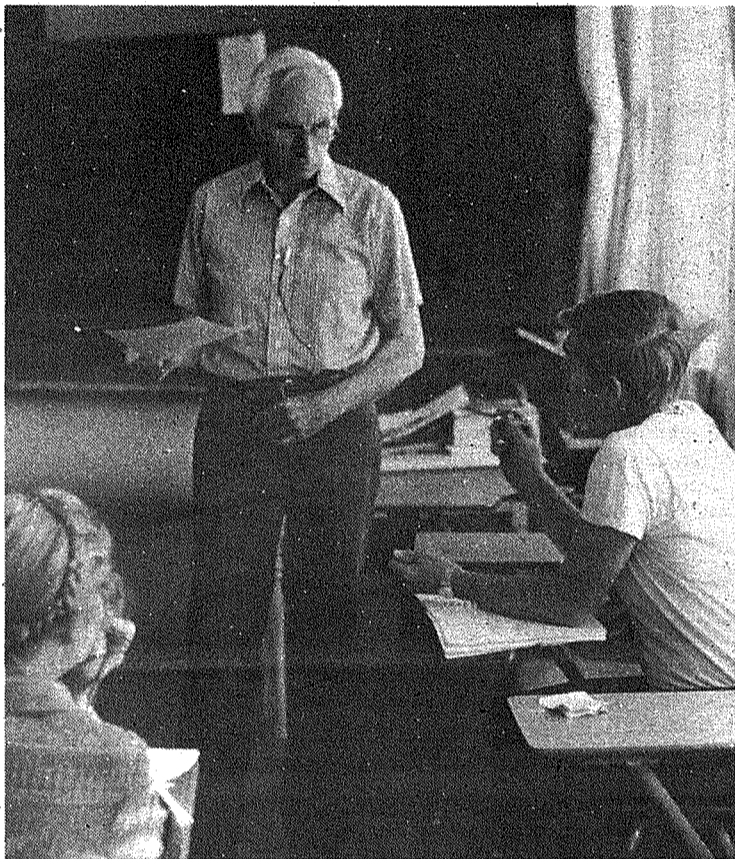


WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 8 AUGUST, 1979

Weimar Offers Work Conference



Dr. T.S. Geraty leads out in a class discussion during Work Conference Seminar.



Andy Chen and Jay Black put into action the principles of Work Education.

by T.S. Geraty

Interestingly enough, J. Alan Thomas in his *School Finance and Educational Opportunity in Michigan*, published in 1968, by the Michigan State Department of Education asserted that "Adventists pioneered the currently popular work-study approach years ago. But the notion was educationally unorthodox at the time, and much misguided resistance was encountered from public officials..."

I wonder what the status or reputation of work-study and manual labor is on the contemporary scene of education in most state and private systems?

Recognizing a felt need to explore the feasibility and desirability of providing agricultural and mechanical opportunities in Seventh-day Adventist schools and to show how the work-study program can be operated today in Seventh-day Adventist elementary, secondary, and postsecondary education, Weimar College offered a three-week workshop, June 18 - July 6, 1979, which was sponsored by Loma Linda University School of Education for four quarter hours of graduate credit and was coordinated by T.S. Geraty.

The Work Conference on Work Experience Education, intended for administrators, teachers, Board members, parents, students, and others interested

in a practical, how-to, nuts and bolts course, had a daily schedule which included three clock-hours of manual labor, and three clock-hours of classwork, besides library work and personal study. Work stations were in Agriculture and Construction.

Pivotal guidelines that set the parameters for the workshop included statements such as:

Labor necessary for character development.

"Children, for their own physical health and moral good, should be taught to work, even if there is no necessity as far as want is concerned. If they would have virtuous characters, they must have the discipline of well-regulated labor, which will bring into exercise all the muscles." CE 16

Virtues of useful labor.

"The discipline of labor places a check on self-indulgence, promotes industry, purity, and firmness." ED 214

Practical labor essential.

"And now, as in the days of Israel, every youth should be instructed in the duties of practical life." PP 601

Industrial pursuits to be taught.

"Every institution of learning should make provision for the study and practice of agriculture and the mechanic arts. Competent teachers should be employed..." FE 72, 73

Agriculture basic in education.

"...Study in agricultural lines should be A, B, and C of the

education given in our schools. This is the very first that should be entered upon." 6T 179

Labor for all students.

"There should be labor for all students, whether they are able to pay their way or not..." FE 423

A portion of each day.

"Every student should devote a portion of every day to active labor..." PP 601

Teachers to work with students.

"Our teachers should not think that their work ends with giving instruction from books. Several hours each day should be devoted to working with the students in some line of manual training. In no case should this be neglected." CT 211

Teachers and ministers to consider opportunities.

"Let the teachers in our schools take their students with them into the gardens and fields, and teach them how to work the soil in the very best manner. It would be well if ministers who labor in word or doctrine could enter the fields and spend some portion of the day in physical exercise with the students." FE 325

Here is an effective suggestion for Christian nurture. Administrators and teachers invite ministers and Bible instructors to our schools and classrooms to speak at morning worships and at JMV meetings, to conduct Weeks of Prayer, and to teach baptismal classes. Why not invite them to budget their time and join in the work-study pro-

gram of the church school and the academy? If they will work with the pupils and students in the daily work program, they will not only find new avenues of successful access to the children and youth, but they will also find better balance for healthful living in their own lifestyle.

Where are the ministers and Bible instructors who will try this—a heaven-born idea?

Although many other materials were available for reference and study, each participant in the Work Conference consulted the Guide for Work Experience Education in Seventh-day Adventist Secondary Schools, purchased from the General Conference Department of Education, 6840 Eastern Avenue, N.W., Washington, D.C. 20012.

Contributing to the success of the Work Conference, consultants and resource personnel brought information, exposition, and inspiration:

Raymond S. Moore on "The Work Education Program"

Ira Gish on "Historical Context for Weimar College"

Paul Flemming on "Thirty Years of Work Experience Education"

Frederick Riley on "Agriculture - the A, B, and C of Education"

James Lee on "Work-Study in Korea, the Philippines, and in the End Time"

Charles Smith on "Work-Study in British Columbia"

Concurrently, another

Workshop on Work-Study Programs was conducted Tuesday and Thursday evenings at the Maranatha Meadows Seventh-day Adventist School, some 25 miles from Weimar Institute. They have been operating a work-study program for four years. Eleven adults - parents, teacher, principal, board members, and four children were enthusiastic in attendance and participation. Discussion themes included 1) philosophical and psychological rationale, 2) curriculum, 3) scheduling, and 4) evaluation.

One of the three-week assignments for each Weimar participant was the preparation and editing of a publishable paper. From one such article we quote:

"Another benefit (of agricultural work programs) is stated in *Fundamentals of Christian Education*, page 72: 'The tiller of the soil finds in his labor all the movements that were ever practiced in the gymnasium.'

"And in Volume 6 of *Testimonies for the Church*, page 178, we read a warning: 'It reveals cowardice to move so slowly and uncertainly in the labor line—that line which will give the very best kind of education.'

Are we following the counsels; Are we ignoring the counsels? Are we honoring the prophet; Are we stoning the prophet? What should be our course now, in 1979?"



FROM OUR PRESIDENT

The Fifth in a Series on Christian Unity

Thus far in our series on Christian Unity we have considered the importance of unity and several of Satan's methods for preventing or destroying it. In this column we want to consider God's plan for Christian Unity.

In order to understand what Christ had in mind when He prayed for oneness in John 17, it is important to remember the context in which He prayed. His prayer was the last with His disciples and occurred in the upper room just prior to the Gethsemane experience. Just an hour or so earlier that same evening the disciples had become engrossed in an argument as to which of them was the greatest. Which one would be most important in the new kingdom Jesus was to establish? Which one had some special capability that made him particularly valuable to Jesus and the others? And so Jesus prayed for their unity.

