

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 3 NO. 9. SEPTEMBER, 1979

Weimar College Anticipates Second Year

The summer months have disappeared like startled fawns among the hillside pine trees, and with their disappearance, all systems have been set in motion to usher in a second academic school year at Weimar College.

The admissions office projects an enrollment figure of 50 to 54 students, fifty percent of which are students returning from the previous year. The other half are new students representing eight states, the Caroline Islands, and Canada.

What kind of person has been attracted to attend Weimar College? Linda Potter, a native Californian with an interest in health, is one of these students who joined the Weimar family on July 3 of this year. She has been busily engaged in one aspect of the college's summer program — tending fruits and vegetables in the Weimar orchard and gardens. Asked why she came, Linda's response was pointedly frank: "I had no plans to come to this place, but the Lord brought me here by tailoring certain events, circumventing other plans, which included the possibility of several scholarships elsewhere. Having come, I have learned many spiritual and practical lessons, and I love every moment of it." Linda plans to study Health Education.

Kathy Adams, from British Columbia, was introduced to Weimar College by her neighbors, and she decided to come to satisfy her curiosity. She too has been here for the summer, and besides having her curiosity completely satisfied, works diligently in the garden and even dabbles in the automotive department. As she jokingly puts it: "My fingers bear the marks of an interesting blend of tomato stains and car grease." Kathy looks forward to a good school year in Education.

What does Weimar College have to offer these students who will register on Sept. 24?

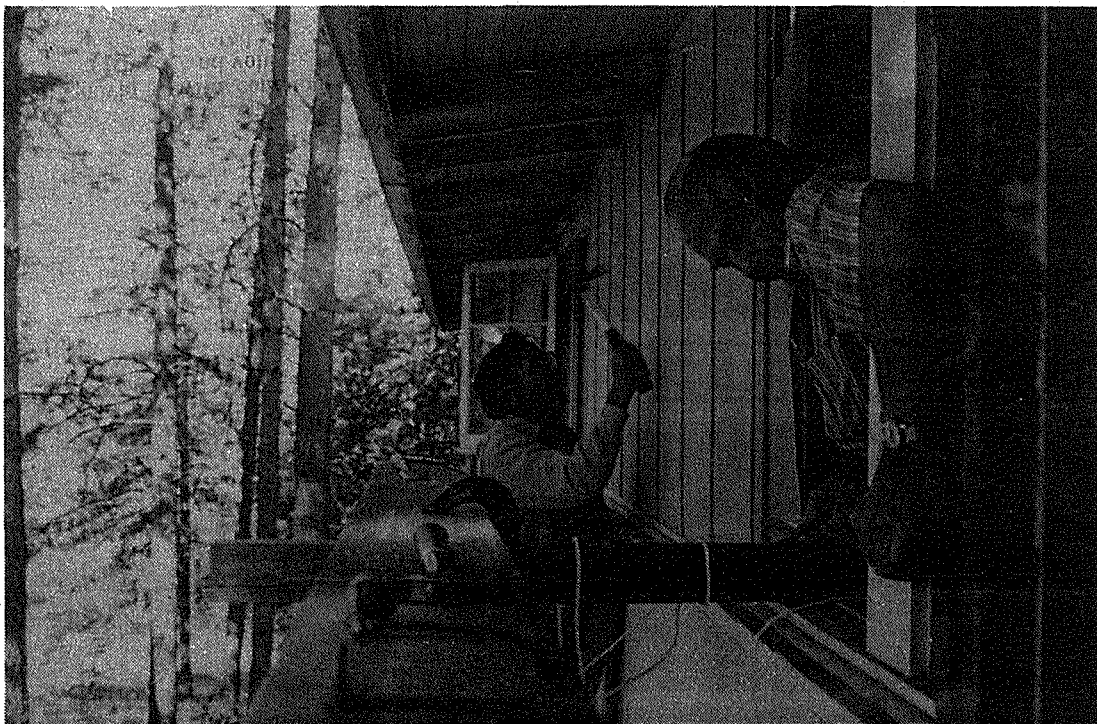
Rather than duplicating the academic programs offered at other colleges, Weimar forsees

its role as providing training for its youth with a unique emphasis — one that promotes the development of mind, body and soul. With the concurrent recognition that such a lofty educational goal demands more than the conventional classroom lectures, the Weimar curriculum incorporates a three-pronged balance of study, work and service. Students will interact with faculty members in an in-depth program of academic study; they will learn the skills and value of useful labor, which is as varied as scrubbing dishes in the cafeteria alongside the college president (who performs routine chores), attending to plumbing needs, or working with health conditioning guests; they will also be provided with the opportunity of meeting the practical needs of the surrounding communities.

Academically, there are a few growth spurts. Starting in September, Dr. Fred Riley will be directing a new four-year agriculture major.

There are also the makings of a business education department headed by Hazel Henry, experienced business education teacher and former word processing supervisor at Washington, D.C.'s World Bank. Hazel arrived on campus on July 21 complete with ten donated typewriters, a stop watch, wall charts, a bundle of energy, and lots of creative ideas which included substituting hospital rollaway carts for typing tables and using coaster casters to prevent them from roller skating down the hall with typewriters on top of them. Typing 1 and 11 will be a definite reality in the curriculum this year.

The library, with an approximate number of 8,000 donated volumes presently on the shelves, will provide a great study atmosphere for most students. Corliss Vander Mei, the new librarian, predicts that in the not-too-distant future new shelves will replace the old ones, and at least 20,000 volumes will occupy both upper and lower floors.



Paul Flemming and Robert Seyle install cedar siding to Women's Dorm.

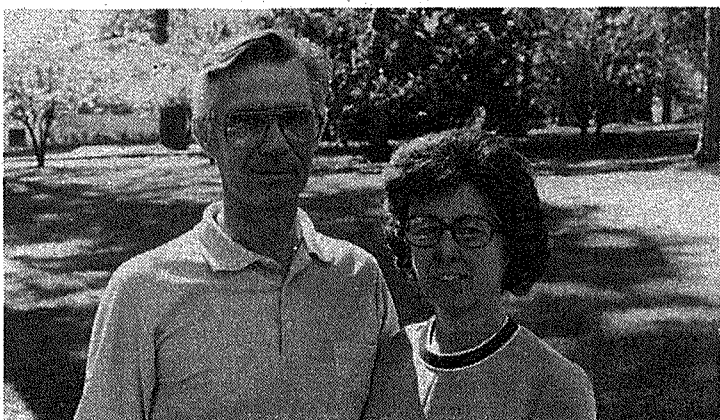
Joan Vander Mei, the librarian's energetic wife, who is no less enthusiastic about her role as the new Dean of Women, indicates that a concerted effort is on its way to preparing the Retreat Lodge to house, temporarily, 25 to 30 young ladies by registration time. The present projections are that the new women's dormitory which is now being renovated with contributions from friends and volunteer labor, will be completed during the fall quarter so that the young ladies can be more comfortably housed.

Another attractive feature on the Weimar campus is the welcome addition, to the Weimar Chapel, of a three-rank pipe organ which was the original property of Mississippi State College for Women. Dave Patterson, assistant business manager from Hagerstown, Maryland, who donated the organ, says in his own unique, quiet way: "It's here to be used for worship, for practice, for learning."

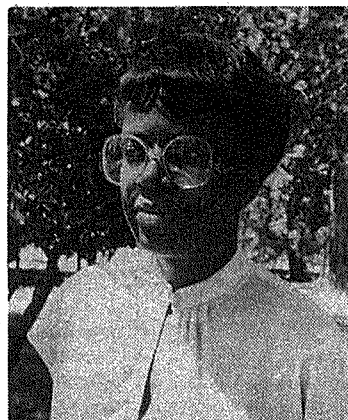
Life at Weimar College is full but, we hope, not too hectic. And in keeping with its natural philosophy, it will not be unusual to see several students and faculty members hiking or jogging on the winding nature trails, constantly absorbing new dimensions of God's creation, and working side by side serving others.

