

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 4 NO. 2 FEBRUARY 1980

## Ern Baxter's "Last Hope"

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As you know, I took on a special assignment the first of the year to serve in a teaching capacity in San Diego. About ten days before my sixty-fifth birthday, I was getting ready to go to my morning teaching assignment and became aware of pressure in my chest. I'd had the first indications of difficulty a few weeks before, but this particular morning it persisted, and Ruth sent for the paramedics. They found my blood pressure alarmingly high and my pulse erratic, so I was taken by ambulance to the hospital where I was thoroughly checked.

A cardiologist was called in, and I was put on a telemetry unit — night and day my heart action was monitored. They assured me that I had not had an attack as such, but that all the preliminary symptoms were sufficiently alarming that they wanted me to restrict my activity and to follow a certain regimen. They felt that if the angina (chest pain) continued, it would be advisable for me to submit to an angiogram. If the angiogram was sufficiently severe, I would remain in the hospital and undergo a bypass, a procedure where they take a vein out of your leg and bypass the clotage.

The angina persisted and I went in for the angiogram, the results of which indicated that the anterior artery in my heart was 70% clogged. The other two arteries — I understand there are three — were in remarkably good shape, but the anterior artery was clogged. However, at that point they didn't feel open-heart surgery was advisable.

After the angiogram, I continued to feel badly and to have angina. I was also under a lot of mental oppression knowing I had arterial clogage. You know, when we pass certain milestones in life that have been made famous by tradition, like turning 40 or 50, it can cause stress. I managed forty with a great flourish, and at fifty

my father sent me a fifty dollar bill and said, "Welcome to the fifty club." I handled that great. Sixty didn't seem to be any great problem, either.

But as I approached 65, I came under the influence of the rather universal syndrome of "You're finished at 65." And to have all this happen ten days before I was 65 only aided and abetted that. So I got caught in that syndrome of hopelessness and futility when you wonder "Should I retire and just sit back and wait?"

Interestingly enough, prior to this incident, a brother in northern California, whose wife had had angina as a young woman, had urged me to go to a treatment center called the Weimar Institute because they had helped her tremendously. Ruth and I had agreed to go, and had already made our deposit when I took sick.

So I went to Weimar Institute as kind of a last hope. I had no idea what they were going to do there, only that they had helped my friends. But I wasn't ready for the kind of radical procedure I found.

Weimar Institute is headed by a group of Seventh Day Adventist doctors who are highly trained. They believe that a combination of natural methods can do more to heal a man's problems, promise him longer life and better health, than the more usual route of drugs and surgery. I learned to appreciate these men as highly dedicated, well-qualified men who, in this rather cynical age of ours, demonstrated a degree of dedication above that usually found.

Ruth, incidentally, decided that she wanted to go along and take the treatment as much for my sake as for her own, just so she could help me. And she has been a tremendous help.

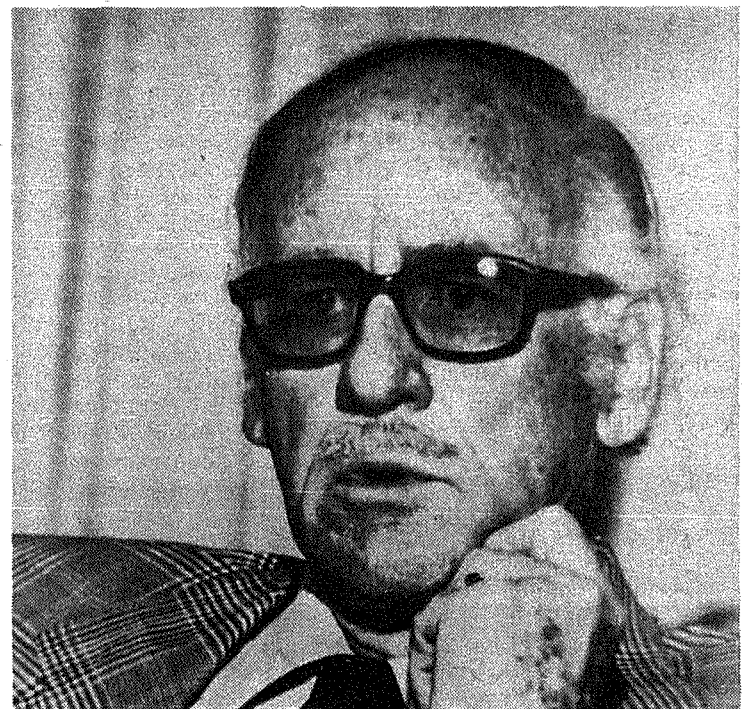
When we arrived at the Institute, the first two days were given to orientation. They did blood work and treadmill tests and the whole thing. My blood pressure was elevated, which indicated some problems in that area. I didn't do too well on the treadmill or the cardiogram

under stress. Of course, I had been a diabetic and was taking insulin by needle, so naturally, when my blood work came back, it indicated that my sugar was elevated, and also that my cholesterol and triglycerides were high. My blood work generally indicated that I had a combination of physical problems.

The next step after the tests was to set up a regimen for me to follow in which my entire day was mapped out for me. The regimen started at 6:30 a.m. with breakfast. There was a medical lecture every morning and devotions. There were some very fine features to this Institute. For example, whenever a physical therapist or hydrotherapist or a medical doctor or a nurse had any occasion to deal with you or do you a service, when they finished, they would have prayer with you, which is rather unique. After you worked out with the physical therapist and he had given you a rubdown, he would say, "Shall we have prayer?"