Jesus had selected all but one of the twelve disciples, and He knew better than anyone else what a variety of talents, backgrounds, and characters they represented. Yet in John 17:20,21 He prays for oneness among them. "What kind of unity is spoken of in these words?—Unity in diversity. Our minds do not all run in the same channel, and we have not all been given the same work. God has given to every man his work according to his several abilities. There are different kinds of work to be done and workers of varied capabilities are needed." (5 BC 1148)

The apostle Paul probably gives us the clearest statement of God's plan for Christian Unity in 1 Corinthians 12 when he compares God's church with the human body. "As the human body, which has many parts, is a unity, and those parts, despite their multiplicity, constitute one single body, so it is with Christ... Now the body is not one member but many... God has arranged all the parts in the one body, according to His design. For if everything were concentrated in one part, how could there be a body at all? The fact is there are many parts, but only one body. So that the eye cannot say to the hand, "I don't need you!" nor, again, can the head say to the feet, "I don't need you!"... but God has harmonized the whole body by giving importance of function to the parts which lack apparent importance, that the body should work together as a whole with all the members in sympathetic relationship with one another." (Vs. 12, 14, 18-21, 24, 25 Phillips)

Clearly then, God's plan is that we as Christians should recognize that many different talents, numerous methods, and a variety of personalities, are needed to bring fullness to God's work. Our job is to be sure that we are fulfilling the role that God intends for us without being concerned if another seems to be receiving more recognition. But Paul knew that this is not a natural response for us humans, and followed immediately with 1 Corinthians 13 where he describes the characteristic which makes all of Chapter 12 possible — love. Love is the opposite of selfishness and replaces the fruits of selfishness such as the desire to be greatest with the fruits of love which include Christian unity. "Whatever the profession, no man has pure love for God unless he has unselfish love for his brother. But we can never come into possession of this spirit by trying to love others. What is needed is the love of Christ in the heart. When self is merged in Christ, love springs forth spontaneously." (COL. 384)

As we look about us and see the apparent lack of unity, as we look at ourselves and recognize the apparent impossibility of demonstrating the kind of love that will allow Christian unity, it would be very easy to become discouraged and assume that it cannot happen. That is when we need to remember that "with God all things are possible" (Matt. 19:26), that "all His biddings are enablings" (COL 333), that "In every command or injunction that God gives there is a promise, the most positive, underlying the command. God has made provision that we may become like Him, and He will accomplish this for all who do not interpose a perverse will and thus frustrate His Grace" (MB 76), and that "when Christ's prayer is fully believed, when its instruction is brought into the daily life of God's people, unity of action will be seen in our ranks... When we strive for this unity as God desires us to strive for it, it will come to us." (8T 243)

Sincerely,
Your brother in
Christ

Robert L. Fillman

VISITORS

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

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

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

Weimar College - Its First Year

by Colin D. Standish

It hardly seems possible that the first year of Weimar College has concluded. When in April, 1978, the Board of Directors authorized the commencement of the college program in September, it seemed that nothing less than a miracle of God could bring together all the units necessary for a college program — announcements, students, faculty, staff, programs, equipment, and buildings ready to use as dormitories and class rooms. Yet the One who inspired Weimar also provided for each of these needs so that the freshman and sophomore years of the four year programs could be offered.

In spite of the fact that college materials were not sent out until July 14, forty five young people, twenty-four young men and twenty-one young ladies, enrolled as pioneers in the college program. The Lord also blessed with a dedicated and highly qualified faculty of eighteen, ten of whom had earned doctorates.

The college year commenced with four majors — Metropolitan Ministry, Health Education, Elementary Education, and a Health and a Religion Major with Secondary Education certification. This year an Agriculture Science Major has been added, and next year it is expected that a new major in Food Service Director and Nutrition will be added.

all, the Weimar program was unique to their past experiences, and thus, involved much discussion and researching of God's counsel. Together we grew and learned, seeking to follow God's model in Christian education.

The three phases of the college program — Work Education, classroom studies, and Outreach Ministries, in general, provided the unifying balance upon which true Christian education is founded. In an age where punctuality and responsibility are not always given the attention that they rightly deserve, some students, and even faculty, found themselves having to unlearn old, unproductive habits for those which would make them more efficient in the cause of Christ. Students also began to discover the value of time management as they recognized that the demanding program of Weimar required the maximal use of every moment. Those who were slow to learn, were in danger of falling behind in their studies and becoming discouraged. Considerable attention was given to the students' exercise program, personal devotions, and rest periods, understanding that a balanced program is a surety against mental breakdown.

One lesson well learned in this first year was that, in general, students straight from academy performed and responded better to the demands and challenges of the program than did older

struction, bread baking, health conditioning assisting, grounds, and janitorial work. In some of these areas there is a commitment to making them of more specific educational value next year.

In general, the Outreach Ministries proved a highlight of the student experience. Commencing with door to door work, two by two, many fine contacts were made which laid the groundwork for cooking schools, stop smoking seminars, physiology exercise programs, mental health seminars, home helps, and Bible studies. Already Placer County officials have responded to our community service by requesting Weimar staff to serve on certain planning committees. Each student had Sabbath responsibilities at a chosen church. Our first year's experience indicated that those in very small churches had a most rewarding experience, contributing considerably to the church's program. On the other hand, those attending the larger churches had less satisfying experiences. This situation will be studied by the faculty over the summer.

The academic program, as would be expected, proved demanding, yet many students performed well. There is, however, still need for some students to respond enthusiastically to the tougher courses — those which require considerable application. The object of Weimar is excellence, and this challenge is constantly placed before the student body. Any thought that challenging academics are inconsistent with Christian education is quickly expelled in the light of the Spirit of Prophecy counsel.

Toward the end of the year the students completed an extensive questionnaire of their college experience. It revealed that the majority of students were highly responsive to their first year at Weimar. The faculty has already met to seek ways of improving the experience for next year.

Many incidents can be recalled of Weimar College's first year — the worship and chapel periods, highlighted in the third quarter by home worship periods three times a week; the special community visitation at Thanksgiving with gifts of bread and the book, Ministry of Healing; the Weeks of Prayer by Elders Tilstra and Heubach, and by the students themselves; the prayer circles for special Divine aid; the sacred musical renditions led by Professor Francis Cossentine; the personal contacts in the Outreach Ministries; the invigorating walks on the Weimar trails; the satisfaction of accomplishment of challenges in the strength of God. No year will be quite like the first. Even the mistakes made contributed to valuable lessons learned. More than ever we are convinced of God's leading and His destiny for the young people who strike out to achieve His mission in their lives.

This September Weimar College plans to offer the junior year as well as the freshman and sophomore years. The addition of a number of experienced educators has assured that the quality of education seen in the first year will continue. But we are aware that true success will be achieved only by prayer, by continued study of God's counsel, and by integrity to that counsel.

