the same way.

And all heaven declares
It is God Who prepares
The season, the fullness, the hour.
And in Him we must rest,
For in Him is our best,
In Him is the glory and pow'r.
For He knows what's the task;
He knows what we should ask—
His Spirit on us He will show'r.

It takes VISION to live
As God only can give;
To work, or to play, or stand still.
Yes, it's God Who will bring
To full fruit, man or thing.
And us? We must walk in His will.
For our missions are these:
To GO FORTH (on our knees)—
Or quietly SOW by His skill.

*Pat Payne

Weimar Institute - A N

Weimar Institute is a multi-phased program that includes a Health Conditioning Center, a small College, a Community Outreach program, and a weekend Retreat Center. Eventually, an Active Senior Ministries program will be included as well.

Each phase of the Institute is dependent upon the support of the others. The program is a coordinated unit of ministries.

Just 10 miles east of Auburn on Interstate 80, the Institute occupies the former Weimar Medical Center grounds and encompasses 457 acres of rolling timberland. Several of the 38 buildings have been remodeled to meet the institute's needs; others stand ready for use as the program expands.

The Weimar Medical Center, operated by 15 local counties for over 50 years, closed in 1971. It had been a tuberculosis center and, in later years, an acute care facility.

The Center was juggled from one private owner to another. Several hundred Vietnamese refugees moved in for nine months in 1975.

Once well-equipped to stand as a self-contained community, the Center progressively lost valuable medical equipment, bedding, and other supplies as owners and occupants came and went.

A group of Seventh-day Adventist Christian professionals discovered the property in the spring of 1977. The down payment was made and a skeleton staff moved in during June of that year. Weimar Institute was under way.

Although not operated by the Seventh-day Adventist Church, Weimar Institute works in cooperation with its leadership. There are a number of such self-supporting programs working as arms of the Church throughout the United States and Canada.

Financial Support

How does Weimar Institute exist financially?

In its first 11 months of existence, the Institute generated no income of its own. Yet the extensive remodeling needed to adapt



Retreat guests enjoy the back-property trails.

and repair the buildings required huge amounts of money. The Institute was supported almost entirely by gifts sent through the mail and by visitors who became excited by its prospects.

Because the Institute leadership and staff was convinced that God has His hand firmly over the entire project, needs of enormous size as well as daily operational requirements, were left to his providence.

Skilled workmen donated their time, equipment, and supplies in well-ordered sequence as the needs arose. Finances arrived to help the Institute at each crucial point of development. As the project was left more and more completely by faith in His hands, things began to fall together.

Even now as the College and Health Conditioning Center generate some funds, the Institute still relies upon gifts to a large degree. And God continues to bless the project as those involved depend upon Him.

By the fall of 1978, the staff exceeded 70 persons. Because the Institute still has so many developmental needs, each staff member, regardless of their work, receives \$20 a week and room and board.

"Working here isn't any sacrifice," said one staff member. "Just the opposite, in fact. There isn't anywhere else I'd rather be than here, at this time, receiving these blessings, and participating in such an exciting work."

Retreat Center

The first phase of the Institute to operate was the Retreat Center.

Beginning in the winter of 1977, two to three weekends a month through the spring have been reserved for retreats. Different groups of 40 to 50 persons from throughout California and the northwest join the ever-growing Institute staff in group study and discussion of current Christian issues. Retreat guests enjoy these meetings as well as exploring the miles of hiking trails on the Institute property.

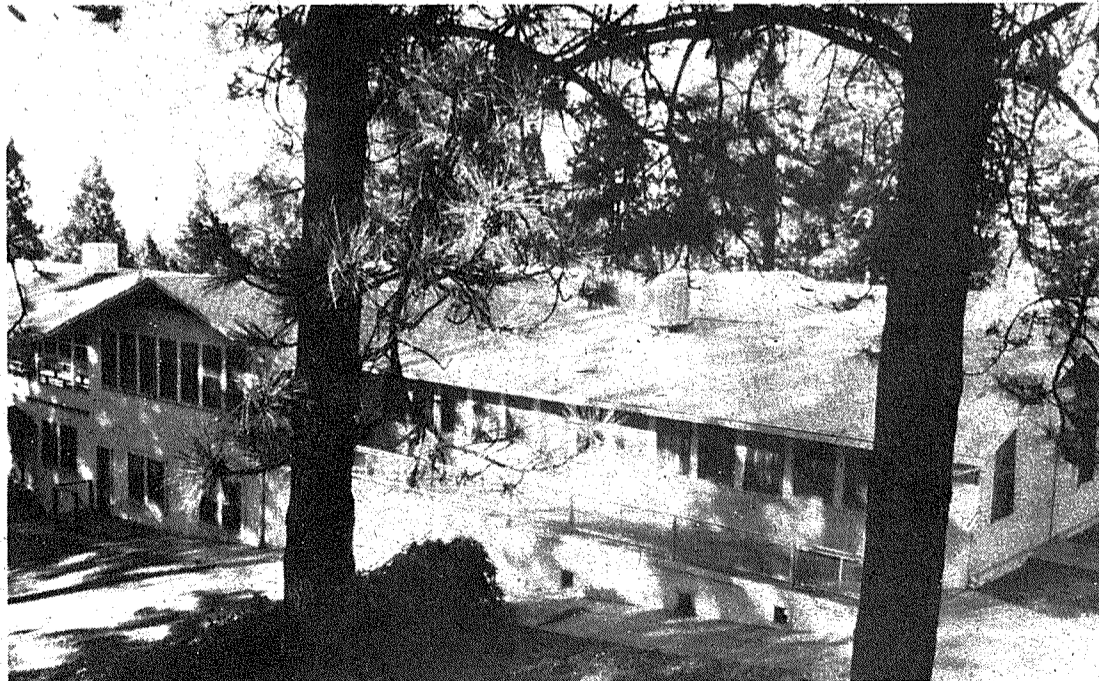
Retreats begin each winter and continue through the spring.