Right away they put you on a highly personalized nutritional regimen so that everything you eat is monitored by them. I was put on a thousand calories of selected food. They are quite opposed to sugar and all kinds of refined foods and oil. To put it more positively, they major in fruit, vegetables, legumes, and grains.

Probably the best explanation is to give my normal daily menu. My breakfast consists of a good portion of hot cereal, toasted specially baked bread and fruit. My lunch consists of vegetables, probably with a bean dish of some kind. My supper consists of fruit and toast (Ruth makes our bread without sugar and without oil, and it's very tasty) There's no eating between meals and no drinking with meals. I can only drink water up to half an hour before I eat, and I don't resume drinking until an hour after. They have a little saying: "At breakfast you eat like a king; at lunch you eat like a queen; and at supper you eat like a pauper." And there's no coffee, of course; no stimulants, no



Ern Baxter tells of his stay at Weimar Institute's Health Education Center.

drugs. Between meals, also, we probably drink 7 to 8 glasses of water a day.

With this regimen, within a week or ten days my blood pressure had come down considerably, my weight was starting to come down, and they took me completely off insulin. They took me off all medication, and the only thing now that continues to be somewhat bothersome is a little remaining angina.

At the end of the twenty-sixth day, the length of time spent there, blood work was done again. My sugar was down to almost normal. My triglycerides were normalized and my cholesterol was a little below normal. I had taken off ten or twelve pounds and was walking fast four or five miles a day. I was off all my medication, and I was highly motivated. I wanted to live again.

Since leaving there — we've been away about two months — Ruth and I have maintained what they call the therapeutic regimen. We continue pretty much as we did when we were under the treatment at the Institute.

There was one interesting aspect of Ruth's being with me at the institute. Ruth has always taken good care of herself, being a registered nurse, and has maintained a healthy weight level. But we had been pretty heavy meat-eaters and drank a lot of coffee, and one of the alarming things was when they did Ruth's blood work, they found that her triglycerides

and cholesterol were higher than mine, and she was bordering on a heart attack. But at the end of our stay at the Institute, her situation had changed considerably.

We're deeply indebted to this program. Although it may be construed as radical or fanatical, anyone who is at all perceptive and informed knows that there is considerable alarm across the nation over the number of heart attacks and strokes and so on. There's a growing concern about the whole nutritional thing.

One other side benefit I experienced has to do with sleep. My sleep pattern had been very bad for several years. I generally went to sleep between 12:00 and 1:00 a.m. and woke up at 3:00. Then if I slept at all the rest of the night, it would be catnapping. Now I go to bed and get six or seven hours sleep which is good for me. I get up in the morning and walk and jog for three miles.

I realize that at sixty-five I can't be twenty-one again, but with this kind of information, I have a desire to use my body — it's kind of a challenge to see how much ground I can regain.

That's pretty much the story of our health's pilgrimage. If I may inject a little sermonizing here, my concern would be that young people would do something preventative. It was rather significant to me that all of my fellow patients at the In-

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## FROM OUR PRESIDENT

"When will Jesus Come?" The fourth in a series.

Thus far in our series we have established several points which are preliminary to discovering a valid answer to our question, "When will Jesus come?" Let's review them briefly:

1. There has been a delay — of well over 100 years — since Jesus had hoped to return.
2. The delay is not because of God's failure to fulfill His promise; rather, it is His merciful response to so many who have not been ready.
3. Since the promises and threatenings of God are conditional, God is waiting for conditions rather than a specific time.
4. We should not confuse end-time conditions which must be met before Christ can come.

With these things in mind, let us consider the conditions for which God is waiting — conditions that when met, I believe, will free Jesus to return.

Perhaps the most important issue involved is the total vindication of God's character before the entire universe. Once this is accomplished the controversy that began in heaven can be ended and Christ will come to claim His elect from this earth. Closely related to this, of course, is the necessity that everyone in this world make a definite, final decision (based on sufficient evidence) as to which side he will join in that controversy. It seems obvious that the fulfillment of each of these conditions relates to the other. It also demands our immediate involvement.

From the beginning of his rebellion, Satan has misrepresented the character of God. Picturing God as arbitrary and selfish, he contends that He asks His subjects that which not only is He unwilling to do Himself, but is actually impossible. Satan also suggests that God only pretends to base His government on love and individual freedom; that in reality He demands obedience for His own selfish ends, and that anyone who chooses another course will be destroyed.

Christ lived a life that so perfectly revealed His Father's character that He was able to say, "He who has seen Me has seen the Father." John 14:9 RSV. He clearly demonstrated that God is more than willing to practice unselfish love. He also proved that it is possible to live by His principles. And, as Jesus breathed His last on the cross, "Satan saw that his disguise was torn away. His administration was laid open before the un-fallen angels and before the heavenly universe...Henceforth was his work restricted. Whatever attitude he might assume, he could no longer await the angels as they came from the heavenly courts, and before them accuse Christ's brethren of being clothed with the garments of blackness and the defilement of sin. The last link of sympathy between Satan and the heavenly world was broken." DA 761

However, even though the "last link of sympathy" for Satan was broken, there apparently were questions that still needed to be answered. "The angels did not even then understand all that was involved in the great controversy. The principles at stake were to be more fully revealed. And for the sake of man, Satan's existence must be continued. Man as well as angels must see the contrast between the Prince of light and the prince of darkness. He must choose whom he will serve." Ibid. 761

Because everyone must ultimately choose between Christ and Satan, a clear understanding of God's character is essential. In order to make an intelligent choice, an accurate revelation of His character must be presented. And since part of that revelation is the fact that His principles can be kept, we have the privilege of being a part of that revelation.