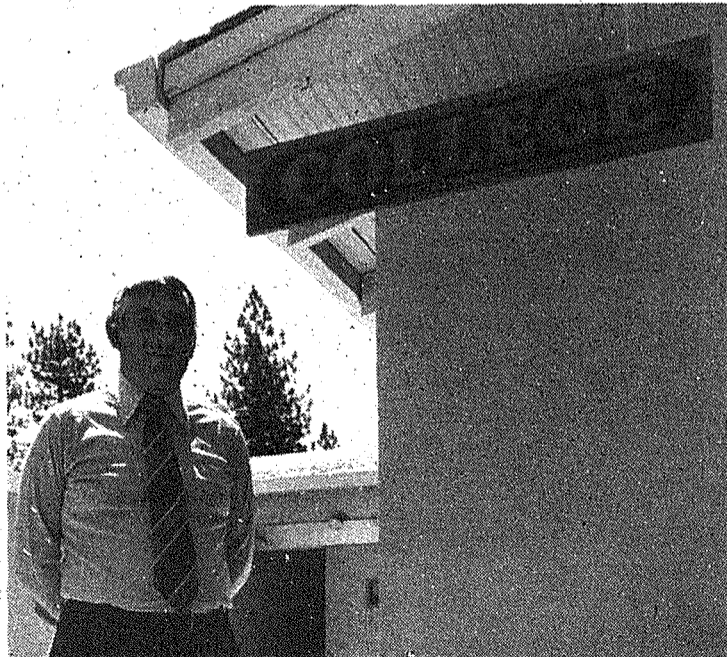
It is hard to describe the excitement and anticipation of those involved in this initial year's program.

Dormitories, though perhaps not ideal, were ready for the students. Provision was also made for financial assistance for needy students with the donation of \$10,000 for a revolving loan fund and several other donations totaling \$7,000 for direct student grants.

It is hard to describe the excitement and anticipation of those involved in this initial year's program. There were many challenges to meet and decisions to be made. To almost

students. Understandably, some came imagining that the Weimar program would be less demanding than that of regular colleges. Such soon found this not to be the case, for true Christian education makes greater demands upon all man's talents — and not for selfish purposes, but for the finishing of God's work and for His glory.

Students were given the opportunity to explore a number of work experiences during the year including agriculture, con-



Colin Standish, Dean of Weimar College, stands by hand-carved sign identifying the building.



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)

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Kent Dickinson Business Administrator
Dick Winn Secretary

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

WEIMAR COLLEGE

Colin Standish, PhD Dean of the College
John Irvine Acting Director of Community Services

RETREAT MINISTRY

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WEIMAR INSTITUTE BULLETIN

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

OFFICE HOURS

Monday through Thursday: 8:00 A.M. - 5:00 P.M.
Friday: 8:00 A.M. - 4:00 P.M.
Sabbath and Sunday: Closed
Telephones: Business line: (916) 637-4111

CORRECTIONS

The Graham Maxwell set of tapes noted in the Century 21, Better Living Tape Catalog (July issue of this Bulletin) were listed mistakenly. These tapes were procured for loan use only for our own Weimar staff members. All of Dr. Maxwell's tapes can be secured from STUDY-TAPES, 1341 Pine Knoll, Redlands CA 92373.

The naming of the HEC Building was credited to Eld. William Barclay in the July issue of this Bulletin. In fact, William Dawson conceived the title "New Start Lodge" — each letter representing one of the eight natural laws of health: Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in Divine power. Our apologies to Bill! (See illustration p.7.)

Growth Glimpses

Late Spring and early Summer are times when the "Great Advent Movement" strikes all institutions of this size — as some staff members leave for avenues of service in other places, and new staff come to take their places. A sampling of the new faces around the Weimar Campus:



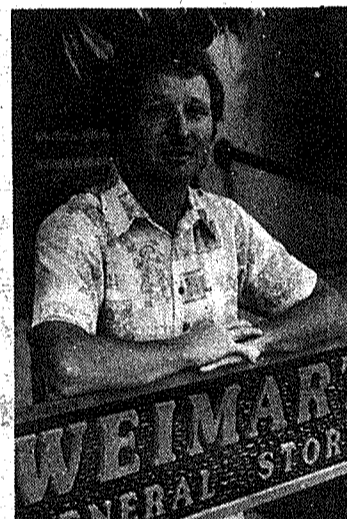
Wendy Hutula's primary contribution has been in the kitchen since moving here from Oregon. Personal study in the areas of health led her to the conviction that preparing Weimar's kind of food was a more suitable contribution to the welfare of mankind than her previous work in an ice cream stand!



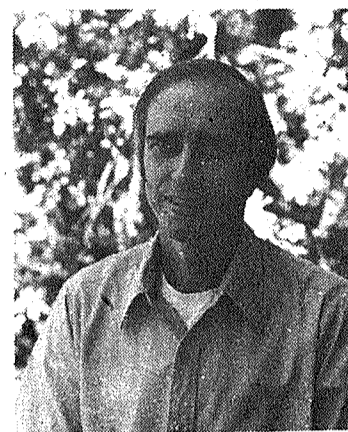
The health staff has been greatly enriched by the arrival of Steve Van Cleve, a registered nurse with special training in cardiac rehabilitation. Since arriving from Oregon, Steve has also been sharing with other staff members his skills in hydrotherapy.



Jay Black has been amazing and amusing the Weimar family ever since he took up residence near the Gate House by the front entrance. He amazes everyone because the grounds (his department) have taken on such an obviously improved physical appearance. He amuses the onlookers because he jogs just about everywhere he wants to go. When some remind him that he is supposed to be retired, he returns a smile that indicates he doesn't know the meaning of the word.



Since his arrival about two months ago, Bob Deavers has worked quickly to develop the campus store — affectionately called the "Weimart." Bringing with him a background in private business, Bob has found this to be a natural expression of his gifts. Together with his wife and two children, Bob moved here from a small ranch near Red Bluff, California.



Charles Smith and his family come from about as far north in British Columbia as population extends. Their son and daughter have been students in Weimar College this past year; now the rest of the family has come to join them. Charles will be developing the academy program for staff youth and will also be starting a cabinet shop as a student industry for the College and academy.

In response to Weimar's recent mail-out appeal for financial assistance, enough gifts have come in to allow us to immediately resume work on the dormitory remodeling. President Bob Fillman has been using his construction skills by doing the rough plumbing in the building. Arvel Sage and Paul Lee have been working on the electrical installation. Expectations are high for completion by the beginning of school in late September.

The mailing list for the Weimar Institute Bulletin now exceeds 13,000 homes, almost half of which are outside the state of California. Several hundred copies are sent to countries outside North America. We are continually gratified by the wide-ranging interest in the concepts of the Institute.

With the arrival of staff currently scheduled to join the Weimar family, the count will come to 80 workers, 14 non-working spouses, 38 children living on campus and one elderly parent — for a total population of 132 persons.

FROM OUR TREASURER

by Kent Dickinson

Belief + Submission = Faith

The apostle Paul defines faith as "...the substance (ground, confidence or title deed) of things hoped for, the evidence of things not seen." Heb. 11:1

Ellen White in Steps to Christ, p. 63 gives this encouraging insight about faith: "Where there is not only a belief in God's Word, but a submission of the will to Him; where the heart is yielded to Him, the affections fixed upon Him, there is faith, — faith that works by love and purifies the soul."

Why should these statements appear in a treasurer's article? Are not his responsibilities wholly financial, fiscal and material? The answer is found in the fact that even treasurers (and sometimes especially treasurers, it seems) need to exercise strong faith, moving forward as God's hand leads, and being ever ready to listen and

watch for His promptings and providential openings.

A recent speaker for a prayer meeting at Weimar Institute was Elder G.E. Maxson, President of British Columbia Conference (Canada) who was formerly the president of Chile Unión Mission. He recalled that one year, while serving in Chile, he witnessed and experienced inflation of over 1000 per cent. Hence the workers' wages needed to be increased several times a year in amounts of 50 to 100 per cent each time. He was asked whether the funds were available to do so. His answer had to be always, "No" — but our God is not limited in resources and always supplied the need at the appropriate time.

Our work at Weimar began in faith by those who believed God's counsel and were willing to commit themselves to His

plan. This work moves forward only as personal time, abilities and assets are committed to the tasks at hand.

Our readers have responded to the recent mid-year appeal for funds in an encouraging way with over \$15,000 at the time of this writing. God is good. His mercy endures forever and He is ever mindful of our individual and institutional needs.