As we face this second milestone in the Weimar experience, it is like a new, untried road. You, our friends, can help us at Weimar College to grow and develop more fully towards

God's ideals. We appreciate your material and moral support and even your constructive criticisms as we suffer through growth pains. Additionally, we solicit your prayers that Weimar College will soar much higher than its 2,250 foot elevated location in the slopes of the Sierra Nevada Mountains; that it will rise towards heavenly-appointed ideals as it endeavors to instill in the minds of its students, above any professional or scholastic objective, a priority commitment to Jesus Christ.



Corliss and Joan Vander Mei



Hazel Henry

VACANCIES FOR STUDENTS

A large number of inquiries have been coming to us concerning whether or not there are still vacancies for students to attend Weimar College in the 1979-80 school year. The answer to the question is that there ARE still vacancies

A new dormitory area is in the process of being reconstructed and this is allowing us considerably increased facilities to handle more students. However, it is important that those who are interested in attending apply as soon as practicable so that the necessary processing of applications can take place.

Those who are interested please write, The Dean, Weimar College, Box A. Weimar, CA 95736.



FROM OUR PRESIDENT

The sixth and final
in a series on Christian Unity

In our study based upon Christ's prayer in John 17, we have focused on the importance of unity, Satan's efforts to prevent unity, and God's plan for achieving unity. In this concluding segment we want to look at three primary results which will occur as we allow God's plan for unity to be implemented. Though they are by no means separate from each other, we will consider them separately for convenience.

First, unity among Christians will permit the Holy Spirit to come in Latter Rain power. Up to the time of His death, Christ's disciples demonstrated their lack of unity in many ways — possibly best illustrated by the fact that they were still arguing regarding who would be the greatest on the night before Jesus was crucified. Following the ascension, however, "they were all with one accord in one place." (Acts 2:1) The Holy Spirit came upon them in tremendous power and three thousand were converted in one day. It is interesting to note that while unity of purpose allowed the Holy Spirit to come with power, the Holy Spirit in turn brought about greater unity. "After the descent of the Holy Spirit, the disciples were so filled with love for Him and for those for Whom He died, that hearts were melted by the words they spoke and the prayers they offered." (AA 22) "No longer were they ignorant and uncultured. No longer were they a collection of independent units or discordant, conflicting elements. No longer were their hopes set on worldly greatness. They were of 'one accord,' 'of one heart and of one soul.' Acts 2:46; 4:32. Christ filled their thoughts; the advancement of His kingdom was their aim. In mind and character they had become like their Master, and men took knowledge of them, that they had been with Jesus. Acts 4:13" (AA 45)

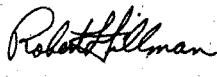
Second, unity among Christians will be the greatest single evidence in favor of accepting Christ. (John 17:21,23) "Harmony and union existing among men of varied disposition is the strongest witness that can be borne that God has sent His Son into the world to save sinners." (8T 242) "When men are bound 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 the image of God is being restored in humanity; that a new principle of life has been implanted." (DA 678) As those looking on see the living proof that Christ has the power to restore sinners they will be drawn to Him. They in turn draw others to Him in a chain reaction. The object of the Christian life is fruit bearing — the reproduction of Christ's character in the believer, that it may be reproduced in others. "...Were all who profess His name bearing fruit to His glory, how quickly the whole world would be sown with the seed of the gospel. Quickly the last great harvest would be ripened, and Christ would come to gather the precious grain." (COL 67,69)

Third, it would appear that unity among Christians will be closely associated with the conclusion of the great controversy and the second coming of Christ. As the Holy Spirit is sent in Latter Rain power and the characters of God's people begin to reflect His own, the issues will be so clear that all will be in a position to make a final decision regarding whom they will serve. We are told that "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 agency will end." (LS 327)

With such tremendous potential at stake, it is most important that we as Christians study and pray for and seek the oneness for which Christ prayed. "When Christ's prayer is fully believed, when it's 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) And so, "I appeal to you, brethren, by the name of the Lord Jesus Christ, that all of you agree and that there be no dissensions among you, but that you be united in the same mind and the same judgment." I Cor. 1:10 RSV.

Sincerely,
Your brother in
Christ


Robert L. Fillman

by Colin D. Standish

Love enters into almost every facet of human life. All want to be loved, but few appear to be sure that they are loved. Generally, the more frustrated one has been in the past, the more frustrated he is in the present. Do all have a right to be loved? And if so, how can one be really sure whether this love is genuine?

These and many more questions are running through the minds of large segments of society. Some of the best answers are provided in the following basic facts.

FACT #1—All are born in sin. "In sin did my mother conceive me."¹ Thus, all have a basic disposition to walk in pathways that alienate from God. The natural unconverted tendency of all mankind is to develop a pattern of life inconsistent with eternal life.

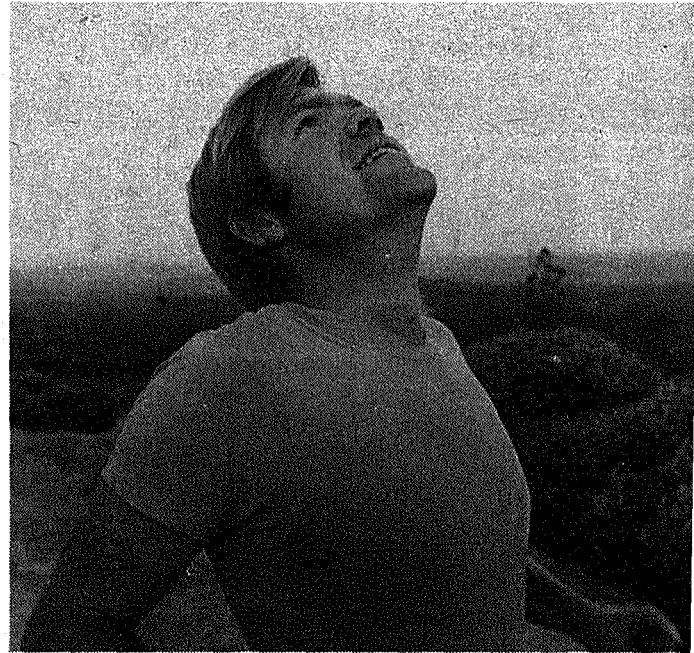
FACT #2—This alienation is due to egocentricity or selfishness and is clearly demonstrated in the self-centered acts of the infant, who, as soon as he is able to coordinate his actions, tries to grab everything to himself, often failing to discriminate between those things that might be harmful to him.

FACT #3—Now, because selfishness is at the basis of all human motive, self-love dominates, and love for others is relatively rare. This for many is a disconcerting realization.

FACT #4—Selfishness has a lot to do with emotional problems and is at the base of functional, mental breakdown—that is that mental breakdown not due to a physical cause. For example, many schizophrenics, unwilling or unable to relate to the real world, turn inwardly, living in a world of their own make-believe. The paranoid is concerned that people are out to "get" him. This is the classical persecution complex. The megalomaniac has an insane lust for power. The masochist injures himself often in a way which draws attention and possibly sympathy to himself. The hypochondriac becomes physically ill because of his inward turning. Even the depressives are often overly concerned with what others, especially members of their own families, have done to them. Perhaps there is no more selfish act than suicide when a person, believing that his life has been so meaningless or that he has been so mistreated or rejected, decides to end his life. There seems rarely to be any thought on the part of the suicide that he has been created to address the needs of others.

FACT #5—No one can force another to love him. Many attempt to gain love by force but often the greater the attempt to force people's love, the less it is reciprocated by them.

FACT #6—Nowhere in the Bible does it ever suggest that men should expect to be the recipient of the love of others.