Health Conditioning Center

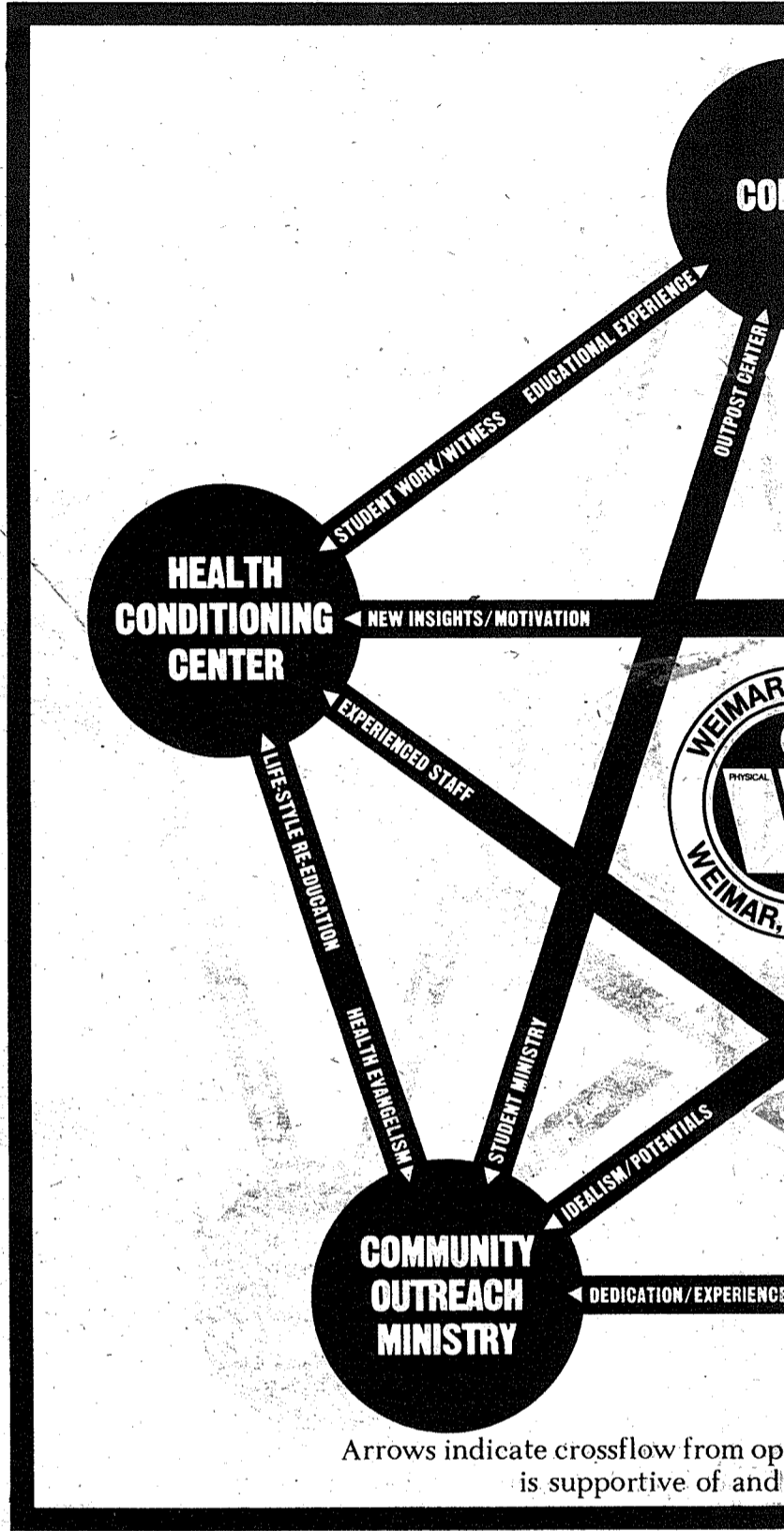
A 26-day, live-in Health Conditioning Program began in May of 1978. Drs. Zane Kime and George Chen, both of Auburn, and Drs. Henri Wiebe and Beverly Cox of Weimar, lead a medical team that includes registered nurses, a physical therapist, a nutritionist, and counseling personnel. Drs. Kelly Lindgren and Sherman DeVine of Sacramento are consulting physicians.

The medical program is based entirely upon natural remedies rather than drug therapy. There is no acute care facility and patients admitted to the HCC program must be ambulatory.

These natural remedies — fresh air, sunlight, proper diet, exercise, the use of water, temperance, rest, and trust in divine power — and how they



The former children's ward of the Medical Center is now Weimar College.



Arrows indicate crossflow from operations which are supportive of and

work, are the subject of daily physicians' lectures and the core of Institute life. Bi-weekly medical appointments during the program follow an initial physical examination that includes a stress test, exercise tolerance test, and blood analysis.

An average of 10 "guests," as HCC patients are referred to, have participated each month, most coming with some degenerative disease such as arteriosclerosis, diabetes or arthritis. With the opening of the main Health Condition-



The Health Conditioning Center houses up to 40 guests.

New Option In Ministry



in opposite circles. Each phase of ministry and dependent upon the other.

ing building in January of 1979, each program can include up to 40 persons. Results have been extremely encouraging.

“Those patients with cardiovascular diseases respond most favorably and rapidly to

this type of treatment,” says Dr. Chen, director of medical personnel. “We teach a change

of lifestyle here for prevention and recovery from disease.” Spouse attendance is advised to promote post-stay progress. Although the program does



Nurse Crawford takes a H.C.C. guest's blood pressure.

not advocate the use of drugs, necessary medications are continued and occasionally even prescribed during the program. The goal remains, however, to free each HCC guest from the need of any medication.

“About three-quarters of the HCC patients that have come on medication have been able to stop entirely during their stay here,” says Chen. One lady who had been taking sleeping pills every night for 20 years was able to stop with only a mild reaction.

A high-fiber, low-cholesterol, low-fat diet is shared by everyone at Weimar Institute. Foods are prepared entirely without oil, sugar, and all animal products. Fruits, grains, nuts, and vegetables meet every nutritional need and satisfy the appetite.

