

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 4 APRIL, 1979

## Health Guests Occupy New Facility

Weimar Institute's Health Conditioning Center Building opened Sunday, March 11, to a group of 17 HCC guests and nine spouses. This building includes 15,000 square feet, making it the largest on the premises.

A maximum of 36 guests per month may be housed in this complex which entails a large living room area, hydrotherapy facilities, and a demonstration kitchen-lecture room. The furnishings are in early-American and traditional style.

Over a year's time, this project has received thousands of man hours and dollars, many prayers, and God's rich blessings. Eleven thousand yards of carpet, 3600 feet of baseboard, enough vinyl floor for 20 homes and ceramic tile for another 25, have all been installed since January of this year.

Furnishing the building has not been easy, particularly the hydrotherapy department.

"Hydrotherapy equipment is just not purchasable," says John Sipkins, construction foreman for the HCC. Very few medical institutions practice

this therapy; hence, very little equipment has been developed with it in mind. An old autoclave and a sterilizer, both salvaged from the former acute care hospital on the grounds, serve to heat packs for fomentations.

Despite these problems, the newly-tiled facility has several small therapy rooms, whirlpool tank, a Russian steam bath, and a shower with 16 heads in both men's and women's hydrotherapy departments.

Other furnishings arrived spasmodically. A few items came only a few days before the March 11 opening; others arrived a few days thereafter.

To create a homey atmosphere, Weimar Board member Jeri Orr, an interior decorator, utilized browns, golds, and rusts for carpets, draperies, and bedspreads, and dark oak and pecan finishes for the furniture. The couches and love seats, placed in the living area and double rooms, are covered in suede-type cloth.



One cluster of main-lobby furnishings face the fire-place, creating a homey atmosphere.

Continued on page 2

## Stop Smoking Clinic

As I looked down the list of possibilities for Outreach activities for winter quarter, I eliminated the Stop-Smoking Clinic immediately. The Home Health Care Seminar and the Cooking and Nutrition School appealed to me, but a 5-Day Plan to Stop Smoking? That would be my last choice.

At least half a dozen Weimar College students did not share my first impressions. They devoted themselves to study in preparation for the week-long clinic that would begin Monday night, February 26 on the Sierra College Campus, Sacramento.

These students, along with Outreach Ministries Coordinators Richard Fredericks and Eric Hon, met Wednesday afternoons to study current materials on the subject and preview films for showing. I had agreed to attend the first meeting to help register the guests; once would be enough for me, I was sure.

We arrived on campus early that Monday night, allowing time to settle into a classroom in the Life Sciences Building. Chairman of the department, Dr. Ray Underhill, greeted us that evening and became an enthusiastic, week-long supporter.

"How many years have you smoked?" was a question on the registration form. Twenty-

five, 30, 35 years were not uncommon answers. Students, housewives, retirees—persons of every description — hesitantly approached our table set up outside the classroom:

"Is this where we learn to quit smoking?"

"Is this the smoker's club?"

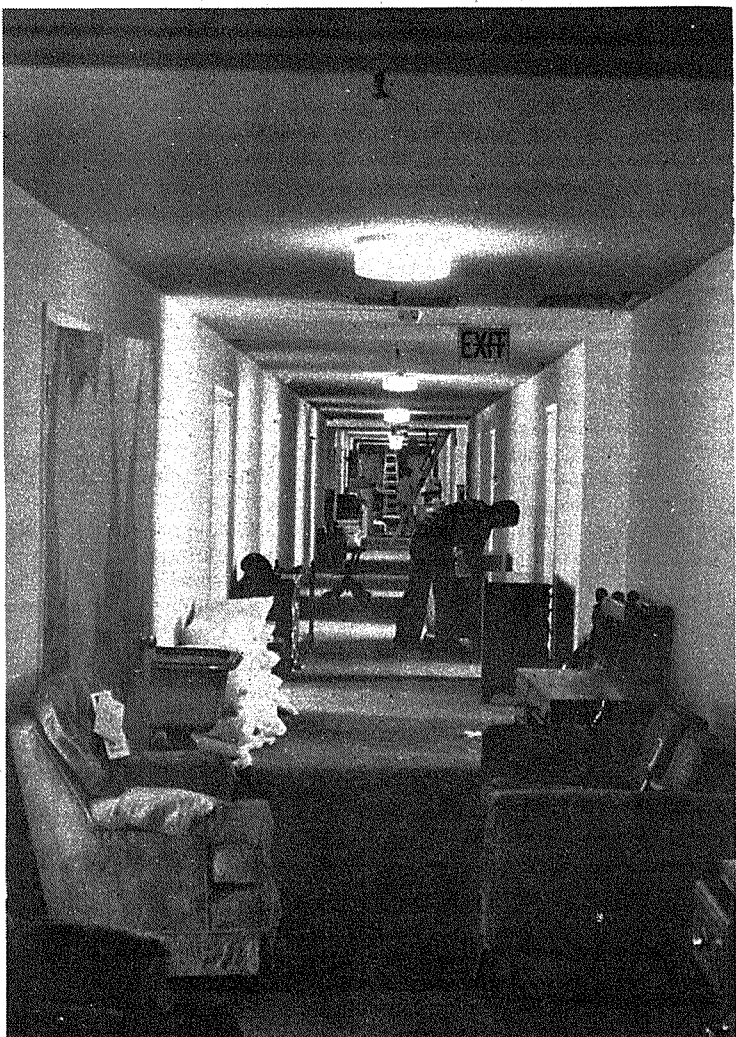
One gentleman, not at all sure he would stay despite his

\$5 investment for registration, announced that he would be outside until the meeting began.

"I'm gonna have one, last, good, smoke," he said.

I was certain most of these people shared some of my doubts about a 5-Day plan; a conditional 'wait and see' was written on their faces as they seated themselves.

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Furnishings lined the hallways of the new facility during the final days of preparation.



Student and small group leader Ray Glendrange shares with a stop-smoker during a nightly meeting.



## FROM OUR PRESIDENT

The night before His crucifixion Jesus prayed the beautiful prayer recorded in John 17. In this final prayer with His disciples, one of His major requests was that the disciples and all others who would believe on Him would grow into the same oneness He and His Father enjoyed. We are counseled to "read John 17 over and over again." (SD 295) and "to make this prayer our first study." (8T 239). The fact that Jesus gave the subject such prominence in His prayer, along with such strong counsel to study it certainly places tremendous importance on unity. There are many reasons that unity is so crucial, but three seem to stand out.

Within His prayer, Jesus gives us the first reason to consider unity important when He indicates that it will lead to the world knowing that God has sent Him. (See vs. 21, 23) It is a solemn thought that our unity is what will greatly influence the world's willingness to accept Jesus. And yet we are told that "Harmony and union existing among men of varied disposition is the strongest witness that can be borne that God has sent His Son into the world to save sinners." (8T 242) In fact, "this is an argument which worldlings cannot controvert." (5T 620) Such harmony also serves as testimony that Jesus has sent us even as God sent Him. (See vs 18 and ML 252).