FACT #7—Many times in the Word of God there is the exhortation to love others; this occurs at least twelve times in the New Testament alone.² We are exhorted to love our brothers, our neighbors and even our enemies.

FACT #8—This love for others involves both love for God and for fellow human beings.

Perhaps here is the first principle of being loved. To be loved by others we must show ourselves loving. Wanting to be loved is natural. Wanting to love is not natural. Thus, many find it very difficult to love others. Yet true Christian love is the best prevention against mental illness, frustration and despondency. The person who is concerned about whether others love him is egocentric, and therefore, unhappy. It is true that in later life this passion to be loved often has something to do with early childhood experiences. Those who come from homes where love has not been demonstrated, nor experienced, tend to crave love much more in their adolescence and in later life. Often this craving is like a bottomless pit; there is no way to satiate it.

By far the most productive approach to the "unloved" individuals is to help them learn how to love others. This is not easy, for, as previously stated, this is against the natural inclinations of man. For the "unloved" there has often been many years of habituation in a direction of self-will, towards self-gratification and self-love. Very often associated with this self-love is self-pity. This is one of the most dangerous expressions of self-love, for it offers an excuse for and basis for maladaptive behavior. It is inevitably self-destructive.

The Word of God sees fear as an opposite of love. Fear comes from feelings of inadequacies, feelings of not being wanted, feelings of insecurity. But to the one who moves out in love for others, lightening their burdens, sharing their concerns, less and less will he remain in the morass of his own introspected pro-

blems. It is impossible to extol oneself in love without it be reciprocated by at least some of the recipients of that love.

Perhaps the two most ineffective ways of dealing with discouragement and despondency are to brood over problems or to count the problems to other individuals. The first "solution" only accentuates the isolation, the loneliness and the self-experienced by the depressed individuals, without offering a constructive solution for the problem. This turning inward leads to physical, intellectual and spiritual weakness. The second tends to reinforce the feelings of frustration, of invalidating them and of generating them with each other's pathetic hearing. By centering on self we feel much worse than we really are.

Conversely, the two most effective ways of dealing with despondency and discouragement involve moving out to others. Introspective isolation and the reinforcing effect of constant recounting of one's problems are then avoided. The first involves a relationship with God. By recounting God's promises, by literally lifting one's voice in praise to Him, a power otherwise unknown to man becomes available to him. In this recognizing the matchless and concern of God for our own problems seem to diminish rather than to escalate. The second involves our outreach to someone who is in greater need than we are; beginning to extend ourselves to that individual such a way that he or she is helped. Soon the despondency and discouragement will be lifted. It is often not easy for individuals to change into this pattern, for the discouraged individual finds it most difficult to move out of himself. It will require perseverance, but the reward will be tremendously rewarding. 1 Psalms 51:5

2 Matthew 22:39; Romans Galatians 5:14; James 2:9
1 Thew 5:45

Work Bees

WHEN: TWO SUNDAYS: September 9 and September 16, 9:00 a.m. to 4:00 p.m.
WHERE: At Weimar Institute (10 miles east of Auburn on Highway 80. Take Paoli Lane exit, cross over freeway and turn right.)
WHAT: Erecting a chain link fence, roofing the new women's dormitory before the rains come, and cleaning and painting before school opens.
WHY: Due to the increased number of students and patients the outside parking lot

must now be used. The fencing materials are available but we need help in erecting this fence; also new classrooms must be opened, and the women's dorm roof replaced!

WON'T — you come help? Bring your tools (shovels, bars, post-hole diggers, brushes and rollers, and cleaning materials.)

WE'LL — give you a friendly welcome, work side-by-side with you and invite you to a special Weimar lunch.

God's Manual Part 2

Conclusion



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

HEALTH EDUCATION CENTER

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

Dick Winn Chaplain/Director

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WEIMAR INSTITUTE BULLETIN

Pat Payne Editor
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OFFICE HOURS

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

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.

Supplements

Continued from page 6
spired counsel was wrong. The inspired counsel is as follows: "All the elements of nutrition are contained in fruits, vegetables and grains."⁶ One of the greatest American nutritionists, Dr. Clive McCay, late professor of nutrition at Cornell University, after reading the nutrition counsel given by Mrs. White, stated: "In spite of the fact that the works of Mrs. White were written long before the advent of modern scientific nutrition, no better over-all guide is available today."

Rather than our getting confused by all the varied ideas we find on the bookstore shelves about high-fat diet, high-protein diet, vitamin and mineral supplementation, the best overall guide in the area of nutrition was written over 80 years ago. Let's study these books: *Counsels on Diet and Foods*, *Ministry of Healing*, *Counsels on Health*. We will reap the benefits of the inspired counsel.

We must eat a good variety of natural foods, leaving off en-

tirely the processed, refined and concentrated foods such as oil and sugar. We must not be half-hearted in our reform, eating from the table of the Lord AND the world and expecting health.

It has been feared that the diet of fruits, grains, vegetables, and nuts (God's diet for man) is not a well-balanced diet. Maybe in the light of man's present knowledge it is not, but with the passing of time we will find that this is the best. Even though the vitamin B12 question with its implied necessity for dairy products (milk and eggs) is still not clear, I feel we can rely on the 'thus saith the Lord' in the following statements:

"Grains, fruits, nuts and vegetables constitute the diet chosen for us by our Creator. These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing."⁸

"The Lord intends to bring His people back to live upon simple fruits, vegetables and grains."⁹

by Eric W. Hon

While the eight principles in God's Manual (Gen. 1 and 2) are all essential to total health - physical, mental and spiritual - the matter of diet has an important bearing on many aspects of life. There is a saying which goes something like this: "What you eat today walks and talks tomorrow." More specifically, in the book *Ministry of Healing*, page 295:1, it is put this way: "Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is prepared from our food. Each organ of the body requires its share of nutrition. The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood, and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle and tissue."

With this understanding it behoves each one of us to know what constitutes the good food necessary for maximum health. Since God is the One who made us, there is no better source to consult than His Word and the Spirit of Prophecy. Therefore, "In order to know what are the best foods, we must study God's original plan for man's diet. He who created man and who understands his needs appointed Adam his food." MH 295:5

When God Created Man
In the beginning God created a wonderful human machine. Adam was more than twice as tall as men are now. He was well proportioned, having twenty times as much vital force as present day man (3 SG 34; 3T 138-9) For this masterpiece of creation, God prescribed a totally adequate non-flesh diet. (Gen. 1:29)
"God gave our first parents the food He designed that the race should eat. It was contrary to His plan to have the life of any creature taken. There was to be no death in Eden. The fruit of the trees in the garden was the food man's wants required." CDF 81:3

After the fall, the non-flesh diet remained. (Gen 3:18) Following the flood, man was permitted, from a situation of emergency which ensued, to partake of a flesh diet. However, this was allowed only under certain conditions. (Gen. 9:1-5, MH 311:1)

God's plan for ancient Israel was a non-flesh diet. But they persistently craved the foods of Egypt. And while their wishes were granted, the results were tragic. (Num. 11; Ps. 78:26-32; Ps. 106:13-15)

"By departing from the plan

divinely appointed for their diet, the Israelites suffered great loss. They desired a flesh diet, and they reaped its results. They did not reach God's ideal of character or fulfil His purpose." MH 312:2

The experience of Israel should be a solemn lesson for us all, who now stand on the very borders of eternity. "Now all these things happened unto them for ensamples: and they are written for our admonition, upon whom the ends of the world are come." 1 Cor. 10:11

God's Diet For His People Today
The Edenic, non-flesh diet is the diet that God has prescribed for His people NOW in preparation for Eden restored.