“I never thought it could be this good, says one staff member. “Sure, I had to re-educate my taste buds to appreciate what's really good for me, but I really like it now.”

Weimar College

The pioneer student body of Weimar College arrived Sunday and Monday, September 24 and 25. Forty-five students, most from outside California, came with plans to major in one of three areas of emphasis; education, metropolitan ministry (a training to serve the needs of urban areas), or health.

The basis of the College, as with the entire Institute, is the idea of service; students are trained to help meet the needs

of others through their choice of occupation. Not only is classwork built around this principle, but work and community service programs are also non-optional parts of the curriculum. Three hours a day are reserved for physical labor, and a weekly four-hour period is devoted to community service.

In an effort to become familiar with Institute neighbors, students visit homes in the community hoping to make friends as well as discover needs with which they can help.

Because the Institute is dedicated to Christian principles, students are involved in daily corporate worship programs.

“We naturally attract the kind of student who is already spiritually oriented,” says Dr. Colin Standish, dean of the College. “No self-centered goals are stressed; the program is based not upon competition, but cooperation.”

The low faculty-student ratio is also an important aspect of the College. Faculty work side-by-side with students in their daily labor and community service programs. Teachers are considered to be role models and they are able to express a personal interest in each student. The student body will never exceed two hundred.

Active Senior Ministries

The Active Senior Citizens ministry program for Weimar Institute is still in the plans.

Rather than encouraging valuable, experienced persons to retire and lead an often times lonely life, the Institute will invite them to live on the grounds in specially prepared housing. These active retirees will contribute their abilities and wisdom of experience to every phase of the Institute program.

Already, the staff of the Institute consists of a wide-ranged age group. Teenagers as well as retired persons are attracted to Weimar and work together as a whole. The slightly oversized family includes the smallest infant to great-grandfather — and everyone in between.

Community Outreach

Regardless of what program each staff member may be involved with, time for a community outreach is reserved. With so many persons all around needing physical and spiritual attention, Weimar Institute has dedicated itself to an aggressive Christian ministry. Jesus has called His followers to actively serve others.

This service takes many forms; Bible study when requested, health care, home care, regular visits, or perhaps a good conversation. The Good News is transmitted through word and action.

“It's real love... with skin on it,” says a staff member.

Agriculture

A portion of the Institute ground is devoted to agriculture. An initial orchard of 170 fruit trees was planted on a southern slope in the northeastern corner of the property with plans for other orchards underway. Gardens produced well their first season and the cafeteria enjoyed serving the fresh sweet corn, tomatoes and greens. A regular staff and students work the gardens.

There is still much to be done. But for those who work at the Institute, visit, or come as students or HCC guest, the future looks even more exciting.

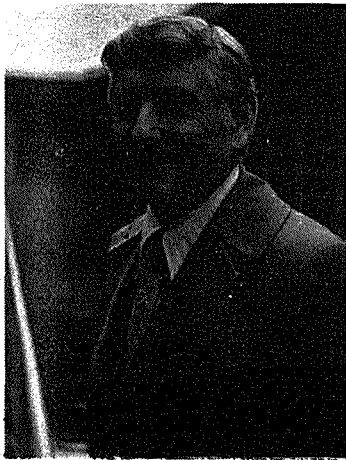
“Where God leads,” says a staff member, “is where The Institute goes; and following God is always an adventure!”



Students and retired persons work side by side in all projects.

Vocational Education

by Colin D. Standish



I received the best education in the world; at least I thought so twenty years ago. Throughout my primary and secondary education I can only once remember engaging in anything of a basically practical nature. I was thankful that during my secondary education I was able to escape from the various practical courses, such as woodwork, technical drawing, etc. It therefore was quite an affront when, upon entering Avondale College (Australia), for my teacher education, I was required to take Art, and then in my second year to study woodwork. The D grades I received in these courses reflected more of the teacher's relief to have a new set of students the following year than any actual accomplishment. Later I entered the University. I studied a little English, more extensively History, and even more extensively Psychology. I was again thankful that no practical courses were required to obtain degrees in the Australian environment.

However, since then I have come to the conclusion that my education and that of my contemporaries was totally unbalanced. Vocational educa-

Vocational education has a history as old as man himself, for man was given vocational education in the garden of Eden.

tion has a history as old as man himself, for man was given vocational education in the garden of Eden. Unquestionably it was an education associated with a deep intellectual study. From the book *Education* it is clear that our first parents not only tended the garden, but investigated such scientific studies as Botany, Zoology, Physics, Geology and Astronomy. 1 Exactly what Adam and Eve had to do in the garden is not clear. There were no thorns, thistles or weeds; no need of artificial fertilization, but nevertheless there was a need for training the plants and tending the soil. This type of education balanced the physical with the mental and spiritual aspects of an education and in itself was designed to promote physical, intellectual and spiritual development.

Throughout the history of Israel and Judah, practical education can be seen in the Schools of the Prophets during

the days of Elijah, Elisha, and Samuel. Much of the program revolved around active physical labor, as is exemplified in the experience of the ax head which fell into the river while one of the sons of the prophets was cutting wood (2 Kings 6:5-7). In the intertestamental period, every Jewish child learned a trade, and so it was not unique that Christ learned thoroughly the trade of a carpenter; or that Paul, the great leader that he was, had learned the skill of tent making.

However, a different form of physical program was developing in the Ancient world—a program built not on manual labor, but on sports and games. Back in the ancient culture of Egypt, games and sports played a role. These became dominant in Greek society. These grew out of the social context of a society which soon became the most influential in the world. With the capturing of many slaves, all the physical and mundane work was taken care of. Work in the fields, work in the houses, was all performed by slaves. Therefore, free men and women had to seek other ways of obtaining physical exercise.

It seems likely that these circumstances led to the development of the philosophy of the Greeks rather than the reverse. It became increasingly popular to declare that physical labor was unfit for a free man to perform, and the great concepts of liberal and illiberal education dominated the philosophic arguments of the day. Liberal education was that education declared to be fit for a free man and generally related strictly to academic studies; illiberal education was that education given to the slaves and normally centered around physical activities and trades.