In Counsels on Education, p. 200, we are told, "Sacrifice is the very beginning of our work in advancing the truth and in establishing institutions. It is an essential part of education... Money is to be regarded as a gift entrusted to us of God to do His work, to build up His Kingdom..."

And, "When the Lord invited Israel to contribute for the building of the tabernacle in the wilderness, there was a hearty

response." *ibid*, 208

The scripture records these words spoken to Moses: "The people bring much more than enough for the service of the work, which the Lord commanded to make." Ex. 36:5

A generous, wholehearted response is pleasing to God for it is evidence of our love and faith. Luke 18:8 asks, "...when the Son of man cometh, shall He find faith on the earth?"

Surely the faith of a treasurer is tried as he sees the pressing need for operational funds for essential services for such an institute as this, and capital funds needed for facilities. But, there is no limit to the ability of the One Who has called us out of darkness into His marvelous light.

What a blessing it is to be a co-laborer with Him! He loves us "with an everlasting love" (Jer.

31:3), and therefore invites us to be sharers with Him in service, sacrifice and sanctification — His free flowing gift to us.

The continuing provision of support of our readers and others is most appreciated and essential to our forming a strong base for the treatment of patients and training of students. Some are sending regular gifts of varying amounts. Others have offered loan funds for a period of time at no interest or at reasonable rates. We have also been informed of wills which remember Weimar Institute as a charitable beneficiary. These are all very practical evidence that many others stand with us in this new medical/educational enterprise where God's Word is held in highest regard.

May His name be glorified in all our endeavors is our collective prayer at Weimar Institute.

Exercise

by Henri Wiebe, M.D.

It seems that with all that has been said and written about exercise, everyone would be out there doing it. But everyone isn't doing it...

From the beginning, man was made to be physically active. "The Lord God took the man and put him in the Garden of Eden to work it and take care of it." Genesis 2:15. One could get the impression that after the fall the need for exercise, and the exercise itself, grew more intense. "By the sweat of your brow you will eat your food..." Genesis 3:19.

Perhaps it is a consequence of the fall that we will do almost anything to avoid a good sweat. For generations well meaning parents, often at great sacrifice, have urged their offspring into "white collar", no-sweat vocations. We eagerly invest in any and all sweat saving devices, including the electric tooth brush.

Though the books and articles promoting the virtue of physical exercise are growing to be legion, the best all around counsel still comes from a wise and inspired lady who wrote one hundred years ago:

"More people die for want of exercise than through over fatigue; very many more rust out than wear out. Those who accustom themselves to proper ex-

ercise in the open air, will generally have a good and vigorous circulation." Counsels on Health, p. 173.

"Inactivity is the greatest curse that could come upon most individuals..." Ministry of Healing, p. 240.

"...Whatever their business and inclinations, they should make up their minds to exercise in the open air as much as they can. They should feel it a religious duty to overcome the conditions of health which have kept them confined indoors, deprived of exercise in the open air." Counsels on Health, p. 173.

"...The health cannot be preserved unless some portion of each day is given to muscular exertion in the open air..." Counsels on Health, p. 173.

"Walking, in all cases where it is possible, is the best remedy for diseased bodies, because in this exercise all the organs of the body are brought into use...there is no exercise that can take the place of walking." Counsels on Health, p. 200.

"Exercise in the open air should be prescribed as a life giving necessity. And for such exercise there is nothing better than the cultivation of the soil. Let patients have flower beds to care for, or work to do in the orchard or vegetable garden..." Ministry of Healing, p. 265.

"Invalids should have outdoor



exercise...let those who are able take a light, well-polished hoe, and for a suitable number of hours, or minutes, institute a war of extermination upon unwelcome weeds among vegetables and small fruits. Let others, more feeble, use the garden trowel, rake, or hoe, a few moments each day among the plants and flowers and let them feel that every weed they pull up they do some good..." 3 HR, No. 1, P. 1 (1868)

"Those whose habits are sedentary should, when the weather will permit, exercise in the open air every day, summer or winter." Ministry of Healing, P. 240.

"...but clothing should be suitable for the exercise and the feet should be well protected. A walk, even in winter, would be more beneficial to the health

than all the medicine the doctors may prescribe." Counsels on Health, p. 52.

From this wise counsel one might be tempted to formulate a few aphorisms (truths).

1. It is safer to exercise than not. Even the most physically diseased and disabled can profit by exercising whatever is left. It may take ingenuity and imagination.

2. Walking is the best exercise. For those who are able. Bicycling, swimming, cross-cut sawing, wood chopping, digging, are a few of the viable alternatives. Snow shoes and cross country skis extend the range of this aphorism to both poles.

3. Gardening is a close second. An apartment dweller may wish to sharecrop with a landed neighbor.

4. Air that is too dirty for exer-

cise, is too dirty. Relocate!!

5. A neighborhood unsafe for walking, is unsafe. Relocate!! While contemplating the move, offer to take a neighbor's ferocious looking dog for his daily exercise.

6. There is no bad weather. There is only bad clothing. A profusion of mail order houses specializing in garments for the active outdoorsman are vying to prove this aphorism true. Eddie Bauer of Seattle accommodates from -80 degrees F. through torrid summers. Early Winters of Seattle has specialized in the varied application of GORE-TEX, a waterproof, breathing synthetic cloth. Etc.

So make up your mind that if you are alive enough to read this article, you are alive enough to exercise your God-given body temple.

Healthful Hints

Walking And Gardening — The Best

by Byron Reynolds

In the past two Healthful Hints articles we have shared some thoughts on proper breathing and footwear. This month I would like to integrate these with proper exercise; and for most people, walking and gardening are the best.

It is nothing new to us that our bodies need regular exercise using as many muscle groups as possible. This prevents the imbalance of muscles as when only one type of physical activity is done. Even jogging, if done independently of gardening, brisk walking, swimming or other alternatives; can leave this imbalance. The Lord has given us many needs that require lots of varied activities such as chopping wood, gardening, fetching water, grinding our grains, building a home and many more. However, in our age of specialization, we usually end up buying these needed things or services that would be a blessing to our health if we worked to provide them ourselves. The two involving the most variety of physical, mental and spiritual exercise are brisk walking and gardening. Let's first take a look at ways we may be enriched by having a home garden.

Physically, gardening involves the hands, arms, trunk and legs while building up the soil with fertilizer to make it soft for good rooting. Planting, hoeing, raking, trimming, watering and harvesting all invest energies where the returns are in the health of the plants and us.

(An additional blessing is that of eating the food as soon as possible while the nutrients are still the highest.)

Mentally, we must learn what it takes for crops to yield the best quality and quantity. Lessons of patience in growth, dependability in watering, and thoroughness in weeding, tie into both mental and spiritual growth. The fresh, vitalized oxygen given off by the plants renews mental strength while imparting smells that encourage a healthy appetite. There is also a sense of mental satisfaction that comes from seeing the fruits of your labors and knowing you are of value to your family and the world as well.

Spiritually, we may glean ideas that will be most helpful in victorious living which would otherwise never be contemplated. These are but a few of the many reasons God gave man the blessing and instruction to till the soil. We may see His unchangeable laws at work and how we may work within them to improve our threefold life.

Although gardening has many wonderful blessings to our health, it doesn't always give us the physical exercise needed to maintain the peak of heart and lung efficiency. Exercise physiologists and physicians recommend that we need a vigorous 30 - 40 minutes of exercise at least 4 or 5 times per week to maintain good health. This time will be more than repaid in fewer sick days, sounder sleep and mental relaxation as your mind is removed from stressful circumstances. Your body also benefits from equalized circulation; digestion is improved, many impurities are expelled and the lungs which are usually not stretched to

capacity are filled with fresh purifying air.