"God is working in behalf of His people. He does not desire them to be without resources. He is bringing them back to the diet originally given to man." 7T 125:4

"The Lord intends to bring His people back to live upon simple fruits, vegetables, grains... God provided fruit in its natural state for our first parents." CDF 81:4

"Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator. These foods prepared in as simple and natural manner as possible are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet." MH 296:1

We Have A Choice
God loves us beyond the realization of all human thought. In loving kindness He draws us to Himself, placing before us a choice. He has revealed to us the wonderful truth of complete salvation in Christ. He has also revealed to us His desire for complete restoration for us through our Redeemer. It is on this base that we have our choice. "See, I have set before you this day life and good, and death and evil." Deut. 30:15 It is not an arbitrary command. He would have us choose a life of better quality now - and for our future destiny - life with Him!

Viewed in this perspective, the question of diet has a much larger dimension. It is more than flesh versus non-flesh; more than Kentucky fried chicken versus carrots, as it were. The relationship of diet to spirituality is vital.

"There are but few as yet who are aroused sufficiently to understand how much their habits of diet have to do with their health, their characters, their usefulness in this world, and their eternal destiny." CDF 51-52

To all who would choose God's way, Christ stands ready to help fulfil the choice: "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 soul and body, He gives us victory over warring lusts. He has provided every facility, that man may possess completeness of character." MH 130-131

Weighed in terms of eternity, God appeals to us to choose His way and LIVE - ever keeping in mind that the object of redemption is the restoration of man in the image of God. Christ has done all. He came to give us the abundant life and now waits for us to become conquerors with Him. It is our choice.

A Right Balance

In stressing the importance of diet, there must be a balanced approach to the other seven principles of God's Manual. Exercise can be a key factor in achieving the fulfillment of God's remedies. Done outside it will help you gain the benefits of sunshine and fresh air and will improve the quality of rest. Regular exercise helps to develop self-control. Walking, one of the best and safest forms of exercise, is a pleasant way to enjoy the Creator's handiwork and provides a good setting for communion with Him.

The Exercise Of The Will

In choosing to follow God's way you must resolve to apply all the principles of His Manual. Unite your will with divine power; the resources of God are limitless. "The body is to be brought into subjection. The higher powers of the being are to rule. The passions are to be controlled by the will, which is itself under the control of God. The kingly power of reason, sanctified by divine grace, is to bear sway in our lives." MH 130:2

Again, "Apart from divine power, no genuine reform can be effected. Human barriers against natural and cultivated tendencies are but as the sand-bank against the torrent. Not until the life of Christ becomes a vitalizing power in our lives can we resist temptations that assail us from within and without." Ibid. 130:5

God says, "Choose life and good." Christ says, "I stand at the door and knock." The Holy Spirit awaits our demand. The principles of God's Manual await our acceptance. The abundant life can be now. Exercise the will, letting the kingly power of reason bear sway. Allow the infinite power of God to be united to your will, for we can do all things through Christ which strengthens us. It is a promise we can claim - NOW!

For Further Study:

A Call To Personal Ministry p. 162-188
Counsels on Diet And Foods p. 43-65
Counsels on Health p. 107-121
Ministry Of Healing p. 295-317

Eat the God-ordained diet for man (low in fat, no cholesterol, low in protein) and God will supply all your needs. (Even vitamin B12).

1 Horwitz, M. K., *Vitamins Hormones*, 20:00 541-558 (1962).

2 Kummerow, Fred A., "Nutrition Imbalance and Angiotoxins as Dietary Risk Factors in Coronary Heart Disease", *The American Journal of Clinical Nutrition*, 32: pp. 40-57, (1979).

3 Taylor, C.B., Peng, S-K, Werthessen, N.T., Tham, P., and Lee, K.T., "Spontaneously Occurring Angiotoxic Derivatives of Cholesterol", *The American Journal of Clinical Nutrition*, 32: pp. 40-57, (1979).

4 The Bible, KJV, Jeremiah 12:5.

5 Blake, Bruno and Snow, Clyde, "Anthropological and Physiological Observations on Tarahumara Endurance Runners", *American Journal on*

Physical Anthropology 23: pp. 293-302, (1965).

6 White, E.G., *Review and Herald*, No. 19, (1883).

7 McCay, Clive M., "A Nutrition Authority Discusses Mrs., E.G. White", Reprint of three articles published in the *Review and Herald*, February 12, 19, 26, 1959.

8 White, E.G., *Ministry of Healing*, pp. 295-296, 1905.

9 White, E.G., "Unpublished Testimonies", November 5, 1896.

WHAT HAS BEEN DONE

Since June, 1977

WEIMAR II

Central Services Building:

- A. Refurbish upstairs staff apartment
- B. Refurbish, activate Laundry facilities
- C. Set up spacious "Weimart" for bookstore and staff commissary
- D. Establish welding shop
- E. Improve automotive shop; equipment
- F. Expand downstairs staff apartment

Refinish downstairs **staff apartment**; new roof

College Women's Dormitory (in progress)

- A. Partition into 14 individual rooms
- B. Establish two central toilet and shower areas
- C. Provide Dean's apartment

Refurbish **staff residence**

Interior painting of **staff duplex**

Re-roof garage

Clean, paint interior of old **Chapel**

Remodel lower ward area into 2-bedroom **residence**

Minor remodeling to prepare as **staff residence**

Health Education Center

- A. New roofing and exterior paint
- B. Develop into 28 individual furnished rooms, each with full private bath
- C. Men's and Women's hydrotherapy units
- D. Fully equipped lecture and food demonstration room
- E. Guest Lounge areas
- F. Fully carpeted, insulated, painted
- G. Central heating and air conditioning
- H. Nurse's station and Chaplain's office

Retreat Lodge

- A. Paint central meeting room
- B. Prepare large ward areas for use as dormitory rooms
- C. Activate Dean's apartment

College Classroom Building

- A. General cleaning of classroom areas
- B. Several temporary offices established
- C. Refurbish downstairs, south wing into 2-bedroom apartment and art studio
- D. Build large, gas-fired kiln

Cafeteria

- A. New roofing; kitchen ceiling
- B. New commercial dish-washing system
- C. tiles in entry ways and serving deck areas
- D. Complete interior repainting; some sheetrock, some natural wood wall-coverings
- E. Central heating and air-conditioning
- F. Activate restroom area
- G. Development of Bakery and related service areas painted

Bandstand

Ward converted into **Library** currently storing about 20,000 volumes

Basement of **residence** refurbished to expand sleeping capacity

General cleaning, painting of **Physical Therapy Building**

General cleaning of **Elementary School Building**; set up apartment in the basement

Re-roof **Academy Building**

Convert old ward unit into 4,000 sq. ft. **greenhouse**

Remove inoperable boilers; prepare for **shop area**

Remodel **Cabinet Shop** into modern, fully equipped **shop** (in progress)

Convert old paint Shop into **staff residence** (in progress)

College men's residence: new paint, bathroom, facade, and sun deck

Convert old Beauty Shop into comfortable **staff residence**

Remodel lower floor ward into 2 bedroom **staff residence**

Administration Building

- A. Repainting of some interior rooms
- B. Remodel old Surgery Suite into staff apartment
- C. Carpet in office area
- D. Medical Testing equipment
- E. Photographic Darkroom