No one more rapidly interpreted this than Plato. Plato declared that any study which dealt with that which involved physical activity was illiberal and therefore not fit for a free man. Thus, for example, he stated that even the study of engineering was illiberal because of its practical implications. Aristotle, however, was a little less rigid, claiming that Engineering could be studied either liberally or illiberally. It was a liberal study, and therefore fit for a free man if studied theoretically. But, should this theoretical knowledge be put to practical use, then it was illiberal; for it was invading the province of the work of a slave. To supply work exercise for free men, the Greeks provided games and contest sports for about a millennium. Thus, the ancient Olympic games were popularized by the Greeks.

The relegation of physical labor to the lowest possible status was also part of Greek Pagan philosophy. It was built around the concept of the dichotomy of man; that the soul was good, eternally pre-existing the body, and the body was worldly. Therefore, true education was the training of the mind and not the body. To the Greeks, philosophy

became the ultimate study, and Plato's idealistic leadership involved the "philosopher king" concept as the ultimate achievement of man. In Plato's book, *The Republic*, he envisaged a society where the top political and military thinkers would eventually be chosen to spend the latter part of their lives as philosophically dispensing their wisdom to the younger men of the Society. Such men would be known as "philosopher kings." The Romans, though having a basically agricultural background, nevertheless also elevated the orator, rhetoric, and debate.

It has taken many centuries to make inroads into the concepts of the Greeks and the Romans. The road to voca-

The road to vocational education has been a rocky one, and even today there are antagonists.

tional education has been a rocky one, and even today there are antagonists. During the middle ages, the scholastics spent much of their time in vain dispute, debating such classical issues as how many angels can dance on the head of a pin, or whether there could be two hills without a valley between. Greek paganism crept into Christian doctrine, helping to perpetuate an education that was built exclusively around the training of the mind. The viewpoint of an immortal soul, separate from the body, tended to reinforce the intellectual education at the exclusion of the practical. Seventeenth century scholar Rene Descartes strongly emphasized this dichotomy between body and soul, holding the body to be mortal and the soul to be immortal.

Though slavery eventually vanished from the social structure, its place was taken by serfdom and social class. Once again the same principles of education survived. Royalty and nobility were trained intellectually, with sports and games being their form of physical activity and release, while the serfs and those of lower social strata performed the physical work, and were considered not worthy of intellectual education.

Long after the cry for universal education had become strong, the old classical traditions tended to continue, and are still evident in some of the systems of Europe and England today. For example, strong traditions in the intellectual elitism of the tripartite's system are still to be observed in England, where the best and richest students attend the public schools, e.g. Harrow, Eton, Rugby, and Winchester. Academically strong students attend the grammar schools, and less capable students attend domestic and technical schools. The lowest rung of students attend the "modern schools." However, with the increasing change towards

comprehensive education, no longer are these classical traditions as strong.

During the latter part of the 19th and early part of the 20th century, considerable discussion took place in educational circles concerning the prospect of introducing practical subjects into the curriculum. They tended to center around a division between what was called education, and what was called training; it being argued that practical subjects were mere training and not true education. This, of course, was a harkening back to the ancient Greek division between liberal and illiberal education. It is interesting to note that Ellen White declares that our schools are to be educating and training institutions. 2 This was a significant statement at the time she wrote it, for it made clear that our schools are to involve not only head knowledge but also practical knowledge. She pointed out that the most important education is that which combines the very best academic and scientific preparation with practical application, irrespective of whether it be agriculture or science, humanities, or ministerial education. This has always been God's plan, but for 2,000 years it has been largely lost as the result of the influence of classical Greek paganism.

God's plan has always been that the best physical education program is built upon useful manual labor with recreation in the out-of-doors, such as walking and hiking. This form of physical education is meant not only for physical development but also for mental and spiritual growth.

It is interesting to note that after many years of investigation into the nature of in-

... after many years of investigation into the nature of intelligence, recent efforts have begun to recognize that intelligence is more than the ability to undertake academic work.

telligence, recent efforts have begun to recognize that intelligence is more than the ability to undertake academic work. The older theories of men such as Spearman and Thurstone are less readily accepted today. Spearman postulated a theory based on general intellectual energy while Thurstone's "group factor" theory dealt also with purely intellectual abilities such as verbal, numerical, word fluency, spatial, perceptual, and memorial factors.

Perhaps the most significant theory to be advanced is that of Dr. Vernon. This theory hypothesized two major factors of intelligence. Whereas most earlier theories viewed intelligence as simply relating to mental abilities, Vernon rightly discovered that intelligence involves not only

man's thinking capacities but also his practical insights and skills. Vernon's first aspect of intelligence was his v:ed factor, or his verbal-educational factor, which includes what is normally thought to be the academic aspects of man's activity. But he also postulated a k:m factor, or a kinesthetic-mechanical factor, dealing largely with those activities involving the practical and physical activity of man. Such a concept supports the view that the intelligence of man cannot be fully understood in terms of his mental powers alone, but that mental and practical potentialities together best determine man's overall intellectual ability.

Thus, an education that is only, or is primarily intellectual in nature does not allow for the fullest growth and development of the total facets of man. Education achieves its best goals when useful physical activities are combined in the students' experiences.

Presently, pre-vocational education is experiencing a strong thrust in the United States. Seventh-day Adventists should be in the forefront...

Presently pre-vocational education is experiencing a strong thrust in the United States. Seventh-day Adventists should be in the forefront for we are beginning to sense the importance of this mission. A thoroughly integrated program is the only true basis of a balanced education. Theoretical knowledge without practical application is just as invalid as practical activities without theoretical understanding. God has, through the generations of man, called upon His people to develop an educational system which involves the harmonious development of the physical, the mental and the spiritual dimensions of man.

The climate of the United States today has never been more receptive to such a program, and as Christian educators we must do everything possible to provide such an education for our children and youth.