In addition to validating Jesus' mission and ours, unity also speaks about God's power to change lives. The gospel promises not only forgiveness of sin, but the power to be victorious over sin. Christian harmony evidently makes such victory believable. "When men are bound together, not by force or self-interest, but by love, they show the working of an influence that is above every human influence. When this oneness exists, it is evident that God's image is being restored in humanity, that a new principle of life has been implanted. It shows that there is power in the divine nature to withstand the supernatural agencies of evil, and that the grace of God subdues the selfishness inherent in the natural heart." (DA 578). It would appear that oneness among Christians is convincing proof that God does in reality have the power to take away sin. (See 5 BC 1148). In fact, "Unity is the sure result of Christian perfection." SL 85).

The third reason unity is so vital is that God is waiting for a demonstration of the oneness for which Christ prayed before the end can come. The following three brief statements bear this out. "When all God's workers do this (become united with one another) and not till then, His work will be a complete symmetrical whole." (8T 183). "It should be understood that perfect unity among the laborers is necessary to the successful accomplishment of the work of God." (9T 196) "When we are united in the unity for which Christ prayed, this long controversy that has been kept up through satanic agencies will end." (LS 327).

There is little doubt that it is incumbent upon us as Christians to understand and appreciate the importance of achieving the unity God expects of us. In future columns we will examine how Satan attempts to frustrate God's plan for us, as well as how God intends to see His plan for unity fulfilled. Until then, "I appeal to you, brethren, by the name of our Lord Jesus Christ, that all of you agree that there be no dissensions among you, but that you be united in the same mind and the same judgment." 1 Co. 1: 10 RSV.

Sincerely,  
Your brother in  
Christ

Robert L. Fillman.

By invitation of the following churches, Dr. Zane Kime and Richard Fredericks have been asked to conduct weekend seminars concerning vital physical and spiritual health. Along with these messages, cooking demonstrations are given. Several of these meetings are scheduled at the following locations:

April 20-22: Orange, CA  
May 18-20: Azure Hills, CA  
June 8-10: Riverside, CA  
July 13-15: Ventura, CA  
August 11-13: San Diego, CA

These meetings are held in the Seventh-day Adventist Churches. Inquire at these Churches for further details.

# New Facility

Continued from page 1

The large demonstration kitchen and lecture room is the site for daily cooking classes and doctor's lectures for guests.

Donations received during December of 1978 gave the building project a needed boost. Other sizeable gifts included a \$50,000 interest-free loan and a \$75,000 gift.

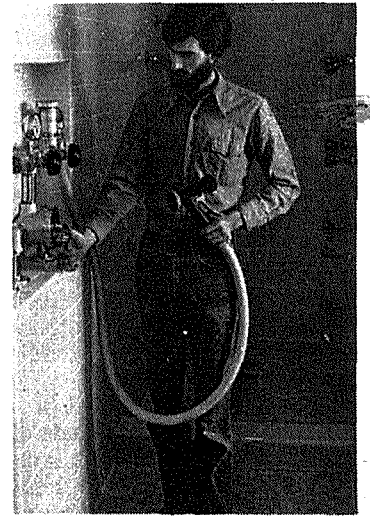
"The biggest blessing," says Mrs. Orr, "is to have seen so many working together for a common goal." For those who have spent many long hours working in the building as well as other staff members, students, and friends, the completion of the HCC building marks one more landmark in God's continuing guidance of Weimar Institute. ✦



Acting Medical Director George Chen and Board Member Jeri Orr review the floorplan as newly-arrived furniture is arranged.

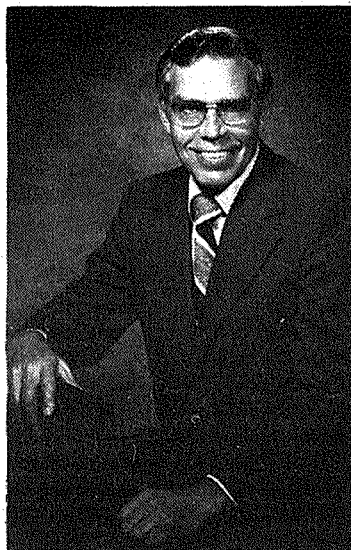


Carl Jones assists as bedroom furnishings are carried into the HCC building.



Plumber Paul Lee adjusts shower fixtures.

## Dickinson Named Business Manager



Kent Dickinson

Mr. Kent Dickinson will be joining the Weimar Institute administrative team early in the summer as the new Business Manager, according to a recent action of the Institute Board. He will be making a phased transition during the next few months from his current role as Corporate Secretary and Investment Manager of Loma Linda University, and will also be withdrawing from his responsibilities as the Mayor of Loma Linda.

A graduate of Union College in 1949, Mr. Dickinson began his professional career at Loma Linda University. Beginning as a business intern, during the next eleven years his responsibilities were

increased to assistant controller. In 1960, he accepted a call to serve as the Secretary-Treasurer of the Northern California Conference of Seventh-day Adventists—a position he held for the next six years.

In 1966, the Dickinsons returned to Loma Linda University in order for him to assume his present role. His responsibilities include managing the various investments of the University corporation, and serving as the Secretary of the University Board. These tasks have required constant interaction with issues and leaders in the areas of education, business, medicine, and management—a uniquely diverse background in preparation for the varied phases of Weimar's programs. During the last several months Mr. Dickinson and his wife Marjorie have acknowledged to each other a desire to become involved in some innovative forms of Christian service. When they heard of the need for a Business Manager at Weimar, they checked carefully to determine that Weimar's philosophy and methods were in harmony with their own goals, and then made application.

The Administrative Committee of Weimar (and their spouses) spent a recent weekend in mountain seclusion, mapping out policies and long range plans for the Institute. Fortunately, the

Dickinsons were able to meet with them for the fellowship, the planning, and the spiritual refreshing. "They're going to make a quality contribution to the team," commented President Fillman upon their return. "We believe the Lord has answered our prayers to bring us the right person to be Business Manager."

The position has been open for almost a year, since former Business Manager Michael Armstrong moved to Andrews University to resume graduate study. Assistant Business Manager Rob Payne, who has been stretching wide to cover the tasks during this long interim, will be continuing to carry responsibilities in the department.

The Dickinsons will be arriving at a very important time in Weimar's development. The Institute is at the point of transition between "starting" and "maintaining," and very much in need of sound fiscal policies. Mr. Dickinson's desire is to develop policies which combine equity and simplicity, and which are recognized as such in both a Christian and a legal sense.

Mrs. Dickinson, with a B.S. degree in secretarial sciences, a number of years of practical experience, and a gentle manner, will no doubt serve as a secretary in one of the administrative offices. The Dickinsons have two sons: Gary, who is married, and Kevin, who is a junior in college. ✦

# Stop Smoking Clinic Continued from page 1



Weimar students and staff pose in front of a Life Sciences Building resident.

But rather than being the fact-filled, impersonal meeting I had expected, the clinic was characterized by human warmth and interest. There were plenty of facts included (so many that they bowled us over), but a spirit of caring and concern was the foremost ingredient.