Just how does God intend to show man the contrast between Himself and Satan? (And in so doing answer any lingering questions?) Next month we will consider man's involvement in vindicating God's character.

Sincerely,  
Your brother in Christ,

Robert L. Fillman

# Weimar — A Family Of Love

By Colin D. Standish

(First of three chapel talks given at the beginning of the 1979-80 College year; September 1979)

At the commencement of Weimar College's second academic year, it seems appropriate that the concepts of Weimar be restated. For those who have been here before, this reiteration is a reminder of the purposes for which this college has been founded. For those who are new to the family of Weimar it is an opportunity to understand a little more completely the dynamic that has led to the college's establishment and development.

No word more fully encompasses the goals of Weimar than the word "love". Perhaps in its simplest term love can be defined as selflessness. This is the motivation by which the life of the Christian is translated into the family of God. The love that is described here is first summarized in the beautiful love chapter of 1st Corinthians. "Charity suffereth long, and is kind; charity envieth not; charity vaunteth not itself, is not puffed up, does not behave itself unseemly, seeketh not her own, is not easily provoked, thinketh no evil; rejoiceth not in iniquity, but rejoiceth in the truth; beareth all things, believeth all things, hopeth all things, endureth all things. Charity never faileth." (1 Cor. 13:4-8)

The liberty of Christ is translated into the life of every newborn Christian through the avenue of love. Love becomes the expressed fulfillment of the law of God and is the evidence of the indwelling power of the love of Christ in the life. "Whosoever is born of God doth not commit sin; for his seed remaineth in him: and he cannot sin, because he is born of God. In this the children of God are manifest, and the children of the devil; whosoever doeth not righteousness is not of God, neither he that loveth not his brother. For this is the message that ye heard from the beginning "that we should love one another." (1 John 3:9-11)

Here at Weimar we have a family drawn from many states of the Union and from



Colin D. Standish

a number of countries outside the United States. Yet the Lord is calling us to unite together in one demonstration of the love that unifies and glorifies His name. But such love cannot be present unless in the heart of each one of us selfishness has been removed. "The reason why God's people are not more spiritually minded and have not more faith, I have been shown, is because they are narrowed up with selfishness." (Welfare Ministry, p. 28) The Scripture makes it clear that any genuine love that man extends is really only a reflection of the love of God. And this love is provided by the ministry of the Holy Spirit in the life. "Because the love of God is shed abroad in our hearts by the Holy Ghost which is given unto you." (Romans 5:5)

Thus the impartation of God's love enables man to extend His life in loving outreach for others. "We can love our neighbor as ourselves only as we love God supremely. The love of God will bear fruit in love to our neighbors. Many think that it is impossible to love our neighbor as ourselves, but it is the only genuine fruit of Christianity. Love to others is putting on the Lord Jesus Christ; it is walking and working with the invisible world in view." (R&H, June 26, 1894) It is within this framework that we have the assurance, "It is not possible for the heart in which Christ abides to be destitute of love.

If we love God because He first loved us, we shall love all for whom Christ died. We cannot come in touch with Divinity without coming in touch with humanity; for in Him who sits upon the throne of the universe, divinity and humanity are combined. Connected with Christ, we are connected with our fellow men by the golden links of the chain of love." (COL 394,385)

If Weimar College is truly a family of love, then it will be very evident to the community around us. Genuine love and concern will flow from the boundaries of this institution to encompass the lives and the well-being of hundreds upon hundreds of families within the sphere of our influence.

It will be then that Weimar College will fulfill the most important role that our educational institutions are to fulfill. "The most important work of our educational institutions at this time, is to set before the world an example that will honor God." (Counsels to Parents, Teachers and Students, p. 57)

This year gives us the wonderful opportunity to be a blessing here in the foothills of the Sierra Nevada Mountains. Already our community has begun to appreciate the Weimar family. We must never be satisfied with small attainments or minimal representations of our Lord. Not only will we be a blessing to the physical needs of men and women in our community through this love, but many will be drawn to the Lord and to His great church. Already, through the ministry of students and staff of last year, a number have been baptized and an even larger number is presently preparing for baptism. But I believe the full ministry of Weimar will be felt in this community as we allow the Holy Spirit to come into our lives and remove every cobweb of selfishness. When we allow Him to fill our lives with the love of God we do not need to be concerned about the outcome. As natural as it has been unnatural prior to our conversion, this love will extend in life-giving rays to everyone upon whom our lives touch. May this be the experience of each one this year. 🙏

## Summer School

Each year Weimar Institute offers summer work scholarships for students who are enrolled at Weimar College.

To be considered for the work scholarship program, students must either be already enrolled in Weimar College or have been accepted for the fall quarter, 1980.

The scholarship provides full room and board during the summer plus \$1,000 toward the 1980-81 school year. In return, students are required to perform satisfactory work for a minimum of 480 hours during the summer commencing the second Monday of June or as soon as possible after this as arranged with the Director of Work Education.