1. White, E. G. *Education*, p. 21.

2. White, E.G. *Fundamentals of Education*, p. 114.

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Knowing well the vast diversity and amazing versatility of the Universe which He Himself found pleasure in creating, God made man a reflection of Himself in order that he might enter into like joy. It was, therefore, imperative that man would find diversity and versatility in his own being. And unity.

The twelfth chapter of the book of Romans, though penned some seven hundred years after Isaiah 58, could easily have come from a common quill. Indeed, they both came from the heart of our Eternal Father as an expression of His unchanging desire that all men dwell together in peace amid diversity.

Isaiah presents a "fast" while Paul urges "sacrifice." Both direct their message to a people with a mission of service. And, while Isaiah defines what constitutes that service, Paul zeros in on the servant.

Choosing to portray the diversity and versatility, yet unity, of the Church, Paul calls upon his brethren to contemplate the most common denominator of us all—the human body. His main theme is not the evaluation of the basic function of one servant in comparison to another, but, rather, stresses the need for

excellence for everyone. Actually, the real issue of his discourse is not the servant at all, but GOD!

"...that ye may prove what is that good, and acceptable, and perfect, will of God." verse 2.

Herein lies the secret of true unity.

The chief function of the physical body is the sustaining of life. Many diverse physiological processes work in harmony to that end. In like manner, the function of the corporate body of Christ (His church) is to vindicate God's life. And many believers, of all rank and file, are bound together accordingly—unity being the result of this shared destiny.

"...that through the church the manifold wisdom of God might now be made known..." (see Eph. 3:9-11 RSV)

Weimar Institute believes strongly in the validity of a diversified, versatile, yet strongly unified church mission. Our burden is not to debate with or discredit any of the established institutions or programs. In our fleshly bodies, the heart is not in competition with the lungs; nor do the lungs question the authority of the digestive processes. Through sometimes vastly

dissimilar tasks, the organs work in harmonious, vital interplay, each supporting and benefiting from the action of the other. Similarly, Weimar exists, not to compete, but to help complete the comprehensive mission of our high calling; that is, to know Him, and make Him known to all nations, kindred, tongues, and peoples, and to all "principalities and powers in heavenly places."

Cut and polished, the diamond, a multi-faceted gem, reflects in rainbow spectrum the light. The effect is in the total. God has set about to reflect His image fully in His earthly children. Each individual must respond to this eternal privilege. But, it will not be until the corporate body of Christ, "...in honor preferring one another..." Rm. 12:10 (without each other the reflection is incomplete), catches a higher vision—that of being concerned with God's reputation and not our own—that the long dispute between Christ and Satan will come to an end. Until that time, it is our earnest prayer that Weimar Institute, only a small member of Christ's body, will carry on its task with excellence, and, as far as possible, live in peace with all men. (Vs. 18)

WEIMAR INSTITUTE INFORMATION REQUEST FORM (Please Print Clearly)

NAME

ADDRESS

CITY STATE ZIP

Please send me a Weimar Institute College Bulletin and student application form.
 By September, 1978, I will have completed.....
(level of education)

Please send me a brochure regarding Weimar's Health Conditioning Center.

Please add my name (or those attached) to the Weimar Institute mailing list so that I can be kept informed of future progress, or change of address.

I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send a tax-deductible receipt.

I need information about.....

Weimar Voted Membership In A.S.I.

As of October 26, 1978, Weimar Institute is officially a member of the A.S.I. - the Association of Privately Owned Seventh-day Adventist Services and Industries. The title stands for an organization which began simply as the Association of Self-supporting Institutions. Composed of Seventh-day Adventist laymen with the cooperation of the General Conference, they have formed a cordial affiliation to encourage each other in missionary and soul-winning activities.

Membership in the A.S.I. means that Weimar is recognized as a service organization among Seventh-day Adventist laymen whose purposes and organizational

methods are in harmony with those which the Church can endorse.

Even though Weimar Institute leadership had been meeting with the A.S.I. on an informal basis for more than ten months, the actual membership could not be approved until a mandatory one-year waiting period had expired.

A.S.I. members meet in local, regional, and national conventions on a regular basis to hear reports of how God is blessing fellow members and to encourage one another in renewed dedication to witnessing activities. We trust Weimar's affiliation with the A.S.I. will be of mutual benefit.



Aerial view of Weimar Institute.

The BULLETIN Board

Health Dept.

Needed for Anatomy and Physiology classes:

1. Microscopes
2. Skeletons (real or life size plastic)
3. \$2,000 to purchase mannequins, skeletons and visual aids.

Housekeeping

Needed: vacuum cleaners

Sheetrock finisher

Need sheetrock finisher with experience in taping and texturing sheetrock. Plastering experience desirable. Send resume and request Staff Ministry Application.

Kitchen

Needed: Commercial size grinders and food processor; commercial size toasters; teflon muffin pans and cookie sheets; funds for the purchase of tablecloths for the main dining room.

HCC Equipment

Needed: Portable defibrillator and monitor.

Cook

A cook is needed in the Weimar Kitchen with experience in quantity cooking and-or food service. Send resume and request Staff Ministry Application.

General

Wanted: A semi Flatbed trailer 16' to 30' to haul our own lumber and supplies at a great savings to the Institute. Cash price would be \$1750.

Agriculture Dept.

Wanted: A 50" Howard Rotovator.

Office Supplies

The Business Office would be happy to have more electric typewriters, printing calculators, and a mimeograph machine.

Music Dept

S.D.A. CHURCH HYMNALS needed for Chapel services and the Choir.

Grounds Dept.

Wanted: Hoses and sprinklers, rakes, hoes, shovels, etc, and wheelbarrows.

Elementary School

Would like carpeting for the schoolroom, current set of World Book Encyclopedias.

Visitors

If you've been thinking about visiting Weimar Institute over the year-end holidays, you're welcome to wave as you drive by the front gate. But, regretfully, we can't promise you much more than that.

Except for a skeleton staff doing a few essentials, the campus will be closed from December 15 to January 1. We are unable to offer meals in our cafeteria or lodging in our guest rooms. And were you to succeed in finding any staff, they would be up to their elbows in fresh paint and therefore unable to take you on a tour.