There are many authors that recommend walking as the best, or one of the best, exercises for maintaining and regaining health. One such statement by E.G. White found in Testimonies to the Church, Vol. 3, page 78, says, "There is no exercise that can take the place of walking. By it the circulation of the blood is greatly improved. Walking, in all cases where possible, is the best remedy for diseased bodies because in this exercise all the organs of the body are brought into use." I have found that I feel even better after a very brisk 40 minute walk than after the same time of jogging. I have also noted a decrease in my resting heart rate from even just a few days of brisk walking where previously I was jogging the same length of time. It would be greatly appreciated if those of you who are joggers would note your resting heart rate for a 3 or 4-day period prior to experimenting with walking as fast as possible and then check it again while in a walking program. In bed just before rising in the morning is usually the most consistent time for checking the resting heart rate per minute. Please send this data to me after walking for 2 weeks, and I will let you know the results as soon as possible. Please mark the dates each day and when the walking was initiated. Thanks for your help.

The body rhythms are smoother and more efficient in walking, causing less trauma to joints of the ankles, knees, hips and low back.

The body uses more calories in brisk walking at 5.3 mph than jogging at the same speed. That

is 650 calories per hour for walking versus 570 for jogging. The reason is that in jogging you have established a forward momentum that you just maintain, but in walking there is a greater force required by each leg to pull the body forward over the leg. This develops excellent tone in the thigh and buttocks. If you have never tried fast walking, that will be one of the first noticed benefits. You may also experience some sore muscles in the lower back because these are called into greater use even if you've been running regularly. This soreness is different from low back pain which many get from walking too slowly as when shopping or taking a leisurely walk. However, it's only temporary, like in the legs, resulting from a new stress on underdeveloped muscles. Increased oxygen by deep breathing while exercising will reduce the potential soreness from lactic acid buildup by better breakdown of the energy stores. When your fat cells break down to glucose that your body can use, it forms 36 ATP or energy components when there is an abundance of oxygen. If a deficit of oxygen occurs during exercise, the body forms only 2 ATP and lactic acid, so be sure to breathe properly and not exceed the mild state of shortness of breath. It's good to stress your hearts, lungs and muscles, and the more you do it, the greater your endurance will be. For some, jogging and running meet these needs and they should continue. For the majority, however, that want a greater stress than walking, adding hills to the walks will get the heart rate up to a very beneficial level. It is not usually possible to walk much faster than 5 to 6 mph especially when there are some hills to hike over, which is a good goal for many after a few weeks or months, depending upon their age and state of health. The competitive speed walkers set their records at almost 8 mph, but this takes a

great deal of training. You will also find it easier to walk erect with the shoulders pulled back for proper breathing, swinging the arms freely. Jogging tends to put one in a position with the arms flexed up and the head and shoulders slightly forward.

Upon initiating a program of walking, start out with good footwear as described in the June issue of the Bulletin. Be sure not to overdo the walking at first; it's better to under-walk for the first week until you know how much you can tolerate. Then, over a month or so, increase up to 30 to 40 minutes of continuous walking 4 or 5 times per week. If you find it hard to move your legs fast enough you may find this next fact a help. The faster you swing your arms the faster your legs will also go. Sprinters actually work a great deal on the speed of the arms to shorten their elapsed time. As you are walking, you may notice yourself slowing, but if you will concentrate on your arms awhile, that speed will become regular and even increase.

If you have a health problem, ask your doctor first, but if there is one exercise that will help just about every condition, it is walking. Also, a mild walk, with your head erect while breathing deeply, after your meals will help to aid your digestive organs.

One final statement by E.G. White, from the magazine called the Review and Herald, is interesting: "Morning exercise, in walking in the free invigorating air of heaven, or cultivating flowers, small fruits, and vegetables is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys and lungs, and a hundred other diseases."

Enjoy your new health from gardening and brisk walking! You'll never believe it until you try it, and I'm sure you'll never regret it.

H.E.C. ALUMNI CORNER

Dearest Friends:

The Lord continues to "daily load us with benefits" (Ps. 68:19).

He's been blessing us with newsy letters from different ones and surprise drop-in visits from unexpected members of our large alumni family. That's always a high point in our day! Thank you so much for keeping us in touch with your ups and downs.

The week-end of our homecoming was one welcome family reunion. It was so heartwarming not only to see some old acquaintances renewed, but also the strong bond of oneness that was shared by the rest of you. I loved seeing all of you! Those of you who weren't able to come were certainly missed! Special prayers of love and interest are sent your way.

Another benefit that was truly sent from heaven was the opportunity made possible for me to attend the Yuchi Pines summer seminar in Alabama the end of July. It covered hydrotherapy, nutrition, and physiology. I flew to Boston to meet Eriann and we drove down together to enjoy the studies in which Dr. Agatha Thrash has been blessed. Jesus always showers us with blessings when we least expect it. He truly supplies our every need!

Let's remember to keep each other in our daily prayers - even those who weren't a part of your individual group. We've heard from Ernie and Bunnie Broder and we'd like to make them a special subject of prayer. Jesus is our great supplier and He will send the strength that is needed.

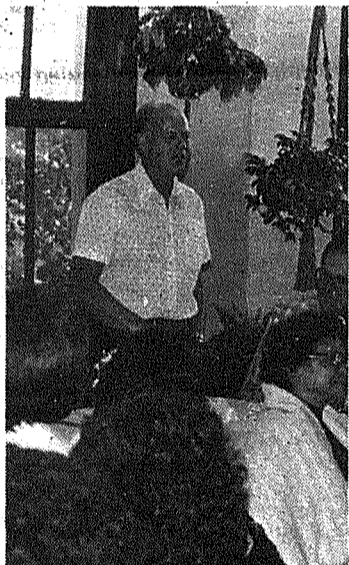
Thank you for supporting us with your thoughts and prayers. I love you all.

In His love,
Jan Lind



A banquet fit for royalty - prepared by Linda Hagele.

H.E.C. Graduation Night



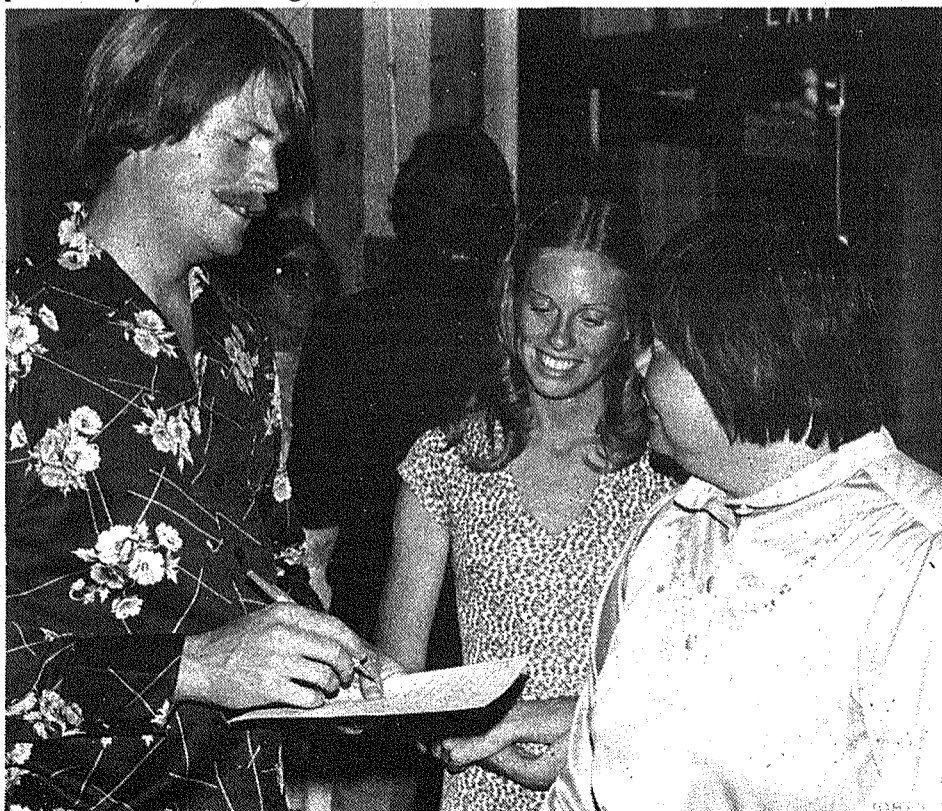
A gift of appreciation from the entire group was presented by Art Meidlinger.