Various work opportunities exist for both young men and young women in Agriculture, the Bakery, Grounds, Construction, Food Service, Cabinet Shop and the Business Office.

Now is the time to send for student information to the Dean of the College, Weimar College, Box A, Weimar, California 95736.

# More New Faces



Paul and Marguerite Flemming



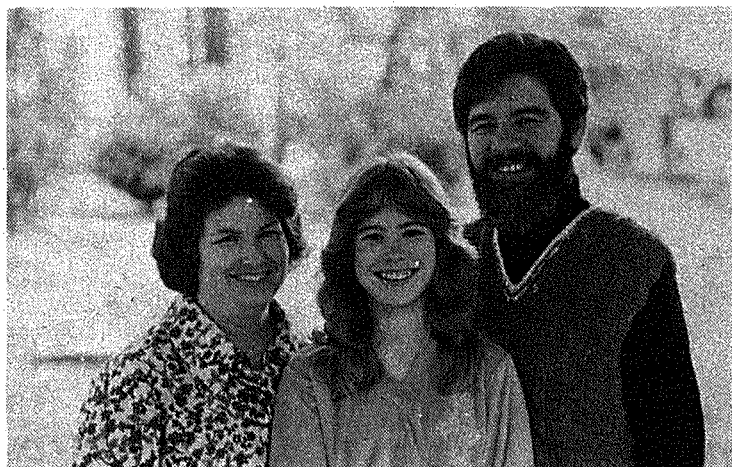
Clarence and Beatrice Kohler



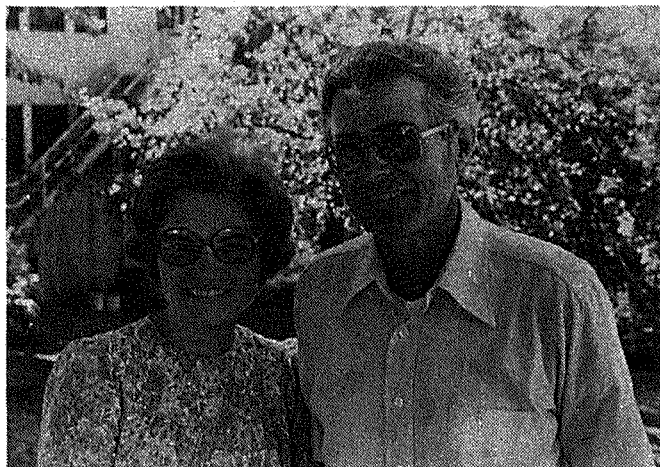
Josephine Gonsalves



Dave and Gloria Patterson



Dennis, Carol, and Dawn Blum



Alex and Ann Nischuk



Norma Atchison

### Norma Atchison

Norma Atchison joined the Weimar family in July of this year. She is formerly from the Los Angeles area where she worked for several doctors at the White Memorial Hospital. Her first exposure to Weimar was through some health tapes that a friend shared with her. She was quite impressed with the diet and exercise program and secretly pledged that this was the kind of place she would like to offer her services before she retired. Through a series of providential events Norma was able to see this dream fulfilled and is now faithfully involved in housekeeping services in the Health Education Center.

### Dennis and Carol Blum

A long-time enthusiastic supporter of Weimar, Dennis Blum and family joined the staff in September of this year. The Blums have had extensive health service experience. On the east coast Dennis was founding chairman of the Health Science Department at Columbia Union College, 1969-76. Carol, a respiratory therapist, worked until recently in the intensive care unit of Loma Linda Medical Center. Asked why they came to Weimar the Blums indicated that they have always wanted to be affiliated with a program where preventative medicine, health education and natural therapy were combined with reliance on Divine power to meet the needs of families. Dennis, who holds a master's degree in Health Education and Family Health Services from Loma Linda University, is currently teaching Health Science in the college and is also program director for the Health Education Center. Their daughter, Dawn, is a seventh grader in the Weimar elementary school.

### Josephine Gonsalves

Josephine Gonsalves is the

program cook for the Health Education Center. Her work involves creating menus for the guests who come every month, fixing delicious health-oriented meals and helping each guest to watch his caloric intake. Josephine says: "I came here to learn." But she sure is doing a lot of teaching also. Home for her is Tracy, Ca., where her mother and father are still living. However, she has worked in various institutional settings in California and Colorado. Her most recent was the Evergreen Care Center in Montrose, Colo. She heard about Weimar through contact with her doctor and her parents who thought this would be an ideal place for her, and so it turned out that Josephine came here earlier this year.

### Paul and Marguerite Flemming

Paul and Marguerite consider themselves "old timers" of Weimar. Long before joining our staff family a few months ago they supported the program here in philosophy and action. Paul worked on the H.E.C. building in its initial refurbishing stages, and Marguerite helped to paint the "Blue House" which accommodated the first group of H.E.D. guests.

Paul has an extensive background and many years experience teaching Industrial Arts to young people and working with various adult-career oriented groups in summer programs for "the world of construction." He has taught in the Arcadia Union School District for 25 years, and most recently at Sierra View Junior Academy in Exeter, CA while Marguerite was school bookkeeper.

The Flemmings heard about Weimar mainly from a staff member and from various advertisements in the Angwin area regarding this "new health venture."