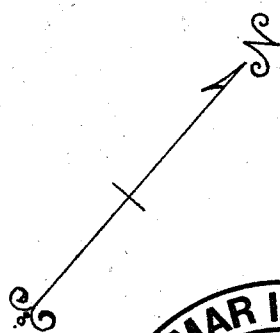
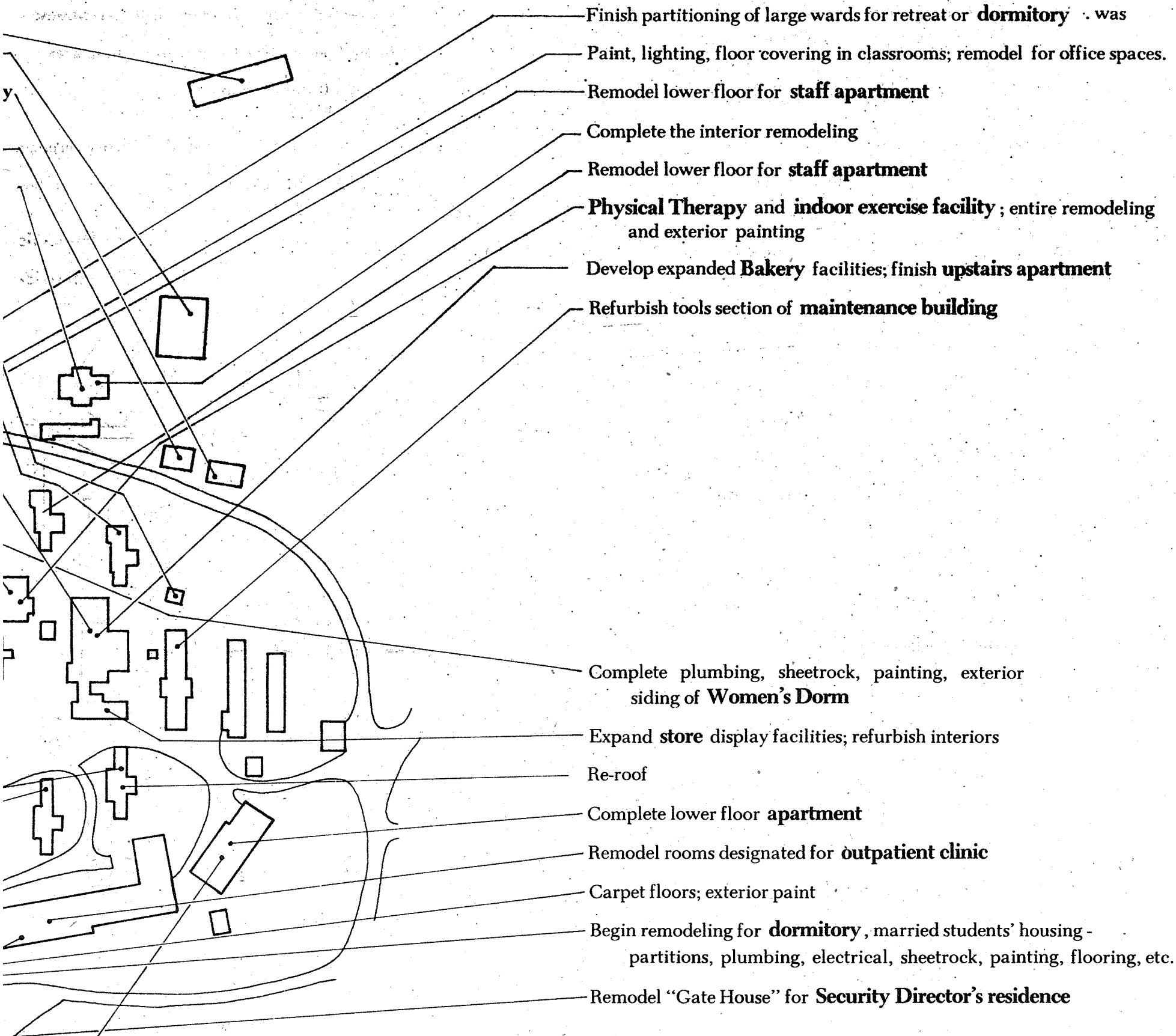
Wescott Hall

- A. Repaint some upstairs rooms for single men's residence
- B. Remodel downstairs medical labs into science labs for College

General Improvements

- A. Three walking trails on the 400 acres we call the "property"
- B. About 20 acres of new orchards
- C. About 10 acres of gardens
- D. New signs at campus entrance and on key buildings

During the next 12 months



General Needs

- A. Most of the campus buildings need exterior painting
- B. About a dozen buildings need re-roofing
- C. Gardens and orchards will continue to grow
- D. Lawns, shrubs, and decorative flower beds on campus need maintenance and, in some cases, thorough rejuvenation.

Do We Need Supplements?

by G.D. Chen, M.D.

Today we are being bombarded with ideas from all types of people who are saying that vitamins in high dosage is good for the cure or prevention of the cold, arthritis, heart disease, etc., and yes, even cancer. It used to be only the food faddists that were advocating the use of extra vitamins, but now the voices of many highly respected professionals, such as Linus Pauling, PhD, (Nobel prize winner in Chemistry and the father of the orthomolecular concept) advocate the use of high doses (megadoses) of vitamins and minerals to correct or prevent disease states. Many other prominent medical figures are saying to get onto the bandwagon.

Do we need supplements of vitamins and minerals?

Maybe Yes!—if we are eating an average American diet (concentrated and refined). Maybe yes when even eating a vegetarian diet with lots of meat substitutes and polyunsaturated oils.

Definitely No!—if we are eating a diet with a variety of fruits, grains, nuts, and properly prepared vegetables.

Recent attention has been drawn to the fact that we may need vitamin supplements of vitamin E as well as other vitamins and minerals.

Vitamin E requirement by the body has been shown to be directly related to the amount of polyunsaturated oil that is ingested. The more polyunsaturated oil ingested, the more vitamin E we need to protect this oil from turning rancid in our tissues and causing damage (premature aging and death of the cells).¹

If we would eat our foods in their natural, as grown, state, we would be getting the exact amount of vitamin E and other antioxidants to protect the polyunsaturated oils naturally present in the food.

When we eat the food most Americans eat that is refined, concentrated, with added oils

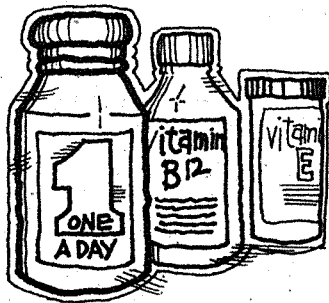
depleted in vitamins, we probably do need extra vitamin E, minerals and vitamins.

Why not keep the horse in the stall, rather than letting him out (free oil) and then chasing him all around the countryside trying to capture him with the rope (vitamin E)?

Let's change our diet rather than add supplements.

Another major problem with supplementation is that we just don't know the proper dosage our body requires. In large amounts many of the fat soluble vitamins are known to be toxic. Just recently, ingested vitamin D has been shown to be toxic to the smooth muscle in the blood vessel, causing destruction, thereby setting the stage for arteriosclerosis and atherosclerosis. This vitamin D was fed to swine at 12.5 times the commercial ration.² In light of this recent finding, Dr. Kummerow is advising that all vitamin D supplementation be eliminated from all milk and cereal products.

The only safe way to get vitamin D is from the sunshine. Sunshine converts our own body cholesterol to vitamin D. Our body will never produce a toxic level of vitamin D. Cholesterol is a compound similar chemically to vitamin D, and when oxidized (air has been allowed to react with it) has been shown to be very toxic to the blood vessels in the same way as ingested vitamin D. Cholesterol is only found in animal and dairy products; there is none in plants. Powdered eggs, dried meats, aged cheeses, and powdered milk contain oxidized cholesterol.³ Powdered skim milk with its vitamin D fortification and oxidized cholesterol is not the safe product we used to think it was. Has the time come to give it up? Humans do not need milk after they are weaned any more than any other animal; it is a luxury we just do not want to give up.



The minerals in particular must be in balance. Minerals that we need in small amounts for health such as copper, zinc, calcium, etc., are antagonists to each other. When one ingests a large amount of one, it can depress another mineral, possibly causing a deficiency. This situation is possible when one uses mineral supplements. Vitamin requirements by the body are dependent on the amount of protein, fat and carbohydrate consumed. It is known that the more protein and fat consumed, the greater the requirement of vitamin B6, B12, etc., for proper metabolism of these substances.