Groups of registrants, each led by a Weimar College student, were a framework for mutual support. These 6 to 8-member groups learned to expect...and appreciate...the same salutation each evening:

"How did you do today? Was it a hard day?" And those asking really wanted to know.

Nightly films detailed the effects of smoking on heart, nervous system, brain, and lungs. Eric Hon, a spry, 70-year-old, Australian-born Chinese held the group's interest night after night with encouraging words and practical advice. "I Choose Not to Smoke" was the catchphrase. The secret of success, he claimed, was in exercising the will or "the kingly power of reason," - another familiar line.

Physicians' lectures pointed out the necessity of all-round healthful living. Dr. Kelly Lindgren stopped mid-sentence during his Friday night discourse, and commented, "...I'll bet you didn't know you were going to get into nutrition when you chose to stop smoking, did you?" A chuckle rolled across the room in response. It was true; they had all gotten into a lot more than they had bargained for. Who ever would have thought that your water intake, your diet, your exercise program, your daily schedule, your sleeping and bathing habits, your mental attitudes, your entire lifestyle, would need to change...just to become a bona fide non-smoker?

But the greatest part of that whole week (yes...I went all week...) was to see the Weimar students become totally, personally, involved. They telephoned their group members off and on during the week to see how they were doing; their special attentions went to those who struggled most; bonds of affection and respect grew between them

and the smokers. After each meeting, they could hardly contain their excitement while sharing progress reports with one another. They not only became involved with their own group members, but came to recognize and develop a concern for members of other groups. Prayer for one another and for each smoker fostered a spiritual cohesiveness.

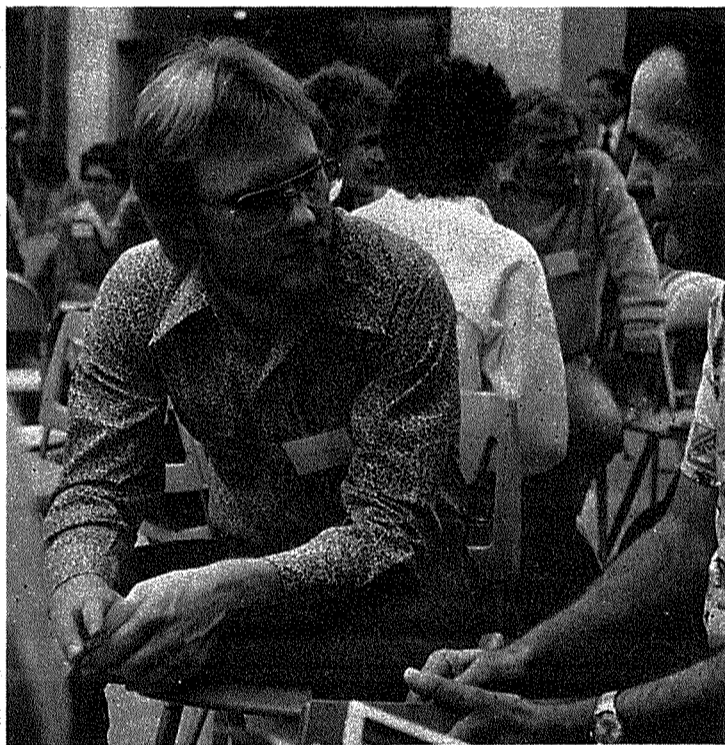
During a special dinner prepared by the students in honor of their new friends, "diplomas" and gift books were distributed. It was a special time

of fellowship within an entire group which has been drawn close by shared struggles. Farewells were best expressed in hearty handshakes and bear hugs. Promises to "keep in touch" were genuine.

Not everyone quit smoking: Not everyone came consistently to all five meetings. But regardless of their success or attendance record, each one knew that they were loved and that they would continue to be in the prayers of one, very special Weimar College student.



Small group interaction was the basis for support during a trying week.



Listening was a vital part of forming friendships for Tom Jordan, student.



## 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

### HEALTH CONDITIONING CENTER

George Chen, MD ... Acting Medical Director  
Zane Kime, MD. . . Medical Consultant

### WEIMAR COLLEGE

Colin Standish, PhD ..... Dean of the College  
Richard Fredericks ..... Director of Community Services  
Willard Werth ..... Director of Work Education

### RETREAT MINISTRY

Dick Winn ..... Director

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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.

### 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.

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

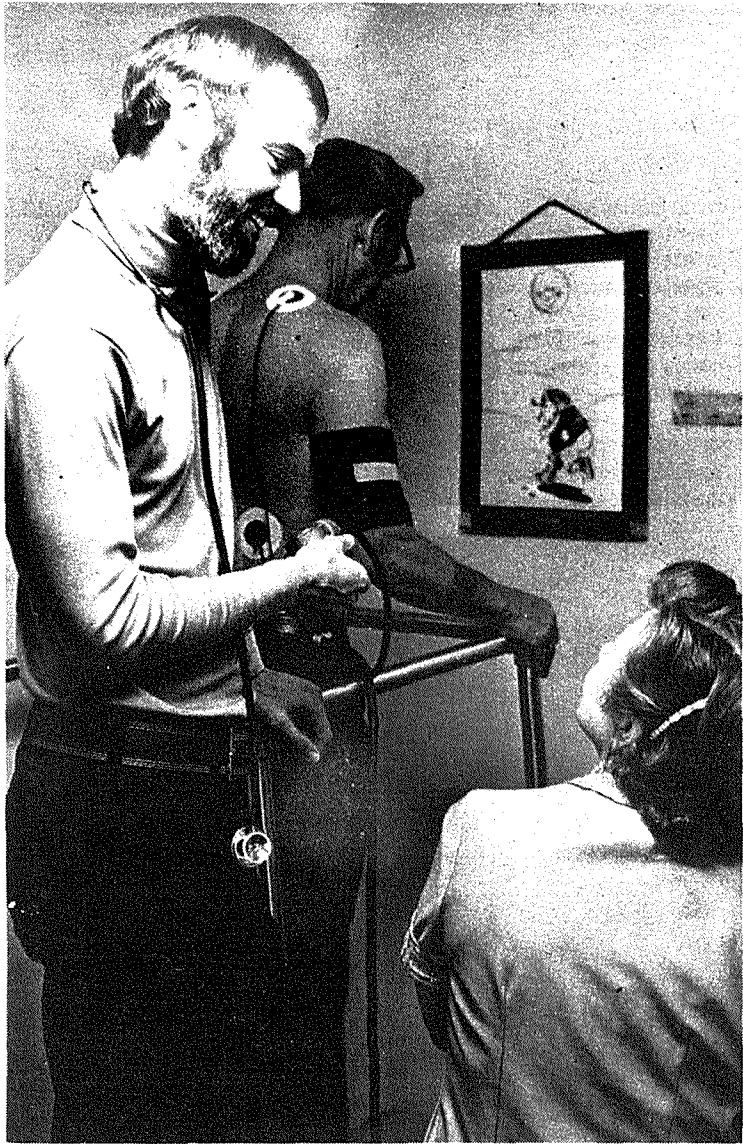
## FROM OUR CHAPLAIN Continued from page 8