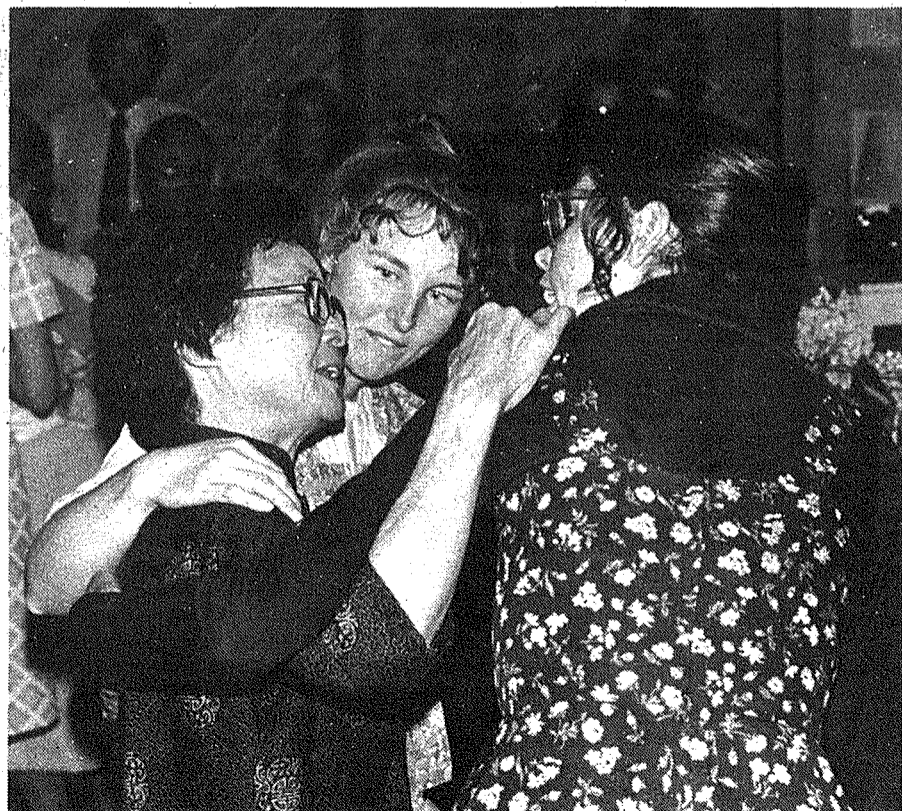
Guest, Ben Kraft, adds humorous remarks during farewell dinner.



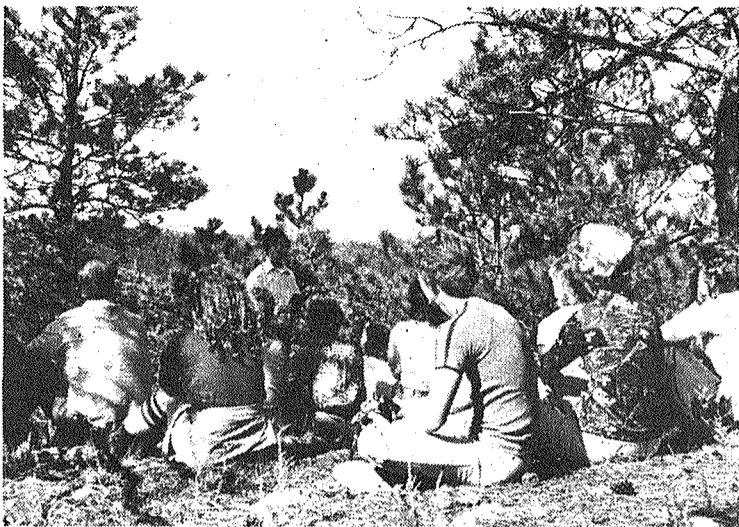
Looks of love between Zerita Classen and nurse Eriann Crawford tell it all.



Daphne Chan orders group pictures and other favorites from physical therapist, Byron Reynolds.



Guest, Ruth Leung, expresses her gratitude to Sally and Jan.



Dick Winn conducts an early morning worship.



Lodge is located in a secluded valley



Dr. Paul Shakespear answers questions during the Black Hills Seminar.

Five States Respond To Black Hills Seminar

by Dick Winn

More than 60 participants drove or flew to the first Black Hills Seminar — Coming from North and South Dakota, Minnesota, Nebraska, and Colorado — to hear Weimar staff members outline concepts of health and education. Planned by former Weimar staff members Willard and Lenora Werth, the Seminar's purpose included trying to assess the interest in the Midwest for health and educational programs similar to Weimar's.

"The response and interest

are greater than we had hoped for," concluded Willard at the close of the Seminar. "Most of these folks drove more than 500 miles to get here, and they were obviously receptive to the ideas being presented."

Weimar's Medical Director George Chen, and Chaplain Dick Winn detailed the philosophy and methods used at Weimar's Health Education Center. Dr. Paul Shakespear, from the CJR Health Center near Denver, enriched the program with research data supporting the dietary plans followed at both centers. About a dozen physicians and dentists were joined

by nurses, physical therapists, and health educators at the weekend event.

The location chosen for this first in a scheduled series of seminars may have long-range significance. Nestled in a secluded valley on the eastern slopes of the Black Hills, about twelve miles from Mount Rushmore, a former hunting lodge on 340 acres has been purchased by the Werths and their associate, Dr. Leon Brodie, for potential use as a health education center. The lodge, with minor modifications, could house six to eight persons for the 25-day health education program. The surrounding

grounds are ideally suited for agriculture, walking trails, and other buildings as needed.

Also envisioned for the Black Hills property is a small vocationally-oriented junior college, in which students could combine courses in health, Biblical studies, and (for example) small aircraft mechanics. By its association with the health facility, the students could learn the skills of total healing practiced at the center. These students could then find employment in small communities, also using their skills as Christ-centered health educators.

The meetings were in-

terspersed with walks along the green valley floor or up the red rock canyon rims. One vista even offered a distant view of the four granite faces of Mount Rushmore. The lodge's spacious country kitchen generated tasty meals in keeping with the nutritional goals shared in the meetings.

One of the goals of Weimar Institute is to foster the development of new projects such as the one in South Dakota. Our Board has already voted that, should the Midwest leaders decide that God is leading them to begin development there, Weimar will assist in all feasible ways. ♣

What Did Jesus Do?

by Eric W. Hon

International events give no encouragement for future stability or peace. The nations are at variance with one another with a multiplicity of unsolvable problems.

On the home scene, people are faced with runaway inflation, rising prices, unemployment and recession. And topping it all — an energy crisis — NO GAS! This latest of mounting problems strike at the very roots of man's accepted way of life in many areas. It has caused unexpected happenings in relationship to fellow humans, and circumstances that would never be anticipated in the normal course of living.

The gas shortage has brought riots and violence. Strikes have held up the transport of essential commodities. As a result, farmers have had to plough back into the ground the products of their labor, causing considerable loss. And, for the average citizen who has had to sit in line for long hours for a tank of gas, frustration, bad

temper, and impatience have ensued. All of this and more because a common everyday necessity like gas is no longer readily available.