We're proud of this Institute, and normally delighted to share it with our friends. But with 1979 promising to be even more demanding than 1978, our staff needs some time to follow Christ's invitation to "come... apart and rest awhile." Thank you for understanding.

Retreat Schedule Delayed

Due to the fact that construction on the women's dormitory has been delayed, it has been necessary to postpone publishing a firm retreat schedule for Weimar Institute's Retreat Center.

This is necessary because the Retreat Lodge is being used as an interim women's dormitory for more than 20 college women. With pressure to complete construction in the Health Conditioning Center and other vital places on the campus, construction on the dormitory has been slowed. The latest reports indicate that it will be possibly as late as February before the dormitory is ready for occupancy.

With an increase in the number of Health Conditioning guests and in staff members, the Institute is left without any suitable housing for retreat guests other than the Retreat Lodge. However, improvements made in the Lodge to make it comfortable for the women students will also be of great benefit to the retreat guests when the schedule resumes this spring.

Even though firm dates cannot yet be promised, the Retreat Calendar for the 1979 year will include topics such as: Milo Sawvel: How to Conduct a Five-Day Plan; Mel Rees; Dimensions of Christian Stewardship; Hans Diehl: Cardio-vascular Disease and

Nutrition; Concerned Communications: Stress Management Seminars; Paul Hawks: Church Unity and Trust Building; Stuart Tyner: Christian Discipline in the Home. Several other topical retreats are being planned, although the speakers have yet to be contacted and appointments confirmed.

Please watch the Bulletin for further announcements regarding the Retreat Calendar for the coming year, and pray that the Lord will bless our efforts to complete the construction projects here rapidly enough so that this vital ministry to the church will not be unduly delayed.

FROM OUR CHAPLAIN

It is true: Weimar Institute has grabbed a lot of attention recently. Gladly, it is increasingly affirmative attention. In contrast to the sometimes skeptical "What-in-the-world-is-Weimar!" we used to hear, the comments are mostly appreciative. Even the questions are now asked with a smile.

In a little more than a year, Weimar Institute has grown from a relatively unknown, almost-too-ambitious, project in the California foothills, to a somewhat familiar team that is already healing people and training Christian youth.

To be honest, it does feel good to be able to breathe more easily. Each of us sleeps better at night just knowing that there are 75 other team mates sharing the risks of adventure, carrying the burden of prayer and hard work. It's gratifying when people from far away express informed support for a new and innovative ministry.

Having lived so closely, during these beginning months, with the risks of failure, I'm surprised at how suddenly we must face the risks of success. As a more subtle kind of risks, these are all the more threatening to our mission as Weimar. For example:

Risk 1: I attend a meeting featuring the Institute. Hundreds of people come to hear a report. Enthusiasm is high. Everyone is talking excitedly about the program at Weimar.

We're proud to be a part. Later — in a quiet moment — I read again Jesus' words: "I do not receive glory from men." (John 5:41) And I ask, "Were those good folks excited about Weimar Institute, or were they excited about the God who has caused it to happen, and whose wisdom stands behind every good decision? Did the praise they were expressing flow clear back to its Source, or did it get stopped by some human channel somewhere enroute?"

As a friend of Weimar Institute, you can help us avoid this risk. If you feel good about what you see here, don't praise us, don't slap us on the back. Give the praise to God, give us a hand of encouragement, and give the Institute a small (but regular) corner in your prayers.

Risk 2: On May 8 of 1978, we accepted our first Health Conditioning guests — just slightly less than a year after we purchased the property. That was one intense year! Working with a limited budget, volunteer staff, and a very needy physical plant, more was accomplished than will ever show on the surface. By the Lord's grace, the buildings were cleaned and patched, and a team grew into oneness. Then the doors were opened!

But were we finished? The risk would be to let a sense of gratitude slip over into a sense of satisfaction, or even contentment. Having prayed much for the resources to

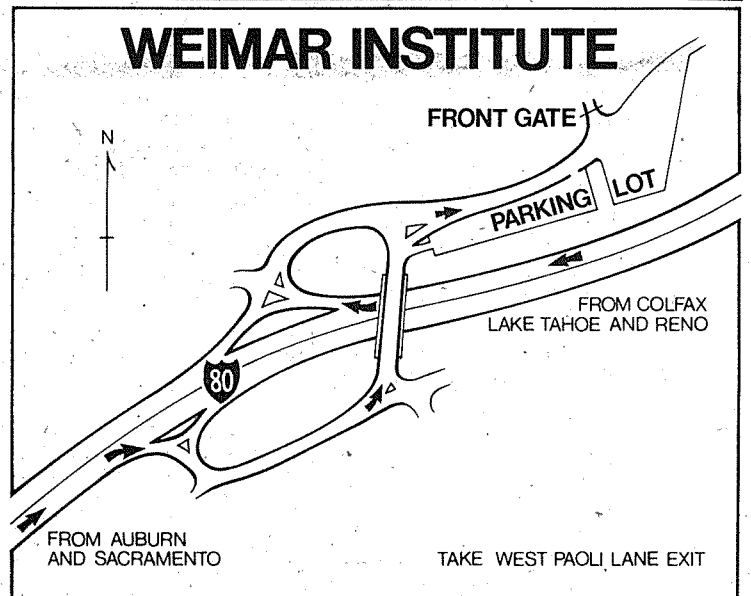


Weimar Chaplain, Dick Winn

make a beginning, how easy it would be for us to be grateful for those gifts, and to concentrate on preserving the beginning we have made. Having learned to walk, we must now take up running.

As a friend of Weimar Institute, you can help us avoid this risk as well. While you smile with us over the beginning that has been made, keep urging us to study our philosophy more carefully, develop our HCC program more extensively, prepare our students more thoroughly, communicate more accurately, and trust in God more explicitly. When you write your kind and encouraging letters, include a word about the urgent needs in your area, so that we'll keep remembering that Weimar exists for your benefit and for God's glory.

After all, that's what true friends are for!