the smudges and cracks on the earthen vessel don't totally distract you from seeing the treasure which all Christians carry within (2 Corinthians 4:7). We say it with humility, yet with the confidence appropriate after almost two years of seeing His blessings, that God has called together this project known as Weimar Institute. To the extent that we understand them, and in our growing faith have been able to implement them, the health and educational ministries of Weimar are based on inspired counsels. We're very ordinary people, dealing with extraordinary ideas. And we invite you to look closely. In your looking, you will see

growth pains; you will see tall ideals only partly implemented; you will see priorities you may not have chosen. You may see people who are sometimes too enthusiastic, policies that wouldn't work where you live, or programs that seem destined to stumble. Having seen these things, we hope you will tell us about them. We may thank you for uncovering a blind spot, or for reinforcing something we already knew; or we may share some new information with you that will broaden your understanding. But please, for your sake, don't let any disappointed expectations be cause for dismissing some thoughts

about the message Weimar is seeking to share. Unless you're totally content with the progress you are making in the struggle against needless pain and sorrow, against hopelessness and despair, then you may well learn something from the Weimar experiment! That bold assertion makes us feel very much like Paul when he cried out, "Who, then is capable for such a task?" (2 Cor. 2:16 TEV) We are also, however, learning to identify with the answer he gave to his own question: "There is nothing in us that allows us to claim that we are capable of doing this work. The capacity we have comes from God." (2 Cor. 3:5 TEV)

# A 26-Day Experi



Staff physician Henri Wiebe monitors a patient during an exercise endurance test. This test as well as a blood analysis and an EKG both begin and conclude each HCC session.

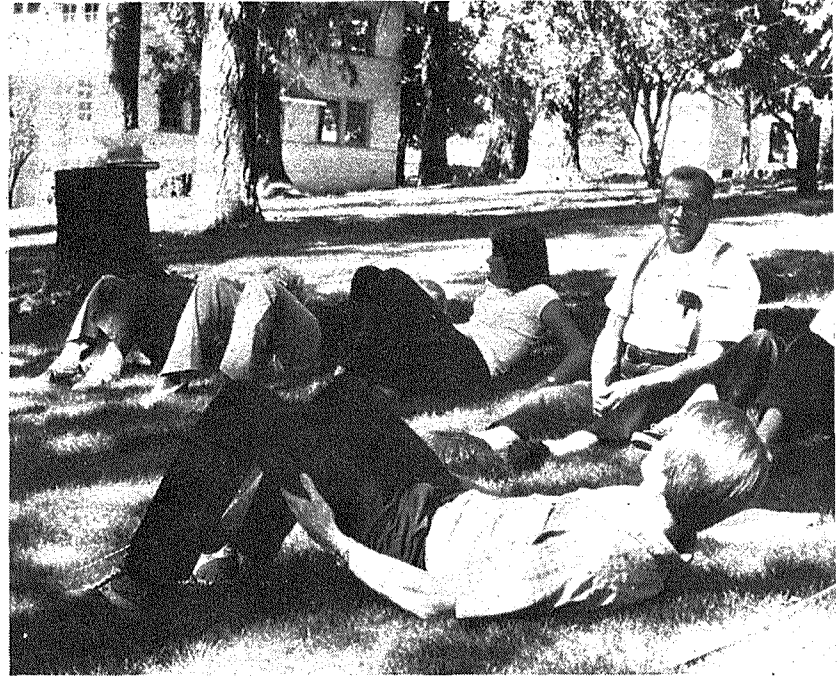
The 26-day, live-in Health Conditioning Program at Weir Institute may be described best in pictures. Words can do little justice to the change to a natural diet, the exercise schedule, physical therapy and physical therapy sessions, bi-weekly doctors' appointments, and the cooking classes; but pictures show what words can never adequately say.

Through God's blessing, the program opened in May of 1971. The March of this year has not only seen the tenth group of 'guests' arrive for treatment, but has marked the opening of the new Health Conditioning Center of the Institute.

God our Father has outlined and blessed a lifestyle, a picture of health, a means of treatment for the diseased that is consistent with His natural laws and loving character. Weir Institute's Health Conditioning Program seeks to follow these natural laws, giving God opportunity to bless and restore to health those willing to trust in His promises.



The December HCC group continued their outdoor exercise program despite a good deal of rain.



Physical therapist Byron Reynolds (in foreground) demonstrates exercise warm, June day. Activities in the out-of-doors are of prime importance.



Dick Shadduck (left) and Don Dixon, guests during June, compare belt sizes after significant weight losses. Guests have lost an average of 10 pounds during the month.



Dr. Zane Kime is one of several consulting physicians who lectures to HCC guests.



The January group listens intently during a doctor's lecture. The most important medical findings concerning diet, exercise, and general health maintenance are presented in daily meetings.