Birth control pills increase the body's requirement of vitamin B6 and folic acid. Smoking increases the body's requirement of vitamin C, and excessive alcohol consumption can interfere with utilization of vitamins B1, B6, and folic acid. Many medications also increase the requirement of vitamins or minerals. How much and at what time to take these extra amounts we don't really know.

Can you see what we are doing to ourselves? By the ingestion of refined, processed, imbalanced food, by smoking, drinking, using "the pill" and other drugs, we are creating an ideal situation for a vitamin and/or mineral deficiency. We have created the market for the multi-million dollar supplementation business now prevalent.

What about the vitamin pill—how old is it? How much potency does it still have? What about deteriorated substance in old vitamin pills— are they

toxic? Studies with animals showed the animals that developed the vitamin deficiency first when that vitamin was withheld in the diet were the ones that had been receiving supplements of that vitamin just before the vitamin was withheld. The body had gotten wasteful in its usage of the vitamin as lots had always been around. When no more was present, the deficiency developed rapidly. Human observations during World War II in the Philippines concentration camp showed that those prisoners of war who developed the vitamin deficiencies first were the ones who had been on vitamin supplements prior to capture.

What does this mean to us? Are we relying on these supplements now to keep us healthy? If now in a time of plenty we must rely on these supplements, what is going to happen when hard times come and no more supplements are available? Who's going to develop the deficiencies? "If thou hast run with the footmen, and they have wearied thee, then how canst thou contend with horses? and if in the land of peace, wherein thou trustedst they wearied thee, then how wilt thou do in the swelling of Jordan?"⁴

Many of us have been using supplements through the years because we have believed that vitamins are the more natural substances. But what has happened is that we now are using vitamins as drugs. Are they not kept in the medicine cabinet? In fact, our medicine cabinet is loaded with them. We are using them to obtain effects in the body to prevent or cure heart disease, arthritis, etc. Some of us, out of ignorance, have been relying on our supplements. Others find it easier to pop a vitamin-mineral supplement daily than to put forth the effort to exercise, obtain the sunshine we need, or learn to prepare our food properly. If we would

have health we must live for it. Nothing in life is free. There is a cause and effect relationship in everything we do: breathe, eat, drink, exercise. Disease never comes without a cause.

Let's look at the dietary of people who have excellent health, no cardiovascular atherosclerotic heart disease, diabetes mellitus, or hypertension. The Tarahumara Indians of Mexico are known for their phenomenal feats of endurance: walking 100 miles per day for 5 days; kickball games of 100 miles in 2 days; carrying heavy burdens (100 pound sack for 100 miles in 70 hours). They are on an 80% carbohydrate - 10% fat - 10% protein diet. A variety of grains and vegetables with some fruit and nuts makes up the diet.⁵ No supplements.

We feel quite smug many times in man's knowledge of nutrition. He has discovered all the vitamins necessary for human growth and metabolism; he knows all about fats, proteins, carbohydrates and minerals. The combined knowledge of the experts is a mere drop in the bucket even after all the years of research and great discoveries. Dr. Hegsted, former professor of nutrition at Harvard University and administrator of the Human Nutrition Center of the United States Department of Agriculture's new Science and Education Administration, made this statement in 1977 at a nutrition seminar in Boston:

"If there is a problem in the American diet, it is that our protein consumption is too high, coordinated with a high intake of saturated fats and cholesterol. We have been recommending an atherogenic diet for 25 years without knowing what we are doing. Change is needed. Now is the time we have to put our minds and efforts to do the job."

It took 25 years for the greatest scientists to discover that the diet contrary to the in-

Continued on page 3

Overeating— How to deal with it

"As our first parents lost Eden through the indulgence of appetite, our only hope of regaining Eden is through the firm denial of appetite and passion."¹ "Satan comes to man as he came to Christ, with his overpowering temptations to indulge appetite. He well knows his power to overcome man upon this point. Through appetite, Satan controls the mind and the being."² "Overeating is the sin of this age. It is in the same catalogue with drunkenness."³ "Indulgence of appetite is the god which many worship."⁴ "Every sinful indulgence strengthens the soul's aversion to God."⁵ "One of the strongest temptations that man has to meet is upon the point of appetite. The gratification of unnatural appetite led to the sins that caused the destruction of Sodom and Gomorrah. God

ascribes the fall of Babylon to her gluttony and drunkenness."⁶ "Gluttons in heaven! No, no; such will never enter the pearly gates of the golden city of God."⁷

Strong? Do these statements take mortal stabs at you and your lifestyle? When we speak of temperance, smoking, alcohol, and drugs are usually what come to mind. Little do we consider the sin of being "intemperate in the quantity of food eaten, even if the quality is unobjectionable. Many professed health reformers are nothing less than gluttons."⁸

Webster defines gluttony simply as excessive eating. It may be simply defined but it is a hard habit to deal with.

First, why is overeating so harmful? Even a brief study on the subject reveals an extensive list of reasons: It burdens the liver, clogs the system,

strengthens the animal instincts, and benumbs the sensitive nerves of the brain. It can cause bad breath, chills, fever, nervousness, paralysis, loss of sleep, and obesity. In overeating, the system receives less nourishment and the digestive organs lose their vital force; there is an excessive flow of blood to the brain causing headaches, sluggish thoughts, fretfulness, forgetfulness, sleepiness, harshness, and irritability. Hindrance to mental improvement and soul sanctification result; there is a disinclination to mental or physical effort. It's been termed a suicidal course.

Maybe you better read that list again. That is a lot of problems just to gratify taste. How can we effectively glorify God or present a right representation of health reform if one or more of those ill effects are manifest in us?

Overeating is wrong; it dishonors God, and we suffer. So what can we do about this insidious cultivated and inherited tendency? Here are a few suggestions that might help:



1. Exercise regularly, daily. Exercise aids in digesting the previous meal, plus brings the satiety center in your brain into efficient working order. This satiety center helps regulate the

amount of food you want to eat at meals and also relieves the craving to nibble in between meals.

2. Meals should never be served in courses. A person never

Continued on page 7

from the Weimar Kitchen

FROM OUR TREASURER

"AND MY GOD WILL SUPPLY..."
by Kent Dickinson

Anyone who has read the thrilling account of the providential leading in the purchase of the Loma Linda property by Elder J.A. Burden in 1905 for establishing the Seventh-day Adventist medical care and training institution there, cannot help but see the hand of God in those plans and proceedings. In a chapter entitled, "How the Payments Were Met" in the book, *The Story of Our Health Message*, Dores E. Robinson recounts that the \$40,000 purchase price was to be paid in certain installments. These were met by loans and gifts from God's people who made their funds available at crucial times just when the payments were due. The story follows:

"As the day drew still nearer when the payment was due, and no money was in sight, those carrying the financial responsibility of the Southern California Conference were in deep perplexity. Some expressed the fear that the conference credit would be jeopardized by this new undertaking and urged that even yet it would be better to lose the \$5,000 already paid than to go ahead... We will let Elder Burden tell the story of the timely deliverance:

"At last the day arrived (when the payment was due), and the forenoon found the members of the conference committee in session in Los Angeles in deep perplexity... Some remembered the clear words that had come through the Testimonies, and refused to concede that there could be failure. Yet we knew not how relief would come. It was suggested that the morning mail might bring relief. Soon after this the postman was heard coming up the stairs. He opened the door and delivered the mail. Among the letters was one bearing the postmark of Atlantic City, New Jersey."

"The letter was opened, and it was found to contain a draft for \$5,000, just the amount needed for the payment... Soon we were at the bank window to pay in the \$5,000... We thanked God and took new courage in believing that the Lord was going before us."