We are delighted to have Paul serving where he most loves to be — with young people in construction; and he works incessantly at it. Marguerite spends most of her time keeping the books straight in the Weimar Store.

### Clarence and Beatrice Kohler

Former residents of Green Forest, Ark., the Kohlers lived for many years in California, having pastored churches both in Northern and Central California conferences. So coming to Weimar was sort of like coming back home. Elder Kohler, who has served also in Hawaii and Okinawa, has always wanted to teach in a college setting. He has also been very interested in self-supporting work; so much so that he retired early in order to be able to give some productive time to such a venture. Providentially, Weimar turned out to be the place for him to do this. Elder Kohler teaches college Bible and is the dean of men. His wife, Beatrice, is a homemaker and teaches piano to the children of staff members. Their daughter, Gina, is a fourth grader in the elementary school. We welcome the Kohlers to the Weimar family.

### Alex and Ann Nischuk

Alex Nischuk shares his expertise with our college students in the construction industry. He loves young people, enjoys working with them and is thrilled to watch them learn.

Formerly principal of a church school in Idaho, Alex heard about Weimar from a seminar that Raymond

Moore held at Walla Walla College. The Nischuks, both graduates of Madison College, a former self-supporting institution, have always been interested in this kind of labor, especially relating to the work/study concept as outlined in the Spirit of Prophecy.

Alex and his wife, Ann, have taught school in New-

foundland and they bring to Weimar experience, skills and pleasant Christian personalities.

### Dave and Gloria Patterson

The Pattersons joined our staff last summer. Dave served most recently as Business Manager and Continued on page 4

## Unique Gifts

By Colin Standish

On my recent trip to Australia I found a very enthusiastic response to the Weimar Health Education and College programs by those who have been receiving the Weimar Bulletin for the last few months. The same earnest interest that is evident in the United States in studying the health and education counsel of Ellen White is seen in Australia and there were many additional responses to the invitation to receive the Bulletin.

Quite a number of Australians expressed their support for Weimar in a practical way by giving donations. While a number made outright cash gifts, two made special donations which may offer suggestions to others of our readers who might wish to make practical contributions to Weimar Institute. One Australian gave a stamp collection of American mint, and used stamps, and stamps of Canada and Newfoundland. The collection will be sold in the States shortly.

The second gift was a coin collection established over three generations which included a number of gold sovereigns and a large number of older silver coins. The donor was grateful to God when the coin dealer determined the value of the collection in excess of \$3,350 U.S., all of which was donated to help worthy students. A special prayer of gratitude to God was offered in which the money was dedicated to the purpose of preparing young people for the finishing of God's work.

I'm sure there are many supporters of Weimar Institute who also have valuable collections of various kinds that could be redeemed for cash which could be used to support worthy students or some other worthwhile program at Weimar. The time is fast approaching when our gold and silver will be cankered. While there is still time to invest in the great gospel proclamation and in the education of workers for the work of God, now is the time to give.

# Freedom From Debt

By Kent Dickinson

In 1 Chron. 28 we find a very significant summary of the triumphant closing events in the life of David, Israel's second king. This account describes David's willing submission to God's instruction that he could not build the beautiful temple because he was a man of war and had shed blood. Despite any disappointed hope he may have felt, he gathered the vast amount of materials (tons of precious metals of tremendous value) to enable his son and heir to the throne, Solomon, to build the temple.

David gave to his son the plans for the building with its portico, courts, and rooms as the Spirit had instructed him. He then charged Solomon with these challenging, solemnizing verses, befitting of any man to his son. "And you, my son Solomon, acknowledged the God of your father, and serve Him with wholehearted devotion and with a willing mind, for the Lord searches every heart and understands every motive behind the thoughts. If you seek Him, He will be found by you; but if you forsake Him, He will reject you forever. Consider now, for the Lord has chosen you to build a temple as a sanctuary. Be strong and do the work...Be strong and courageous, and do the work. Do not be afraid or discouraged, for the Lord God, my God, is with you. He will not fail you or forsake you until all the work for the service of the temple of the Lord is finished." 1 Chron. 28: 9, 10, 20 NIV

A parallel is described in

E. G. White Comments, Volume 7-A, S.D.A. Bible Commentary, pages 106-108 which states, "This charge is given to the men in positions of trust in the work of God today as verily as it was given to Solomon. The day of test and trial is upon them, as verily as it was upon Solomon.

"Fidelity is required before God can bestow the blessings that He has promised. Those who offer God acceptable service must obey all His commandments...In this our day God's people will prosper only so long as they keep His precepts; and those who bear responsibilities are called upon to consecrate their service to the Lord."

We who serve at Weimar Institute understand that it is essential for us to search our hearts continually to know if we are obeying God's commandments and precepts. Only then can we expect His blessing upon this work. And while God is not limited in resources, He chooses to ask His children to be His stewards, to be faithfully careful in using His funds.

God has given others the privilege of stewardship in responding to calls of need. King David praised the Lord in verse 17 of 1 Chron. 29 NIV saying, "I know my God, that you test the heart and are pleased with integrity. All these things have I given willingly and with honest intent. And now I have seen with joy how Your people who are here have given to You."

Weimar Institute was founded to provide a place

where sincere seekers for health and education may learn to trust God and His gracious provisions. By this time, scores of person have found a new way to total health. Many have found new hope for living, as well as learning how to meet life's practical demands while honoring their Maker.