# ience Never To Be Forgotten.

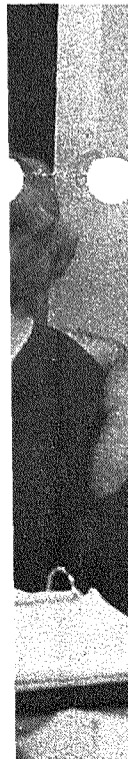
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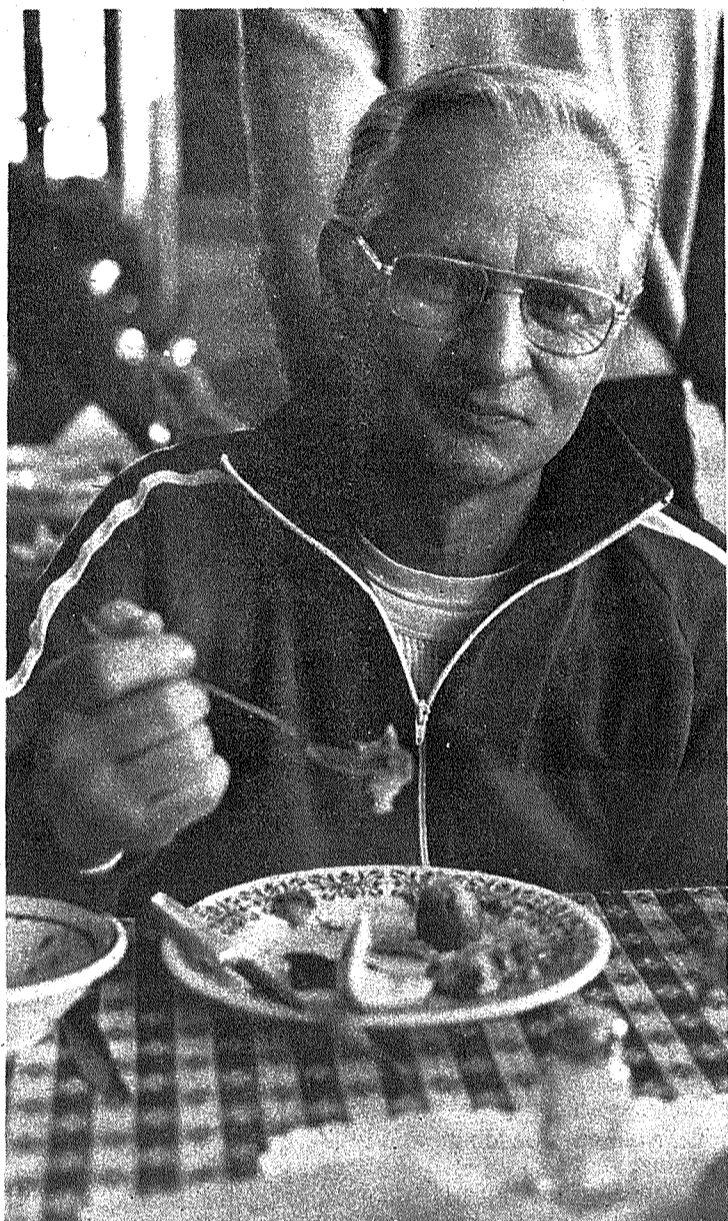
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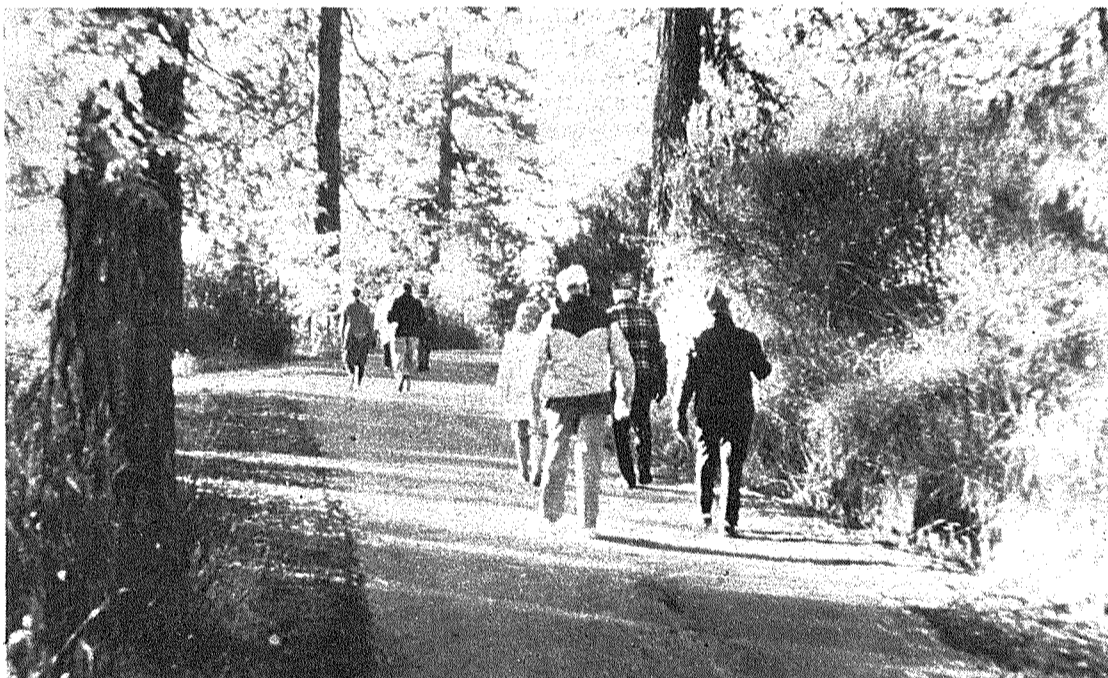
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Hal Harrison, a guest in January, enjoys his dinner. The diet consists of fruits, grains, and vegetables.



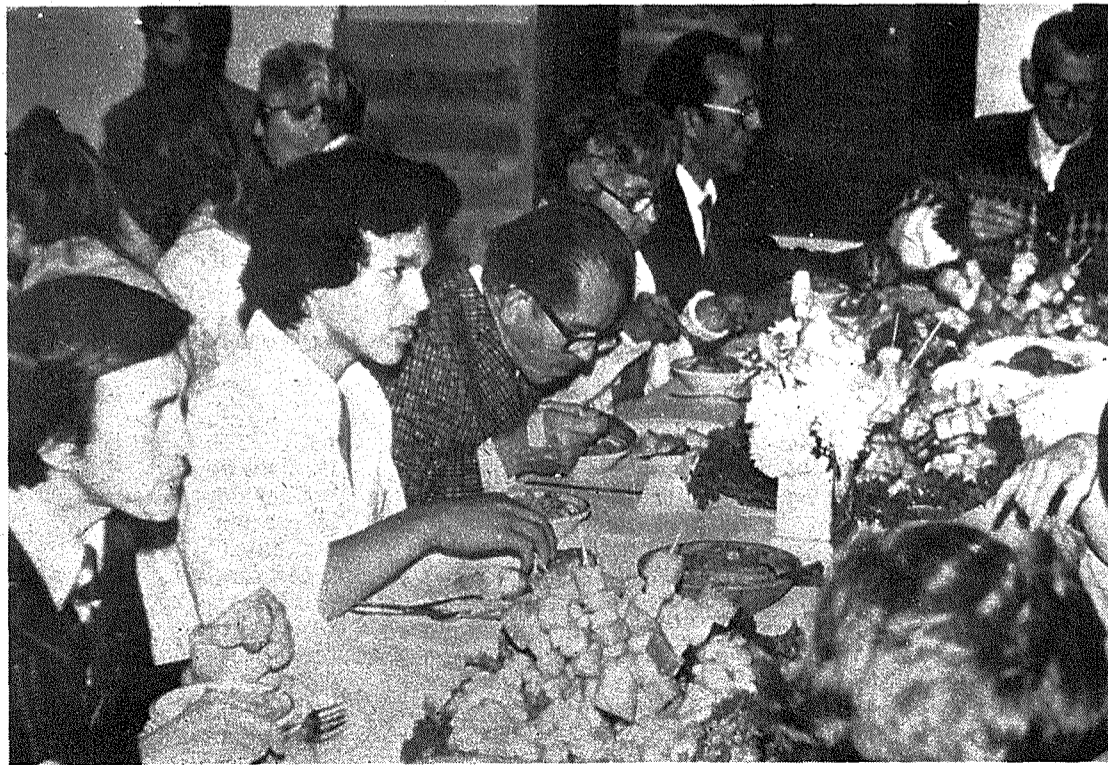
Members of the June program stretch their muscles during physical therapy. These general sessions begin each morning at 9:30. Individual treatments continue during the day.



Trails and roadways on the Weimar property are where guests spend a good deal of their time. Brisk walking is considered the best exercise for the cardio-vascular and respiratory systems.



Guest Ethel Amora tries her hand at bread making. Cooking classes help guests understand the necessity and practicalities of cooking for themselves in the new fashion.



A farewell dinner at the close of each session features the best of God's natural provisions.