Our Weimar Institute quarterly mortgage payment of \$12,000 was met some months ago on a similar short response basis. On Friday no funds were in hand, but by the following Sunday, the full \$12,000 needed was received to make the payment then due.

What a wonderful God we serve. He who provides for even His tiny creatures will surely provide for us.

"The great Provider for man and beast opens His hand and supplies all His creatures. The birds of the air are not beneath His notice. He does not drop the food into their bills, but He makes provision for their needs. They must gather the grains He has scattered for them. They must prepare the material for their little nest. They must feed their young. They go forth singing to their labor, for 'your heavenly Father feedeth them.' And 'are ye not much better than they?' (Matt 6:26) Are not you, as intelligent, spiritual worshippers, of more value than the

birds of the air?... Then let us not cast away our confidence, but have firm assurance, firmer than ever before. 'Hitherto hath the Lord helped us.' (I Sam 7:12)" Steps to Christ, p. 123, 125

Although our operations fund at Weimar is very small, due to a shortage of current revenue, our capital improvement fund has been holding well with some \$25,000 received to date in response to our mid-year appeal. We are grateful to and for each one who is contributing to meet those needs. The list of improvements published in the July 1979 issue of the Bulletin shows \$138,500 in anticipated material costs for projects to be completed by Sept. 15, 1979. Hence, a continuous inflow of gifts of money and materials will be welcomed.

As we look forward to the new school term, our instructional leaders have provided a list of equipment needs as follows:

Audio Visual
*Thermofax Machine — 3M Brand

Biology
*6 Dissection Microscopes
*5 Compound Microscopes
*Dissection Instruments (forceps, scissors, probes, scalpels)
*12 Small animal cages for nutritional studies

Elementary
*Spirit Duplicator

Home Economics
*Sewing Machines; Cutting tables
*Steam irons; Ironing boards

Secretarial
*Executive Typewriter
*IBM Typewriters (electric)
*Royal Typewriters (electric and standard)
*Calculators

The work-education and industrial departments also have the following current equipment and material needs:

Agriculture
*Moldboard plow with 3 point hitch
*Cultivator with 3 point hitch
*Planter with 3 point hitch (or hand type)
*Water pump with gas engine
*Honey extractor
*Supers (for Bee Keeping)
*Greenhouse (Quonset type preferred)
*Chain link fencing — 6 feet high
*Miscellaneous irrigation system items costing approximately \$500.
*Turbidity meter (for water system)
*Stop watch
*Shop tools
*Post hole digger — 3 pt. hitch
*Brush cutter
*Tow chain

Cabinet Shop
*Dust Collection System
*Drill Press
*Paint Spray Equipment
*Air Powered Staplers
*Sabre Saw
*Router — 2 horse power
*Vibrating and Belt Type Sanders
*Hand Wood Working Tools

Like anything else, diet becomes a habit after awhile. Good habits are one thing, but bad habits must go if we ever hope to truly have the image of God restored in our lives. Some changes can be made at once, such as discarding obviously harmful items like coffee, tea and alcohol. Other changes take time and a period of re-education.

Many people are on a "transition diet" as they learn progressively what the Lord would have them eat and how to prepare those foods. Some make changes so abrupt as to cause injury to the health and constitu-

tion, thereby becoming discouraged. What must be understood is that the body needs time to adjust to dietary reversals, especially if real intemperance has been a long time pattern. (See CDF 283-285)

Understandably, those who have known "what's right" longer than others may feel the need to urge along those further behind. Caution should be observed in this matter. "We should, however, consider the situation of the people and the power of lifelong habit, and should be careful not to urge even right ideas unduly." CDF 398

Undoubtedly, it would be far better to consistently affirm and support those individuals who struggle along the common paths of reform than to possibly turn them away completely by injudicious counsel. The essence of true religion is LOVE, in the person of Christ and reflected in the lives of His followers. Diet, dress or any other such reform can never be the center of our message to the world, or even among ourselves, though all who are faithfully seeking God's will in their lives will certainly be carefully evaluating those areas of personal growth.

recipes

SMOOTHIES

Any frozen fruit (strawberries, peaches, boysenberries, etc.)
Vanilla
Orange or Pineapple juice
Fresh bananas
Place frozen chunks of fruit into a blender. Add vanilla and fruit juice. Blend, adding one or two bananas. Should be thick like a milkshake.

BANANA "ICE CREAM"

Frozen bananas
Vanilla
Crushed pineapple with juice.
Place frozen banana chunks in blender with vanilla. Add enough crushed pineapple with juice so it will blend. Should be fairly thick like frosty ice cream.

RECIPE CORRECTION:

In the June issue of this BULLETIN the recipe for Quick Corn Muffins should be corrected to read "Quick Corn Gems". Gem pans should be used in place of muffin tins, which are too large to allow satisfactory baking. Our apologies to any one who may have found this out for themselves!

Overeating

Continued from page 6

knows what is next and feels obliged to eat everything that comes along. (Usually there are too many things that do come along.)

3. Eat slowly. If food is eaten slowly and chewed thoroughly it is much easier to digest. It also allows more time for your satiety center to work. Often when time is taken to chew the food well (especially if it is natural food), your jaws get so tired you just can't eat any more.

4. Eat only at meal times. When little tidbits are eaten throughout the day, digestion is never fully completed, and the organs are not given a rest. And, generally, you can eat a lot more piece-meal than if specific meal times are kept, the body is ready for the meals and can handle them more effectively.

5. Eat no more than is required to satisfy hunger. Sit down to the meal, eat it, enjoy it and those with whom you're eating, but when you're done, leave the

table. Do not sit and talk at the table. This tends to cause picking. Leave the table, put the food away, and go for a walk.

6. Have fewer and simpler dishes. Do not have such a great variety that there is a tendency to eat everything and too much of it. Too many varieties in the stomach at once hinder digestion and can cause dyspepsia. So the fewer and simpler, the better.

7. Drink lots of water in between meals and none at meals. An hour after meals and half an hour before meals is an excellent time to really pour down the water. This keeps the body well hydrated and the stomach washed. Often hunger is mistaken for thirst. Liquids taken at meal time are used to wash foods down. The result is more food in the stomach, food that is not chewed, and a slowed digestion. Liquids dilute the digestive juices and must be absorbed before digestion can start.

All these suggestions are good

practical ideas, but overcoming excessive eating takes more than this. Actually, you can look at it as an exchange. "Less temporal food and much more spiritual food, more of the bread of life."⁹ "Let the individual who is seeking to possess purity of spirit bear in mind that in Christ there is power (did you get that? POWER!) to control the appetite."¹⁰ "Christ has given His Spirit as a divine power to overcome all hereditary and cultivated tendencies to evil, and to impress His own character upon the church."¹¹ "The surrender of hurtful indulgences requires sacrifice. Those who persevere in obedience to her (nature's) laws will reap the reward in health of body and health of mind."¹²

What more could we ask for?