In order for this institution to continue functioning and fulfilling the purposes for which it was founded, we are looking to God who will impress hearts to help us. A joyful burden rests upon us as we continue to operate and meet our objectives, but a burden of debt also exists.

Our BULLETIN readers and others have given liberally, and many improvements have been made in our health and education facilities and programs. Our patient census is holding well and increasing; our student enrollment is also increasing encouragingly. The responses we receive from patients, students, parents, staff, donors and other friends are positive.

Still, there remains the specter of original debt which we must face and eliminate if we would be a thriving, productive institution. This caution is given in COUNSELS ON EDUCATION, page 207, "That our schools may nobly accomplish the purpose for which they are established, they should be free from debt. (emphasis supplied)

Thus far we have not deemed it wise to increase our tuition fees. We intend to educate as economically as possible those who desire a

Christian college education where service and sacrifice are taught and practiced, and where God and His Word are given highest honor. Our students, we believe, appreciate this.

Our original purchase debt (secured mortgages) was \$1,150,000 which, with loans from friends at no or low interest rates, was increased to approximately 1,300,000. We have kept up regularly and faithfully the monthly mortgage payments and thus have gradually reduced the principal balance. However, well over a million dollars is still owing.


Read with me these words, "The Lord has means for His work in the hands of His stewards; and as long as our schools have debts which have incurred in their establishment, in the erection of necessary buildings, and in providing necessary facilities, it is our duty to present the case to our brethren and ask them to lessen these debts." Ibid.

Should not we at Weimar Institute function from a debt-

free base? Are there not many faithful stewards who are anxious for this enterprise to succeed who will give continuously and generously toward our capital improvement and debt reduction goals so that these can be achieved in due time?

In order for our readers and donors to be informed about our financial condition, both capital and operating, copies of our current financial statement are available on request.

We continue to pray for our heavenly Father's leadership in our work at Weimar, and ask for an interest in your prayers and stewardship plans that this work, so nobly begun and sacrificially continued, may not fail in meeting its objectives and obligations to God's cause and His children. May we with King David of old be able to say to God, "and now I have seen with joy how willingly Your people who are here have given to you."

May we hear from you, our friend? 


## A Way To Invest

There are many ways to invest our financial talents in the treasury of heaven. But could there be a more rewarding way than an investment in the lives of young men and women? Presently at Weimar College the cost of tuition, room and board for each student per quarter is \$3,000. While this is about half of what comparative Christian education will be in North America next year, there is no way during the school year that students can earn any of this because work education is part of the students' curriculum.

An added difficulty is posed by the fact that the Weimar Institute Board has wisely decided to protect the freedom of Weimar College by not accepting any Federal or State Aid either for students or for the college. The uniqueness and independence of Weimar to follow God's program is dependent upon this and I'm sure our supporters will acclaim the courageous decision of our Board. However, there are many fine, Christian young people who do not have sufficient support to continue their education for the Lord's work. We believe that Weimar must provide opportunity for worthy students.

Weimar believes that students should do all they can to support their own education and under no circumstances do we believe students should be supported if they are not ready to work

for their education. Thus, summer work is provided so that students may obtain a scholarship for at least one-third of their costs. But, there are students who have no other form of financial support. This is where you can come in. Divine counsel warns against lowering tuition, thus throwing the college into debt; and the management is advised to charge fees sufficient for all the operating expenses of the college (6T 210,1). However the Lord calls upon "large hearted, benevolent brethren" to support such worthy students (6T 59).

One way you could help to do this would be to take the responsibility for financing one worthy student through Weimar. Allowing for \$1,000 to be provided by the student through summer work, a student could be helped through Weimar by a month by month investment of \$166.70 during the student's education. Weimar would provide progress reports to each such benefactor. Others may not be able to help one student fully but could provide from \$10 up per month to help the Worthy Student Fund. There are others who may be willing to provide funds for interest free loan funds that could be re-cycled to help future students. To help a student is a most rewarding way to contribute to the completion of the gospel commission. Won't you respond to this great challenge? 

## Faces

Continued from page 3

teacher at Highland View Academy, MD. Gloria was Food Service Director and School Nurse.

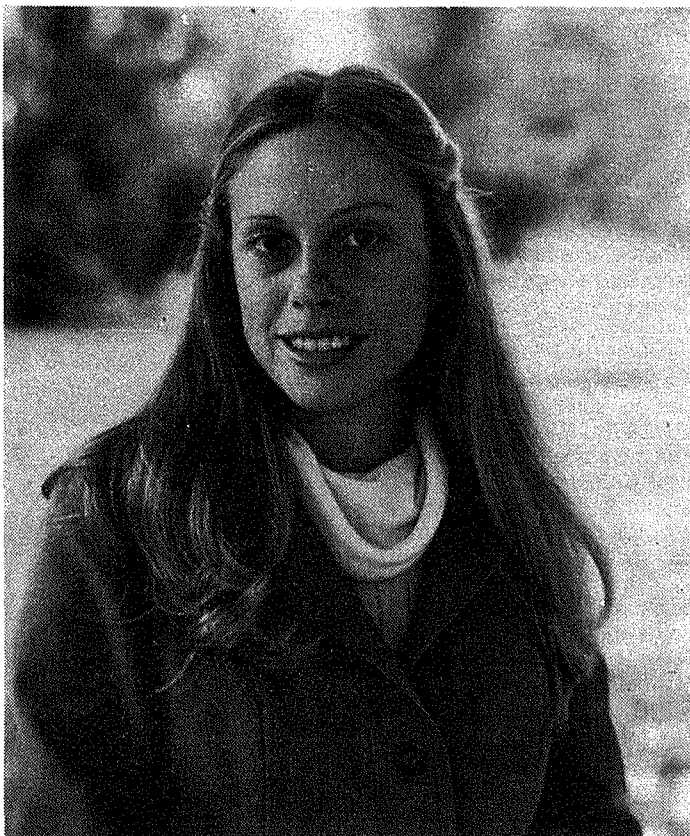
They heard about Weimar from staff members and also through listening to a lecture by Dr. Kime in Washington, D.C.