It looms large in the thinking across the country. A serious shortage of energy will create major problems — restriction of business, the slowing up of industry, loss of jobs, lack of heating in the long winter months ahead. Air conditioning that is no longer air conditioning in the heat of summer — to mention just a few.

In other words, people are being hit where they don't like it. It is hitting them and their families. It is affecting their accustomed life-style, and there is nothing ahead to give any assurance that conditions will get any better. They are becoming tense, anxious, worried and concerned about their living and their future. Jesus knew all this was going to happen — so what did He do? Way ahead of time He gave this prescription for living and how to face the problems

that would arise. "Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the body more than raiment?" Matt. 6:25. In other words, Jesus was saying; Don't let the concern for the everyday things of life overcome you — do not become worried or anxious.

To give strength to this counsel, Jesus pointed out that if the Father cares for even the very minor things of His creation — the birds, the lilies of the field — how much more will He care for those created in His image. Are they not of much greater value? (Matt. 6:26, 28-30) God has all matters in hand concerning those whom He has created. He is in complete control. There is nothing to fear.

Then to drive home the point — to emphasize the futility of worry — Jesus asks if it is possible by anxious thought or by the worry process to increase our height, or length of life? (Matt. 6:27) The answer is obvious. And

now more of His prescription. Jesus Tells us What to Do.

1. Don't become anxious or worried about the material things of life. Unbelievers will be consumed by worry; but not those who put their trust in God. For He knows all about our needs and He will care for us. (Matt. 6:31) "Worry is blind, and cannot discern the future; but Jesus sees the end from the beginning. In every difficulty He has His way prepared to bring relief." MH 481:1.

2. Put God first. His righteousness in the life is the complete answer to all of life's problems. (Matt. 6:33)

3. Don't be anxious about what may happen tomorrow. Be the master of today. We know God has complete control of any circumstance.

For the believer, the predictions of gloom and doom will not cause anxiety. Rather, the increasing unfavorable events will move him closer to God, recognizing that what is happening are early portents of the im-

minence of Christ's return — that the very happenings constitute a challenge to be one with God. That they are conditioning processes to equip us for the real trials ahead. For we are on the very edge of final events. Jesus is saying it is time to put God first through prayer, earnest study and living His Word.

By our very lives, by our concern for others and not for ourselves, we will reveal God's love to those who see only uncertainty and collapse of all that they have sought for in this life. As we project supreme confidence in God, the Great Master, so others will be influenced to put their trust in Him. This is what Jesus would have us do.

Remember, "Our heavenly Father has a thousand ways to provide for us of which we know nothing. Those who accept the one principle of making the service of God supreme, will find perplexities vanish, and a plain path before their feet." MH 481:2. ♣

God's Manual

Living God's Way - NOW

by Eric Hon

The prophecies of two thousand years ago are the headline news of today. World-wide happenings are accurately fulfilling the predictions of Scripture.

Mounting crises, national and international — continuing escalating wars, devastating earthquakes, famines, pestilence, destructive hurricanes, floods and fires are common, daily occurrences. Uncontrollable crime, corruption and violence stalk the land. The general breakdown of family life and society, increasing selfishness, lawlessness on every hand makes living a perilous exercise. Noah's day is here. Distress of nations with perplexity is here — there seems to be no way out. Man has no solution to the complexity and the multiplicity of the problems that afflict this sorry world.

This is to be expected for God said it would be so. And knowing what we know, we can be certain that it will get worse. Because we know, we need to give urgent heed to what the Scripture says, "And when these things begin to come to pass, then look up, and lift up your heads; for your redemption draweth nigh." Luke 21:28. Only the coming of Christ will bring the permanent solution to the woes of this world. There is no other way.

Live God's Way — Now

To look up also means to look forward. Beyond Christ's return is the new heavens and the new earth where there will be no more sorrow, crying, pain, nor death. In the earth made new there will be perpetual happiness. That is the life that will count. The life we have now is to prepare us for the real life — life with God — restored in His image because Christ made it all possible.

And to be ready for that real life, we must live God's way — now. For the life to come reality will be God's way of living. The promise is, "...He will dwell with them, and they shall be His people, and God Himself shall be with them and be their God." Rev. 21:3 Is it possible for human thought to grasp the significance of that wonderful promise? The promise is real, for every promise that God makes is a fulfillment if we will accept in faith what He says.

How can we live God's way now? To answer this question we must go back to the beginning and study what God's way was when He created man.

God's Manual

Genesis 1 and 2 provide the answer. By the very act of creation God established the principles of man's total health and well-being physically, mentally, and spiritually. It was God's intention that as man faithfully applied those principles, progressively, he would reflect the image of his Maker.

Therefore, God created pure air, sunlight, and water. He set the boundaries of day and night so there would be time for work and rest. He created food for maximum health. He made provision for man to work so that he could have beneficial exercise. That man would have a balanced approach to everything in life, He established the principle of self-control. And so that man

would always remember his Creator, the Giver and Sustainer of life, and have implicit trust in Him, God instituted the Sabbath day.

To live God's way now, Genesis 1 and 2 is the manual for total health. There will be found the sure guide for living this life effectively, and the preparation for the life to come. Ministry of Healing, page 127:2 confirms the Genesis manual for total health when referring to these principles as the eight natural remedies; pure air, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, and trust in divine power. These are the laws of health — ordained of God, and an integral part of the third angel's message. It is God's plan to bring us back to His original design. It therefore behooves us to give earnest heed to God's manual, for herein is contained His original design, His purpose for man's continual well-being.

That which was lost through sin, has been restored by the redemptive work of Christ. In Jesus there is complete restoration, physically, mentally, and spiritually. While Christ has done all, we have a part to play. "We are to be workers together with God for the restoration of health to the body as well as to the soul." DA 824:5

A Work Here and Now

In the fulfilling signs all around us we should hear His voice speaking. The call is to blow the trumpet in Zion and sound an alarm — to turn to Him with our entire being — to search deeply our inner selves, to seek earnestly the complete truth, (health and spiritual), of restoration. This is a work for us to do here and now.

Prepare for Immortality — Here "We are now in God's workshop. Many of us are rough stones from the quarry. But as we lay hold upon the truth of God, its influence affects us. It elevates us and removes us from every imperfection and sin, of whatever nature. Thus we are prepared to see the King in His beauty and finally to unite with the pure and heavenly angels in the kingdom of glory. It is HERE that this work is to be accomplished for us: HERE that our bodies and spirits are to be fitted for immortality" CH 44:1 (emphasis supplied)

"And what is the work that we are to undertake HERE just previous to receiving immortality? It is to preserve our bodies holy, our spirits pure, that we may stand forth unstained amid the corruptions teeming around us in these last days. And if this work is accomplished, we need to engage in it at once, heartily and understandingly." CH 45 top (emphasis supplied)

Prepare for Immortality — Now

"We believe without a doubt that Christ is soon coming. This is not a fable to us; it is a reality. We have no doubt, neither have we had a doubt for years, that the doctrines we hold are present truth, and that we are nearing the judgment. We are preparing to meet Him who, escorted by a retinue of holy angels, is to appear in the clouds of heaven to give the faithful and the just the finishing touch of immortality. When He comes He is not to cleanse us of our sins, to

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remove from us the defects in our character, or to cure us of the infirmities of our tempers and dispositions. If wrought for us at all, this work will be accomplished before that time. When the Lord comes, those who are holy will be holy still. Those who have preserved their bodies and spirits in holiness, in sanctification and honor, will then receive the finishing touch of immortality. But those who are unjust, unsanctified, and filthy, will remain so forever. No work will then be done for them to remove their defects, and give them holy characters. The Refiner does not then sit to pursue His refining process to remove their sins and their corruption. This is all to be done in these hours of probation. It is NOW that this work is to be accomplished." CH 43-4 (emphasis supplied)

The Call

The call is to change our life style here and now. The choice lies with ourselves. The guide is the Edenic manual of Genesis 1 and 2. Live the Edenic manual now in preparation and anticipation of Eden restored. "Remember that the restoration of the body prepares the way for the restoration of the soul." MM 240, top.