WHERE IS WEIMAR? Weimar Institute is located on the western slopes of the Sierra Nevada Mountains, at about 2,250 feet elevation. It is adjacent to Interstate 80, between the towns of Auburn and Colfax, about 45 miles east of Sacramento.

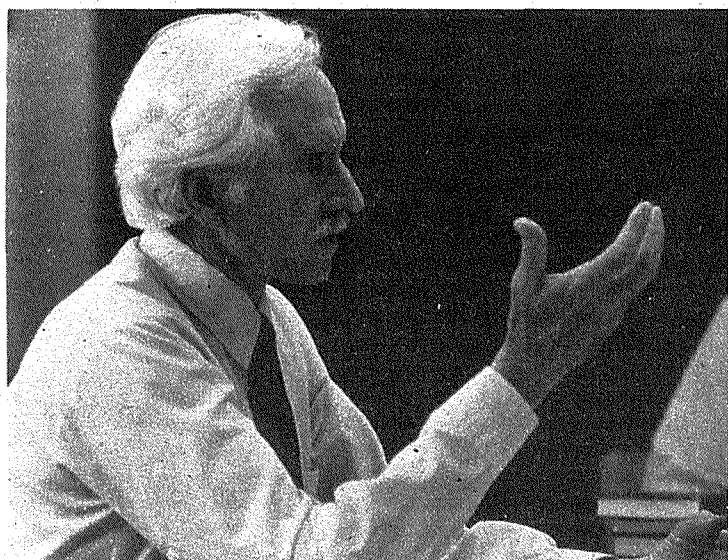
Coming from the west, go about 12 miles beyond Auburn, to the West Paoli Lane turnoff. Exit to your right, then follow the road back over the freeway to your left. You will then be facing the Institute grounds. Jog to your right and go through the main gate on your left.

Coming from the east, go about 6 miles beyond Colfax to the West Paoli Lane turnoff. After exiting to the right, turn back 180 degrees and you will be paralleling the Weimar property. The gate is on the left.

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.

Meet Board Member



Thomas Geraty, PhD

Dr. Thomas Geraty has been professionally involved in Adventist education for nearly forty years.

Certified in five fields of study, including English language and literature and various fields of education, he now serves as a board member of Weimar Institute and Chairman of the Educational Advisory Council for Weimar College. His organizational expertise has been the catalyst for a strong, continuous development in the philosophy and ob-

jectives of Weimar College. Application from the Institute to the California State Board of Education for securing authorization for the College to operate, has been made largely through his efforts.

Retired and living in Angwin, CA, Geraty and his wife, Hazel, plan to remain actively involved in Christian education. Just two weeks into retirement last fall, they received and accepted an emergency call to Hawaiian Mission Academy where he

served as principal for first semester. He also taught this past summer at Pacific Union College.

Reared in San Francisco and a graduate of PUC and the University of Southern California, Geraty spent a few years teaching before accepting a mission call to China. Both he and his wife became fluent in the Mandarin Chinese language before their 11-year service ended in 1951. As hostilities between the U.S. and China intensified, Geraty — then president of the SDA College in China — chartered a ship and evacuated 125 students and half his faculty to Hong Kong.

Following another eight years in the Middle East, the Geratys returned to the U.S. where he later became Educational Secretary for the General Conference, serving for 11 years.

"My heart is really overseas...it's in my blood," says Geraty, who would enjoy accepting a call to foreign mission service again. "Education in North America can take care of itself fairly well; overseas is where the real needs are."

Several calls from Andrews University directed the Geratys to that campus. There he

was chairman of the Department of education, beginning and directing its doctoral program.

It was while at Andrews that Geraty conducted an experiment that reinforced his support of the work-study program for education advocated in the Spirit of Prophecy. For an entire school year, he reserved for himself three hours each weekday afternoon for manual labor.

His first work assignment was with the custodial department. He swept, wet-mopped and waxed floors, and cleaned windows — all skills he had acquired but let slip over the years since being a student custodian at PUC.

A second assignment placed Geraty in the carpentry and paint shops. He found himself filling labor requisitions that he had made himself as Department Chairman of Education. He helped move the English Department from one office space to another, mystifying his fellow faculty members as he came to remove their desks and filing cabinets.

"What ARE you doing??" was a common greeting to Geraty, donned in coveralls and hat.

"I wanted to test the validity

of a work-study program myself," says Geraty, "and to experience a different contact with students and staff. I wanted a daily balance in my life; I wanted to promote the dignity of labor and to acquire some new skills."

"I have worked with and advocated work-study programs during all my professional years, but the program at Weimar is the first that I've seen to involve the three, daily areas of work, study, AND service. It's exciting to be a member of this opening institution."

Geraty has worked with and evaluated self-supporting schools around the world.

"I see Church-sponsored and self-supporting schools complementing one another," he says. "Each system has its own function."

Living and teaching at Weimar is an attractive possibility Geraty has not over-looked.

"If the Lord leads in this direction, we'll come," he says.

During a recent visit to Weimar, Geraty was not only involved in educational plans, but in the carpentry work as well. His coveralls and tools came with him.

Fit For Swine?

By Zane Kime MD

Inside the cells of our body are tiny structures called mitochondria that act as "power houses" to produce energy to carry out the functions of our body. These tiny structures are able to take the food that we eat and, in the presence of oxygen, burn it all the way to carbon dioxide and water. This is a normal process that goes on every day of our lives, supplying the energy that we need to feel healthy and active. It helps supply the energy, for instance, for jogging mile after mile.

Anything that damages these little "power houses", the mitochondria, decreases their ability to produce energy; meaning a decrease in their ability to utilize oxygen in the burning of our food for energy. When these mitochondria become severely damaged, the cell is only able to metabolize our food to lactic acid. This produces very little energy, and the cell is not able to maintain its structure or its various functions. Oxygen is not required when lactic acid is produced in the cell.

When such malfunction takes place, causing the cell to lose its structure and function, it is then known as a cancer cell. Any cell that produces lactic acid and is inhibited from burning the food all the way to carbon dioxide and water is a cancer cell. (1) Consequently even normal cells that are in this way prevented from obtaining the necessary amount of oxygen can become cancerous.