# Air-Precious Gift of Heaven

By George Chen, MD

"Air, air, the precious boon of heaven, which all may have, will bless you with its invigorating influence if you will not refuse its entrance. Welcome it, cultivate a love for it, and it will prove a precious soother of the nerves... The influence of pure, fresh air is to cause the blood to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound, sweet sleep." 1

Air is approximately 21 per cent oxygen, 78 per cent nitrogen, 1 per cent argon, helium, carbon dioxide and other miscellaneous gases. An adequate supply of oxygen is important for the proper function of every cell in the body. Lack of oxygen is thought to be a factor in the cause of all degenerative diseases such as atherosclerosis (hardening of the arteries, with its resultant heart attacks and strokes, arthritis, hypertension, diabetes mellitus, glaucoma, cataracts and cancer, etc.)

By slightly increasing the oxygen concentration in the air breathed by experimental animals, a decrease in blood cholesterol and triglycerides was noted, and even reversal of hardening of the arteries was found. 2 The best results were obtained using a low fat diet in combination with an increase of oxygen in the air. 3

As the fat (triglyceride) content in the blood increases, the amount of oxygen in the tissues decreases. The fat causes the red blood cells to become sticky and clump together, thereby blocking the very fine blood vessels. This blockage results in a decrease

of oxygen delivered to the tissue. This clumping has been seen through the microscope looking at the fine blood vessels covering the white of the eye. 4,5

No wonder Americans with their high cholesterol and fat blood levels are developing and dying of the aforementioned degenerative diseases, whereas the people in "primitive cultures" who subsist on a simple, natural diet have virtually none of these afflictions.

"And work performed in the open air is tenfold more beneficial to health than indoor labor." 6

"The heated oppressed atmosphere, deprived of vitality, benumbs the sensitive brain. The lungs contract, the liver is inactive." 7

Ellen White makes a distinction between pure, fresh outdoor air and heated indoor air. Is there a difference? Modern science has found that there is indeed a difference.

Air has been found to be ionized. There are negatively charged oxygen molecules and positively charged carbon dioxide molecules. The more negatively charged the air, the healthier. This charge in the outdoor air is obtained from the natural ionizing effect of radio active particles in the atmosphere and in the earth's crust. 8 It also occurs from sunshine and from the break up of water droplets as found in the vicinity of waterfalls or ocean surf. 9 We all know how exhilarated we feel when near a waterfall, or by the ocean. In the mountains, where an abundance of negatively ionized air is present, resorts and vacation spots flourish.

Negative ions have been called "happy ions" whereas positive ions are dubbed "grouchy ions." Air pollution and smog decreases the amount of negative ions present in the air we breathe. 10 Indoors, the negative ions

are lost rapidly by adhering to the walls, air conditioning ducts and fabric materials. Much has been said in over 5,000 articles written in world medical literature on this subject.

## Effect of Air Ions on Health

Dessauer found the small negatively charged air ions give a feeling of exhilaration and apparent improvement of health. Inhalation of positive ions results in headache, dizziness, nausea, and a feeling of fatigue. The positive ions increased the respiration rate, basal metabolism and blood pressure. Negative ions decreased these functions. 11

Robles, Gorriti and Medina repeatedly exposed 30 hypertensive patients for 25-minute sessions to negative air ionization. Twenty-four treated exclusively with this physical method showed an average reduction of systolic blood pressure of 39mm of mercury. 12

Negative air ions effect the breathing mechanism by dilating the wind pipe (trachea) and causing the cilia lining to move faster in order to make a more effective cleansing of the area. Positive air ions cause constriction of the windpipe and a decrease of the cilia motion. At times paralysis of the cilia occurs as during cigarette smoking. 13

Marked relief of hayfever symptoms was noted in two-thirds of the patients exposed to artificially ionized negative air. There was also some relief noted in those with asthma in the study by Kornbluch and Griffin. 14.

Tumor growth was decreased to 1/2 in spontaneous as well as benzopyrene-induced carcinomas when animals were placed in a negative ionized environment. 15 Puck and Sagik reported that viruses must carry certain electrical charges to be able to attack and invade living cells. Assuming that cells and

viruses have the same negative charge, the viruses are repelled and made incapable of breaking the protective barrier. The presence of positive ions seems to inhibit or neutralize cellular resistance, allowing the virus to enter and pursue its work of destruction. 16

The above is evidence of how fresh, clean air (with high negative ion content) is able to purify, destroy or render inactive bacteria and viruses as well as other harmful substances. It gives a reason for the benefits of thoroughly airing out the bedding and ones clothing.

Climatic conditions effect the amount of total air ionization as well as the amounts of negative and positive ions present. When hot, dry winds blow, such as the Santa Ana wind, positive ions are generated. These positive ions also occur as a storm builds up. As the storm cloud passes, it sweeps away the positive ions. Lightning discharges large amounts of negative ions into the air, returning the air to normal again.

Negative air ion generators are now commercially available and are probably of benefit in air conditioned buildings where one is unable to open windows. However, if at all possible, we should get our negatively ionized air from fresh, outdoor air.

## Suggestions

1. Eat a natural diet to keep cholesterol and fats low in the blood for good tissue oxygenation.
2. Exercise regularly to circulate oxygen to the tissues.
3. Practice deep breathing (diaphragmatic) until it becomes a habit. 17
4. Air out bedding and clothing. 18
5. Open windows! In cold weather windows in bedrooms should be open some. Use sufficient bedding for warmth. Close bedroom door to conserve heat in home.

6. Be out-of-doors as much as possible. (For those in cities where smog and air pollution are bad, stay indoors during the worst times of day. Air conditioned air, though devoid of negative ions may be cleaner than the polluted outside air at those times.)

"The strength of the system is, in a great degree, dependent upon the amount of pure air breathed." 19

Let's take advantage of this natural remedy God has ordained for us to use, and praise Him for his free gift of heaven — pure, fresh, negatively charged outdoor air.

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## from the Weimar Kitchen

"With our first parents, intemperate desire resulted in the loss of Eden. Temperance in all things has more to do with our restoration to Eden than men realize." Counsels on Diet and Foods, page 43.

Upon the point of appetite, man initiated his fall from face to face contact with God. With the exception of one outstanding Man — Jesus the Christ — the sin of uncontrolled appetite and general intemperance has stunted the mental and spiritual capabilities of every person.

And it is upon this point that the Christian's fight of faith begins:

"The controlling power of appetite will prove the ruin of thousands, when, if they have conquered on this point, they would have had moral power to gain the victory over every

other temptation of Satan. But those who are slaves to appetite will fail in perfecting Christian character." CDF, pg. 59.

"Just where the ruin began, the work of our redemption must begin..."

"Let him who is struggling against the power of appetite look to the Savior in the wilderness of temptation. See Him in His agony upon the cross as He exclaimed, 'I thirst.' He has endured all that it is possible for us to bear. His victory is ours..."

"So long as we are united to Him by faith, sin has no more dominion over us. God reaches for the hand of faith in us to direct it to lay fast hold upon the divinity of Christ, that we may attain to perfection of character." Desire of Ages, Chap. 12.