Christ makes it all possible

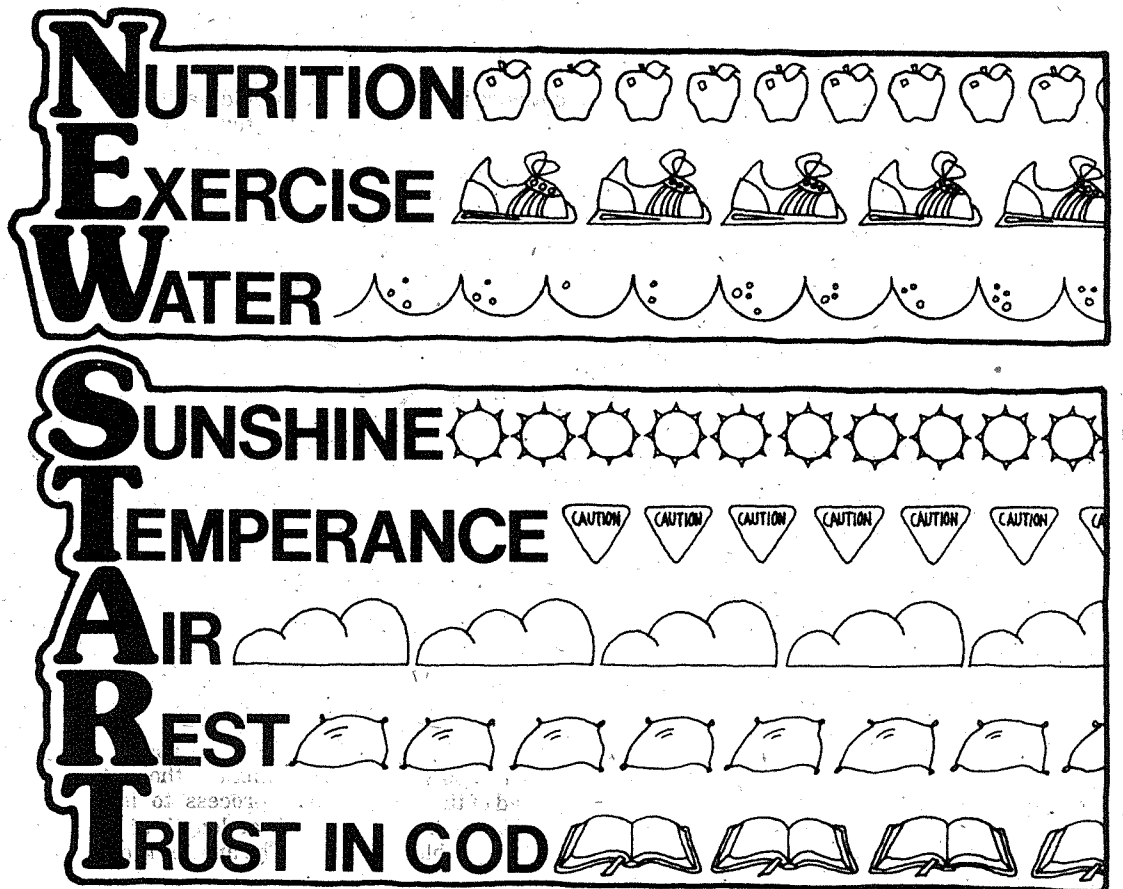
"Christ came to this world and lived the law of God, that man might have perfect mastery over the natural inclinations which corrupt the soul. The Physician of the soul and body, He gives victory over warring lusts. He has provided every facility, that man may possess completeness of character." MH 130-1

"When one surrenders to Christ, the mind is brought under the control of the law: but it is the royal law, which proclaims liberty to every captive. By becoming one with Christ, man is made free. Subjection to the will of Christ means restoration to perfect manhood." MH 131:1

In the wisdom, strength, and power of Christ we can live God's way — NOW!!

For further study:

A Call to Personal Ministry p. 125-147
Great Controversy, Chapters: "The Impending Conflict" p. 582-592
"The Scriptures A Safeguard" p. 593-602



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FROM OUR CHAPLAIN

By Dick Winn

Relishing Life As A Gift

My wife likes to receive flowers — but not on her anniversary! Oh, she'd accept them then, too. But to bring home some yellow tea roses just because it's the first Tuesday of the week, and because I love her, that brings some special joy to her heart.

I think I'm beginning to understand why, too. Any gift, by its very nature, can be a joy-bringer. Somebody does something nice, or gives something thoughtful, just because he cares about me as I am. Not because I have earned it or deserved it. And my emotional bank account suddenly gets a surprise deposit in the 'assets' side of the ledger. I've got a bonus surplus of happiness which I hadn't counted on; and I can store it for the future, or even give it away through smiles or kind thoughts toward others. It's a pleasant experience.

But for some reason, we like to regulate those gifts. Our society (with much encouragement from Hallmark, et al) has defined certain times when it is expected that such gifts are to be given: birthday, Christmas, graduations, Valentine's Day, anniversaries — the list is becoming endless (and expensive!). Haven't you noticed that gifts lose some of their punch when they are expected? I get a gift on my birthday and a

little node of scepticism surfaces (shame on it!) that asks, "Did I get it because they really love me and feel generous toward me, or just because it is my birthday and they fear I'll feel bad if they 'forget me'?" But when a kind note or little gift is shared on any of the other 364 days of the year, then I have no suspicion. I know I'm loved, not just "remembered". Someone acted on a spontaneous impulse of generosity, and I am blessed.

My wife's joy at the unexpected flower has implications that spread to touch all of life — for those who would see it that way. So many things I've come to expect. When they come, though I'm grateful, it was only what I expected. Should any of them not come, I'm tempted to be hurt, angry, sullen. But what if I were to view all of life as an unexpected gift...

Food that stops the growling in my stomach, I can expect. But food that fills the color spectrum, that exudes an exciting aroma, that makes eating a pleasure in itself — that is a gift!

I expect to have business associates. But when these associates smile on cloudy mornings, return my impatience with calm patience, and help me carry my load when they don't really have the time — that is a gift!

Merely to be alive is to go through my day aware of tasks, people, buildings — basic life functions. And little more.

To live life as a gift, however,

is to be thankful for the bonuses that are not expected. The soft, pleasing sounds of the doves over the Library: God didn't have to make them that way. A friend's ability to speak an affirming word: she could just say the needed things. The fresh-cut zinnias on the table: it could have been a gray napkin holder. My daughter's special prayer for me during family worship: she could have said "Amen" a sentence earlier.

I have a choice: I can spend my days bemoaning my disappointed 'rights,' annoyed by that which I did not receive. Or I can expect nothing and be thankful for everything. Rather than viewing each person who comes to me through the frame of my expectations (which is sure to set me up for being disappointed, even angry with them since they will likely fail to meet some of my expectations), I can view them with anticipation, seeing each good quality as a gift.

What a joy to be able to walk into God's gift-laden world, our heads held high, perpetually thanking Him for the unexpected bonuses, the serendipities, the little treasures from His hand calculated simply to bring us pleasure. Every person who touches our life becomes a gift. The colors that delight our eyes, the sounds that please our ears, the varied aromas that stimulate our noses — all are a gift. Indeed, to those who would see it that way, all of life is a gift.



Work Conference Coordinator, T.S. Geraty, leads out in Loma Linda sponsored seminar. For more details see page one.

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