Experiments have been done taking normal cells out of experimental animals and allowing them to grow in a culture medium. Some of the oxygen can be removed from their environment and these normal cells will turn malignant. If injected back into the animal, they will destroy the animal with a malignant growth. (2)

Any substance that destroys the ability of the mitochondria to burn our food to carbon dioxide and water is known as a cancer-causing agent. Viruses are known to do this, so deranging the mitochondria that they are unable to function properly.

A common item in our diet, margarine, made of partially hardened oils or fats, contains trans-fatty acids. These acids have been shown to seriously inhibit the function of the mitochondria. (3) Produced when polyunsaturated fats are refined and purified, these trans-fatty acids are starting to come under serious question as cancer causing agents. They not only inhibit metabolization of our foods

with oxygen, but they cause the mitochondria to become swollen 2-3 times their normal size. (15) (See figure)

Interestingly enough, almost forty years ago partially hardened oils or fats were used to show that increasing the fat in the diet will also increase the cancer incidence. 4,5,6, 7 Very recently, trans-fats have been seriously implicated in human cancer. 8 Margarines cannot be purchased that do not have trans-fatty acids in them. Some of them contain up to 48 percent. Even when the first ingredient on the label reads "liquid corn oil" it may contain up to 30 percent trans-fatty acids. 9, 10, 11 These acids are also found in quantities up to 17 percent in commercial vegetable oils found on supermarket shelves. 12, 13 Even the purest and finest polyunsaturated vegetable oils available contain these trans-fatty acids. They simply cannot be purchased without them present.

Imagine the difficulty in trying to jog while your mitochondria are doing a poor job utilizing oxygen to burn your food for energy because of trans-fatty acids that are inhibiting them. Needless to say, margarine should not be on the list of foods for anyone wishing to have plenty of energy while taking aerobic-type exercises.

Recently the medical profession was jolted with headlines in the Medical Tribune stating, "Study finds margarine may Researchers that did these studies discovered that swine fed margarine developed more severe atherosclerosis and hardening of the arteries than swine who were fed butter. 14 It should be pointed out that the swine on the butter did develop atherosclerosis, but not as severe as the ones on the

margarine.

Well, if margarine isn't fit to feed swine, what more can be said?

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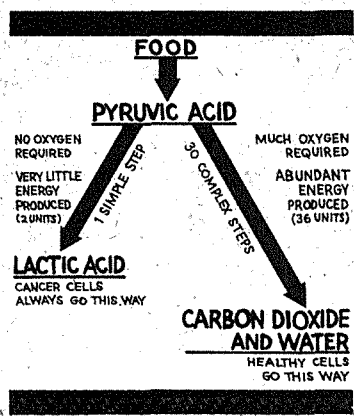
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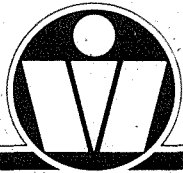
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Nondiscrimination Policy

Weimar College admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and other school-administered programs.

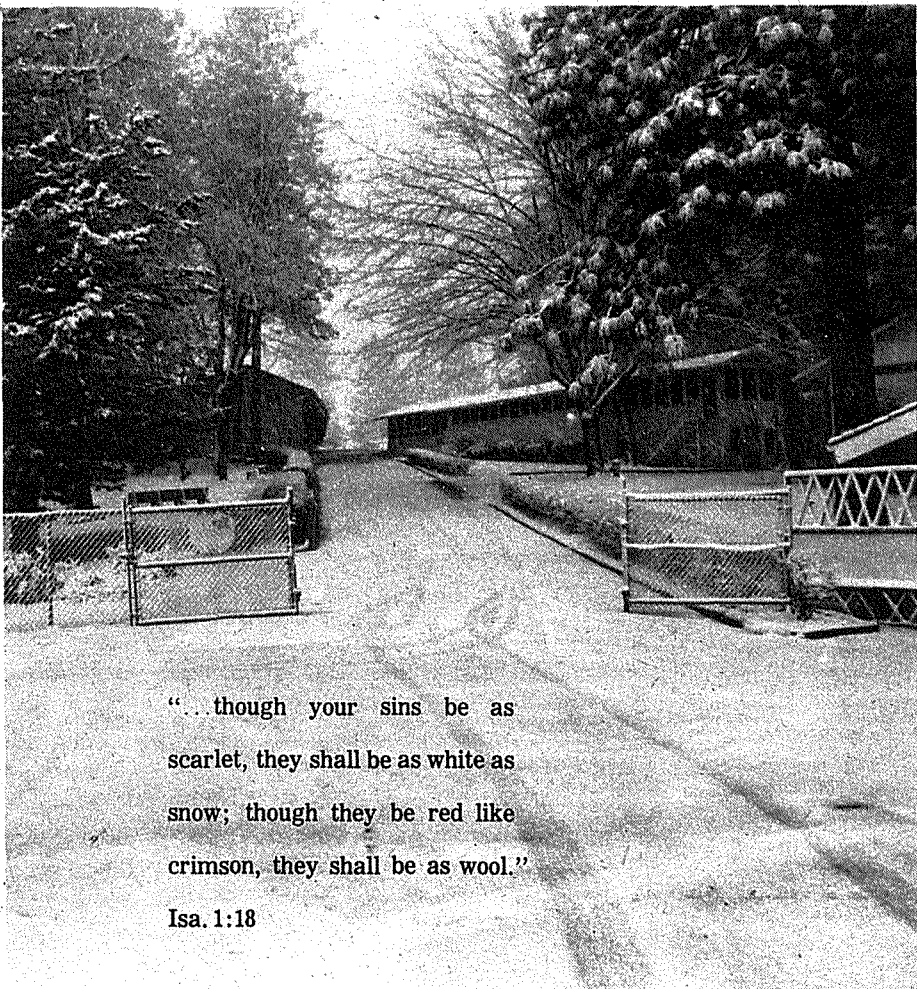


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"...though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

Isa. 1:18