Gloria, very cheerfully, puts it this way: "We have always been 'self-supporters' at heart, and when we heard about Weimar, we knew that this kind of work would be suitable to our concepts."

Dave is our new office accountant and teaches math in our academy and college, while Gloria works in the Food Service area.

**Rhonda Wilde-VanCleeve**


One of our "not-so-new" staff members is Rhonda VanCleeve, staff nurse. She heard about Weimar from friends and became very interested in what she calls: "a new alternative for health care as related directly to Spirit of Prophecy instructions."



Rhonda Wilde-VanCleeve

The Weimar experience has brought many satisfactions to Rhonda, including the fact that she recently joined in lasting companionship with Steve VanCleeve,

also a staff nurse.

Rhonda enjoys her work tremendously and finds many rewards in sharing her time and love with the monthly H.E.C. guests. 

# New Testament Stories Relived

## It's All By Faith\*

By Veronica Morrish

"Not another one of those storms," I groaned as I glared disgustedly on the treacherous waters of Galilee's angry sea.

"It was such a beautiful, productive day," I mused. "Five thousand men besides women and children were fed as five barley loaves and two small fishes multiplied miraculously in His hands. The multitude was spell-bound by His discourse, fascinated and impressed with His miracles, and ready to place upon Him the highest national honors. But He wouldn't let them. I can't understand it! Why didn't He let us crown Him King, today? Certainly such inherent powers as He has for healing the sick and providing instant food would be positive assets to any empire. At a word He could put our Roman oppressors to flight. Besides, Judas would make an excellent financial advisor in the new kingdom ... and Andrew James, John and I..." I nursed my disappointed hopes as my thoughts were interrupted by the angry waves that lashed incessantly against the boat as if intent on tearing it apart.

In all my years of fishing I had never experienced a storm as ferocious as this one. It was mercilessly fierce. Even for a hardy seaman like me it was becoming a nerve-racking ordeal.

"James! John!" I shouted, though my voice seemed to be devoured by the howling wind. "We must row faster! We must do something to save this boat or else we will perish."

At least the last time we were victims of the tempest our Master was on board with us; and I well remember how, with just a few words, He quelled the raging elements. But this time we were miserably alone—lost with our thwarted plans and mounting fears. We could only pray, and work, and hope

that the oars would last. My arms were so tired. I felt so helpless.

The boat, our only puny, visible refuge was by this time rocking violently back and forth at the will of the wind. My mind fluctuated between terror and fatalistic resignation when suddenly I saw something which filled me with even greater fear than did the rough sea. There came toward us the form of a man walking lightly, majestically on the water. Was this a phantom signaling our destruction? Who could traverse those foaming billows? Not the bravest fisherman in all Galilee! My companions and I screamed

in terror. But as He neared we recognized Him. Overwhelmed, we desperately entreated Him for help. His familiar voice transcended the noisy billows, carrying with it words of hope: "Don't be afraid."<sup>1</sup>

I couldn't believe my ears. "Jesus," I pleaded, "if it is really you, tell me to come over to you, walking on the water."<sup>2</sup> Very reassuringly He responded: "All right Peter, come along!"<sup>3</sup>

I leaped out of the boat, my eyes fixed upon Him. Boldly, securely, I walked on the watery surface toward Him.

"Only the Master could make me do this," I thrilled. Continued on page 6



## Healthful Hints

By George D. Chen, M.D.

- When as a child I laughed and wept  
time crept.
- When as a man I dreamt and walked  
time walked.
- When I became a full grown man  
time ran.
- When older still I grew  
time flew.
- Soon I'll find in passing on  
time gone.

Time is so rapidly passing away; here today, gone tomorrow. The older we get the faster it goes. And even though it's not as tangible as money, houses, or cars, it's the most important thing in life. Time is the "stuff" that life's made of. Whether we are a pauper or a king, we have the same amount of this priceless item. And its usage determines whether we could become a bum or the president of the United States.

"Our time belongs to God. Every moment is His, and we are under the most solemn obligation to improve it to His glory. Of no talent He has given will He require a more strict account than of our time." COL 342, E.G. White,

Health and time have an inseparable relationship to each other. Without health our time on this earth is going to rapidly be used up. And without time there is no health. We are admonished to redeem time. The only way to redeem the time we have squandered is to make the very best use of that which remains. How do you fare in your usage of time? Are you doing things and making decisions daily in regard to your health habits which can prolong the time you have left?