- | | |
|---------------|------------|
| 1. 3T 491 | 11. DA 671 |
| 2. Ibid. 561 | 12. MH 127 |
| 3. CDF 133 | |
| 4. Ibid. 409 | |
| 5. SC 34 | |
| 6. CDF 147 | |
| 7. Ibid. 126 | |
| 8. Ibid. 102 | |
| 9. Ibid. 102 | |
| 10. Ibid. 127 | |

In addition, our operating departments often have need of equipment. Currently some of these are as follows:

Accounting
*2 Electric Adding/ Calculator machines

Bakery
*Slicer
*Molder
*Delivery Truck — Step Van type
*Deck Mixer
*120 quart mixer

Grounds
*Rotary Lawn Mowers (electric or gasoline)

*Garden Tractor
*Hedge Shears (hand or power)
*Garden hoses

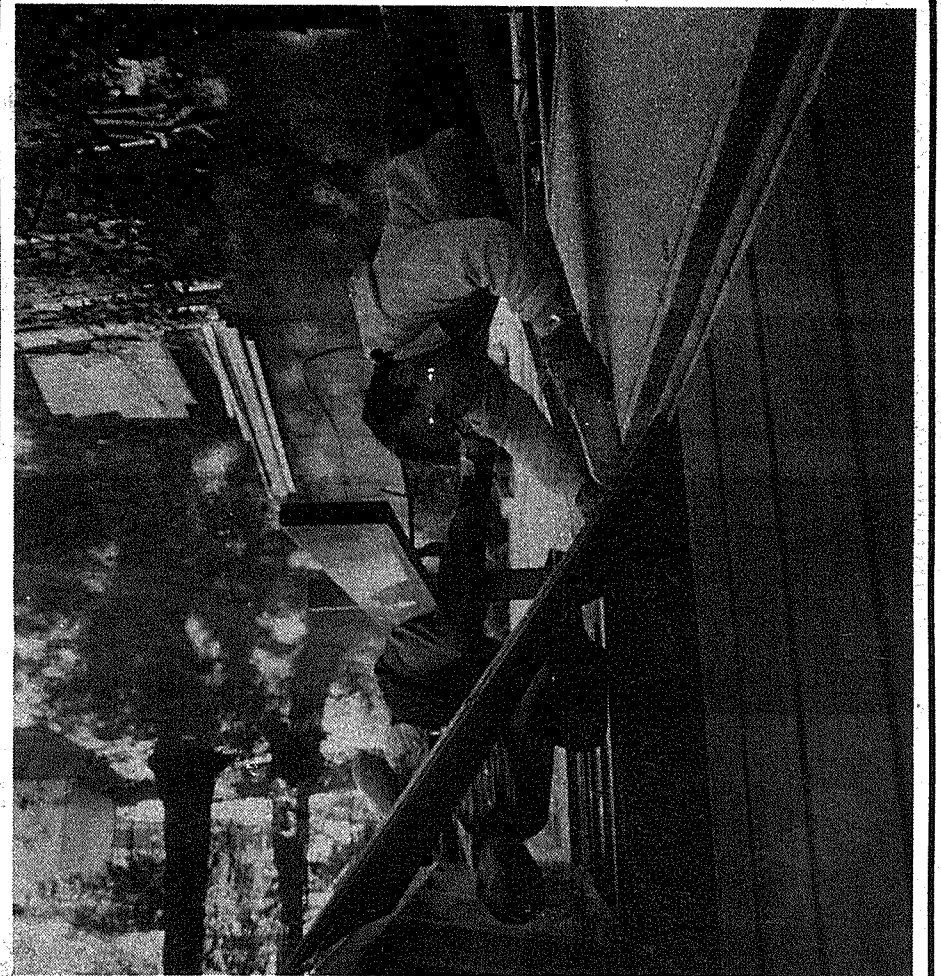
Maintenance
*One-fifth yard cement mixer
*Backhoe

These items should be durable enough for classroom or in-service use. Donations to cover the cost of any of these, or a portion of one, will be very much appreciated.

As our readers and supporters have given of themselves and their means in the past we have moved forward and rejoiced in the work committed to us.

A favorite chapter among the Apostle Paul's writings is Philipians 4. Verses 4-8 & 19 (RSV) read, "Rejoice in the Lord always; again I will say Rejoice. Let all men know your forbearance. The Lord is at hand. Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus... And my God will supply every need of yours according to His riches in glory in Christ Jesus."

May this be our joyful experience.



VOL. 3 NO. 9 SEPTEMBER, 1978

BOX A WEIMAR, CALIFORNIA 95736

WEIMAR INSTITUTE BULLETIN



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FROM OUR CHAPLAIN

OUT OF DARKNESS, LIGHT

by Dick Winn

I can pull forward very few memories from the third year of my life; but there is one that comes forward very easily. Probably because of the terrible fear associated with it!

An enthusiastic missionary from Borneo (weren't all our childhood missionaries from Borneo?) had kept us in delicious dread on the front edges of our little Sabbath School seats, telling us hair-raising stories about the wild boars of Borneo. To add drama to the story, he simulated the sounds of the boars as they charged the hapless natives—sounds that I could only describe as like a vigorous snore.

I went to bed that night, more fearful than anything else that I might dream about those boars. But I awakened in the small hours of the morning only to reckon with something worse than a dream. There actually was a real live wild boar in the room with me. More than that, it was under my bed, and my slightest move would betray my presence, causing it to charge me just as the missionary had said it would. No matter that the room was pitch black, and I couldn't have seen the beast had it been two inches from my face; I was sure there was a boar in my room. I could tell by the sound!

In sheer dread, I lay as close as I could to the perspiration-

soaked mattress, afraid even to blink more than once per minute. My mouth dry, and aching to turn or stretch under the sheets, I lay stone still—waiting for the rescue I hoped would come at daybreak. Meanwhile, the great wild boar continued its ominous snorting, in my very room!

After the passing of what seemed as endless hours, the thin, gray light of early dawn began to seep into the room, giving faint shape to the objects about me. Whether from courage, or from weary fatalism, I decided I might as well have a look at this noisy animal before it had enough daylight to sight me between his tusks. With a deliberate slowness quite foreign to three-year-olds, I turned my head toward the source of the sound.

On the spare bed kept in my room, I located the source of the frightful sound. Through the tears that brimmed from my eyes in sheer relief, I discerned the sweet, peaceful form of my great-aunt, snoring her way through a long night of deep sleep.

Praise God for light that dispells the myths of darkness! In Jesus "was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it."¹

I laugh now at the darkness which played tricks on a child's

imagination, for I have witnessed a more serious darkness. I have seen the darkness of despair as a tearful woman admits, "I've run out of reasons to live, but I'm too afraid to die." I've stood by in helpless frustration as a cockily proud young man has announced his answers to this world's problems—answers illumined only by the sparks of his own kindling.

Isaiah foresaw our time: "For behold, darkness shall cover the earth, and thick darkness the people..."² Behind every form of darkness—emotional, spiritual, national, marital, criminal, or intellectual—stands one basic darkness. Hosea describes it as follows: "There is...no knowledge of God in the land; there is swearing, lying, killing, stealing, and committing adultery."³ The last part of the verse is clearly the result of the problem listed in the first part. Those who do not know God's character of love turn from Him into rebellion or indifference. Not knowing that they can trust Him, they turn to trust bombs and electronics. Deceived into thinking that His plan for their lives is drab or confining, they chart their own confused paths to self-destruction.

In the cosmic terms of the great controversy, "darkness" is Satan's false information about the character of our wonderful God; and "light" is the truth of who He really is! And what an impressive array of dark myths will be driven from our lives as the Sun of Truth

shines upon our understanding. Jesus came as an enacted message, saying to each one of us, "Friend, if there is anything you don't like about my Father, it's because you don't yet know Him as He really is! Won't you let me turn on the light?"

Jesus lived the most compellingly attractive life that this earth has ever witnessed. Then He turned to us and said, "He who has seen me has seen the Father."⁴ What an invitation to trust, to love, to loyalty! How could a thoughtful person resist? How could the myths of darkness ever again be appealing in the face of such light?

The world is still in

darkness—the darkness of the misunderstanding of God. We stand on tiptoe, eager to share in the fulfillment of the second part of Isaiah's prophecy: "For behold, darkness shall cover the earth, and thick darkness the peoples; but the Lord will arise upon you, and His glory will be seen upon you. And nations shall come to your light, and kings to the brightness of your rising."⁵

To reflect such welcome light is the goal of Weimar Institute!

- 1 John 1:4, 5
- 2 Isaiah 60:2
- 3 Hosea 4:1, 2
- 4 John 14:9
- 5 Isaiah 60:2, 3