## recipes

### Haystacks

1 qt. peanut butter  
1/2 gal. coconut  
3/4 T sea salt  
3/4 C oat meal  
3/4 qt. walnuts, chopped  
1 1/2 qt. dates, chopped  
1 1/2 C ww pastry flour

**Crust:**  
1 1/2 C ww flour  
1/2 C soy flour  
1 C coconut  
1 tst. salt  
1/2 tsp. vanilla  
1/4 C dates  
3 T water  
**Filling:**  
30 figs  
1/2 C dates  
1/2 C pineapple juice

Make filling by stewing dried figs and dates with the

1 1/2 C cold water  
1 1/2 C honey

Use ice cream scoop to place on papered or cornmealed pan. Bake at 350° until light brown — about 20 or 25 minutes.

### Fig Bars

pineapple juice. Blend the filling, adding enough water to make smooth. Set aside. Roll out crust to 1/2 inch thick and cut into 3 inch strips. Place a roll of the filling down the center of each strip, small enough that the crust can be brought up over the top and squeezed together. Turn seam to bottom and flatten to size of fig bars. Put in 2 1/2 inch lengths and place on cookie sheet. Bake in oven at 400° for 10 minutes or 350° for 15 minutes.

# HCC Alumni Corner

Dear Alumnus,

A number of us on Weimar's Health Conditioning staff have had the pleasure of visiting a few of our former HCC Guests in their homes for a few hours or even overnight. We have been very encouraged to see such good implementation of the lifestyle that you all enjoyed while here at Weimar — from early morning walks before a hearty, natural breakfast to sunbathing, consistent Bible study, drinking lots of water, and even getting to bed early. I know those of you that have been following these simple procedures have been greatly blessed with abundant health and vitality.

We recognize the need for encouragement from time to time for all of you as difficult situations arise. As much as each of us here should love to visit you personally, that is just not possible. However, we would like to share with you the address list of former HCC Guests. In this way, you can contact each other by calling or writing, even possibly getting together in groups, depending on where you live, to share recipes, thoughts of help, and experiences. If for any reason you prefer having your name deleted from such a list, just drop us a note soon and we will do so. But, I know this will prove a great help for each of you.

Prior to Christmas there were 28 HCC Guests that had come from the Los Angeles area to share in this lifestyle re-education program. Desiring to see as many of you as possible, and understanding your need of sharing experiences with others, I invited those in the L.A. area to my home on December 27 for a potluck reunion. All wanted to come. Finally, thirteen friends were able to join me for the day which started out with a sunny backyard meal that was delicious. My favorite foods were there: Bill's soup, for interests's sake, was made of red beans, whole wheat berries, chopped onions and tomatoes, seasoned with some garlic, thyme, and a few other herbs, and cooked overnight in his crockpot. What a simple but delicious combination! Who says a dentist can only cause pain to the mouth?

After dinner had settled a little while, we took a mild to brisk 1½-2½ mile walk, depending on each person's ability, up and down the hills near my home. On returning I showed some slides that brought back memories to all. We have had some very good times since the opening of the Conditioning Center last May, thanks to each of you. I get homesick for you each time I review my pictures; and I pray for you all.

After evening came, we had a light supper followed by sharing some of the sensitive, beautiful, loving and hilarious poems and songs written by you alumni while at Weimar. The evening ended with several asking for God's continued blessing of mental, physical and spiritual strength for those present and for all who have shared a month at our Weimar home. I even got the pleasure of driving Edna Brackett home to Oxnard where she showed me briefly through the hospital where she had started back to work just the night before. She is really looking well, and her heart isn't giving her a bit of trouble, thanks to God's simple program.

What a fantastic day! Those who were able to make it were Dr. Gant, Vada Snow, Tony and Jan Nunn, Brad Weichert, Edna Brackett, Bill and Cathy Cuff, Albert and Helen Carr, Ernie Broder, and one of our favorite nurses, Eriann Crawford. I hope and pray that all of you are doing as well as this group, and are anxiously waiting for our Reunion at Weimar in June or July. As we get the alumni list to you, I hope you can all get together with those living closest to you for more of this good fellowship. And may our Creator and Re-Creator continue to bless you till we meet again in my prayer, and that of the entire staff at Weimar Institute.

With Christian Love,  
Byron Reynolds, RPT



Former HCC guests gathered at Byron Reynolds' home in Los Angeles.



A potluck dinner featured everyone's favorite dishes.

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.  
 I have completed ..... (level of education)  
 Please send me information regarding Weimar's Health Conditioning Center  
 Please add my name (or those attached) to the Weimar Institute Bulletin mailing list so that I can be kept informed of future progress.  
 I am already receiving the Bulletin.  
 This is a change of address.  
 I am enclosing a sacrificial gift to help Weimar Institute fulfill its mission. Please send me a tax-deductible receipt.  
 I need information about.....

## Healthful Hints

From Dr. George Chen's article on air (see opposite page), we can all see more fully the need of having pure fresh air in our lungs and blood streams. But how can we best get it there? We are told that "the health of the entire system depends upon healthy action of the respiratory organs." 1 "Perfect health depends upon perfect circulation." 2 And also that "in order to have good blood, we must breathe well." 3. Assuming that day and night you are getting the best possible fresh air from outside, containing the higher ratio of negative ions, let us discuss the best methods of breathing. This will take in a few facts and exercises for improving our respiration.

1) It is best to breathe in and out through the nose as much as possible. The nasal mucosa moisturizes, filters, and warms the air as it is breathed in. As it is exhaled, it returns some of the heat and moisture back to the membranes to effect the next breath.

2) Warm extremities, including the hands and feet, are important in allowing the blood to circulate freely and to not congest in the lungs and brain. It also lessens the burden of the heart of forcing the needed blood through narrowed blood vessels in the extremities.

3) Proper breathing keeps the level of oxygen higher in the blood stream when exercising and therefore keeps the heart rate lower. It only pumps as much as the needs of the tissues demand.

4) Exercising should be done aerobically or so you don't feel short of breath. The body needs oxygen to convert the stored fats into usable energy components, called ATP, that can be used by the muscle cells and other tissues for fuel. With oxygen, there are 36 ATP formed to supply abundant fuel but when deprived of adequate oxygen, we form only 2 ATP and lactic acid which makes your muscles sore. This may be another reason why brisk walking may have an advantage over running or jogging. A way to test yourself for aerobic exercises is to be sure you can breathe in and out through the nose most of the time. You will in addition, find this to help clear the sinuses for hours.

5) Be sure not to wear clothing that is tight so as to restrict freedom of the lungs and hinder circulation. Your clothing should be free enough for you to reach both arms above your head as far as possible.

6) Proper posture is very important for full relaxed breathing and should be insisted upon for all, especially those who are sick and who study or work a great deal at a desk. 5 The shoulders should be pulled back and down as to try and touch the middle borders of the shoulder blades to the spine while depressing the whole shoulder girdle.

Exercise #1: While standing, bend the elbows and lift the arms out to the sides while stretching the shoulder blades toward each other. Hold that position for 15 seconds then relax the arms by bringing them forward slightly for 5 seconds. Repeat this three times and then from the stretched position, pull your elbows down to your sides while keeping the shoulders down and back. You will notice your chest is raised and this automatically increases the volume of air in your lungs. In fact, only a slight additional amount of air can even be forced into the upper portion of the lungs when this proper posture is maintained. This leaves the majority of the breathing to be done in the lower lobes which oxygenate more efficiently.

Exercise #2: Pelvic Tilt: Lie flat on your back and try to touch your lower back to the floor. At the same time, tighten you buttocks together, exhale and pull your stomach in to eliminate most all of the air in the lower lobes. This can also be practiced standing and is great to do while walking. The contraction and exhalation should take about 4 or 5 seconds and then rest while letting the air fill your lungs for about 3 or 4 seconds. You may notice the increased oxygen in your blood by a slight light headedness. If so, just slow down a little. If done as an exercise on the floor, it would be well to do at least 30 to 40 per day. The main purpose of this is to straighten your low back posture even helping low back aches, and also to teach you to exhale more forcefully with the abdominal muscles.

Exercise #3: Practice stan-

ding with your head erect and chin slightly back as if someone had a string attached to the top of your head and was pulling it up and back. This will also ease stress on the lungs and vocal chords from speaking.

Exercise #4: Arm circles and stretching the arms high above the head at one time are also good for improving one's posture for breathing.

Abdominal or diaphragmatic breathing is the real key to proper breathing when the posture is correct. By this we mean that the diaphragm which is arched shaped when relaxed up into the rib cage, pulls down on inhalation and pushes the abdomen out. At the same time the lungs have a negative pressure and fill with air. Then on exhalation, the diaphragm relaxes and you push the used air out with the abdominal muscles. When exercising it is especially important to force as much air out as possible but keep the posture upright. You can practice this by laying down and placing a book on your stomach and, as you breathe, raise and lower it. Often people have lost a great deal of their elasticity in the rib cage from chronic shallow breathing. In this case, one can gently press your lower ribs in as you exhale and then resist the ribs on inspiration. There should be ten centimeters of difference between maximum inhalation and exhalation in the upper, middle and lower areas of the ribs. If you do not have this as you practice breathing it will increase. Walking and gardening will also help this.

Abdominal breathing is natural for most outside workers but many of us by habit breathe in the upper chest only. This habit is brought on by not standing erect and slouching when we sit. We need to educate ourselves to stand erect and proud, breathing in and out abdominally. As we follow these simple natural laws, God can bless us with vibrant health, mentally, physically, and spiritually.

### REFERENCES

- 1 Healthful Living, page 171
- 2 Testimonies, Vol. 2, page 531
- 3 Healthful Living, page 171
- 4 Healthful Living, page 178, 79
- 5 Education, page 198, 99

The principle of rest is portrayed by woodcarver Helmut Nuesle: "... Come away by yourselves... and rest a while." Mark 6:31 RSV



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BOX A, WEIMAR, CALIFORNIA 95736

# WEIMAR INSTITUTE BULLETIN



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## FROM OUR CHAPLAIN

"It's awesome—it's even frightening—the expectations that people have for Weimar Institute!"

My friend's voice on the end of the long-distance line was communicating more than the usual we-wish-you-success sentiments. It carried a note of compassion, even sympathy, for what he knew we were receiving. He knew that in quiet living rooms, in busy offices, and in conversational church foyers in a thousand places, people were watching this bold experiment in the California foothills, wondering if it could succeed. And he knew that some are as eager for mini-signals of trouble as they are for glad signs of progress.

And he wanted the Weimar team not to be discouraged when others, thinking that somehow we had claimed to be superhuman, wagged their heads with an "I told you so" pity when it became evident that we are but mere mortals.

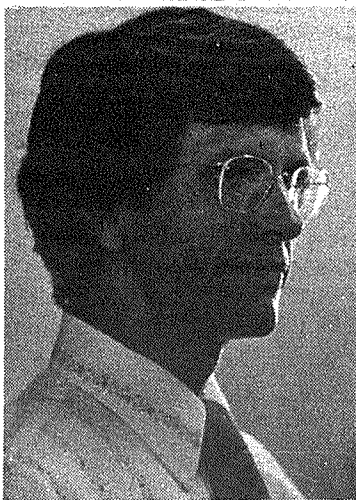
I understand my friend's sentiments more than I wish I did. Not because Weimar Institute has suffered that much at the hands of skeptics, but because I know my own heart. I know how easy it is to protect what I'm presently doing, and to be threatened by the adventurer

whose innovations just might show me another way.

I know how quick I am to relish a bad report about the progress of some new venture of faith, not because I consciously would wish them ill, but because I would like to be let off the hook. I don't want to have to reckon with their philosophies — which I would have to do should

their efforts bring some degree of success. If every good report can be matched from some well-remembered failing of the project (no matter how ancient or how accurate), then I can quickly return to emotional homeostasis, say a few kindly condescending words about well-meaning people, and go on living.

I remember another friend from college days. Ernie often amazed me with his intense interest in a wide diversity of new projects and thoughts. The fact that some of them conflicted with each other or even with his own philosophy didn't threaten him; he saw each one as a chance to learn. He worked as a night monitor in the men's dorm, yet even in the small hours of the morning he was seldom alone. He was busy "pumping ideas" from people, asking questions about their goals and convictions. The Lord had given him the



Dick Winn

gift of hearing; and those whom he heard were not the only ones blessed!

Ernie saw every idea, every project, as friendly, not because he felt he had to live by it, but because he wasn't satisfied with a conventional life and he wanted to grow. The productive life he has lived since our days together in college has demonstrated the value of his often-envied ability.

In spite of the way it may appear, I'm not writing these paragraphs as a subtle way to say to Weimar's friends, "You'd better stop trafficking in rumors about us good folk, and get on with learning all you can from us!" On the contrary, we're utterly normal strugglers who put our pants on one leg at a time.

However, I am eager that

## Weimar College Yearbook

As a record of this very important year in the development of Weimar Institute, the College student body and staff are now producing a yearbook. Photography, art work, and prose will seek to capture the spirit, His Spirit, in the work and ideals of the Institute.

The chosen name and theme of the yearbook is "Weimar Crossroad." The Crossroad is not only a local landmark in the town of Weimar, but represents a need for choosing and acting according to God's will. Because students here believe that the progress of His Church, His plans for education, and His work in each one of their lives is now at a crossroads, the name seemed most appropriate.

"This is what the Lord says: Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." Jer. 6:16 N.I.V.

This historic first edition is likely to become a collector's item, and we want to reserve a copy for each friend of Weimar who expects to purchase one. However, at this point, we are unsure as to the number we should print, and need an idea of how many want to purchase a copy. Depending upon the size of the book, "Weimar Crossroad" will cost no more than \$8. If you are interested, please fill out the form below and return to:

"Weimar Crossroad"  
Weimar Institute  
Weimar, CA 95736

This is not an order blank but only an interest response.

Yes, I would be interested in a copy of the "Weimar Crossroad." Please notify me as to the cost of the book as soon as possible.

Signed: .....

Address: .....

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ZIP

Continued on page 3