### ARE YOU ONE WHO...

1. Drives his car a short distance to the store or post office?
2. Exercises on a regular basis?
3. Takes a brisk walk after eating meals?
4. Partakes of ice cream or sweets?
5. Eats between meals? (overworking the digestive system)
6. Tries to eat food prepared in as simple and natural a manner as possible?
7. Partakes of things you know are not healthful such as coffee, tea, cola drinks or meat?
8. Partakes of things you know are not healthful such as tobacco and alcohol?
9. Gets to sleep at an early hour every day?
10. Drinks liquids with meals? (disturbs food digestion)
11. Drinks adequate amounts of pure water daily? (5-7 glasses)

	Yes	No	Sometimes

Are you satisfied with the answers you have given? Put an "X" by the questions you would like to answer differently.

Underline the areas you would like to improve on. Please place this questionnaire in a prominent place in your home such as in the kitchen, bathroom or dining room for a frequent reminder of your decisions.

Of the necessary natural remedies we must employ daily to sustain health and prevent disease, exercise is the most time-consuming. The best exercise is walking or doing some useful labor out of doors—gardening, working in the yard or cutting wood. Walking for many is the only available outdoor exercise. Have you felt that just walking is a waste of time? I have. Perhaps the following hints will help.

1. Exercise with your spouse or friend; this is an excellent time to get acquainted or reacquainted.



2. As you walk, really look and listen to God speaking through the things of nature about you. Let him fill your soul with His goodness and love.

3. It's an excellent time to memorize the Scripture verses you've written on a small card.

4. It's an excellent time to listen to informational, spiritual or music cassettes on a small portable recorder.

Remember that the time you spend in exercise (from 1/2 to 1 1/2 hours per day) will be returned to you in better sleep. And you'll be more efficient during your waking hours.

If you don't take time to be healthy, you'll be forced to take time off—sick.

"The misuse of our physical powers shortens the period of time in which our lives can be used for the glory of God. And it unfits us to accomplish the work God has given us to do. By allowing ourselves to form wrong habits, by keeping late hours, by gratifying appetite at the expense of health, we lay the foundation for feebleness. By neglecting physical exercise, by overworking mind or body, we unbalance the nervous system. Those who thus shorten their lives and unfit themselves for service by disregarding nature's laws, are guilty of robbery toward God. And they are robbing their fellow men also. The opportunity of blessing others, the very work for which God sent them into the world, has by their own course of action been cut short. And they have unfitted themselves to do even that which in a briefer period of time they might have accomplished. The Lord holds us guilty when by our injurious habits we thus deprive the world of good." COL 346-7, E.G. White.

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"My prayerful desire for this week is that each person be given a new vision of Calvary." Elder Robert Pierson, Fall Week of Prayer, Weimar College, 1979.

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# Arthritis And Diet

By Jay Neil, M.D.

Musculoskeletal disorders are the leading cause of disability in the United States and arthritis is high on the list. Last year nearly 25% of Americans suffered from a rheumatic or arthritic problem.<sup>1</sup>

The almost endless variety of treatments offered from every sector underscores the fact that a simple, single, treatable cause has not been established. Indeed arthritis is not truly a disease but rather a physical manifestation of many diseases or abnormal processes.

We define arthritis as one or more abnormal or deranged joints. Acute arthritis implies a rapid onset to the painful joint which is often also swollen and warm and tender. This is called the inflammatory phase. The majority of arthritis is chronic or long-standing and demonstrates definite structural change in the bone and cartilage which lines the joint.

Is there a role for nutrition or perhaps specific nutritional factors in the treatment of, or in the prevention of the arthritides? From antiquity gouty arthritis has been associated with the rich man's sumptuous dietary fare. Although we know now there is an individual metabolic weakness, gout can usually be controlled nicely by eliminating the offending purines (a breakdown product of animal foods) from the diet.

It is also well established that osteoarthritis (degenerative, wear and tear) in a number of the weight bearing joints relates to caloric overload (obesity). Knee ligaments are gradually stretched by accumulated

small overloads allowing damage to the joint surface cartilage. Of course osteoarthritis, in some amount, is almost universal in the older population and might be thought of as a local expression of premature aging. The lock-step forward march of the aging process seems to yield ground, however, in the face of optimal nutrition and oxygen to the local tissue

thrititis has long been known to be closely intertwined with the body's immune (defense) system. Certain defense (immune) protein complexes deposited in the joint have a key role in the marked destruction of cartilage that can take place. Dietary differences were believed important in a study of rheumatoid arthritis in South African blacks. The rural

found that these arthritic pigs had greatly altered types and numbers of the bacterial population in their gut.<sup>4</sup> The idea that toxic products from these abnormal amounts of bacteria in the bowel may cross mucous membranes and circulate to the joint in rheumatoid arthritis is gaining ground.<sup>5,6</sup> Credence is given this theory by a recent report that 7% of patients with bypass loop surgery for obesity developed rapid onset arthritis similar to rheumatoid. Overgrowth of bacteria in the blind loop was felt to play a role since there was improvement of the arthritis by administering antibiotics or surgically correcting bowel reflux.<sup>7</sup> We have heard much lately of the close interrelationship of dietary fiber, transit time (time taken for food to pass through the bowel), bacterial flora and toxic agents relating to bowel cancer. Whether or not ultimately we discover a toxin, a virus particle or some other agent in rheumatoid arthritis, an unhealthy environment in the digestive tract may very well play a central role. Our previous belief that intact protein antigens could not be absorbed from the small intestine without first being digested (and thus inactivated) must be discarded in view of recent studies.<sup>8</sup>

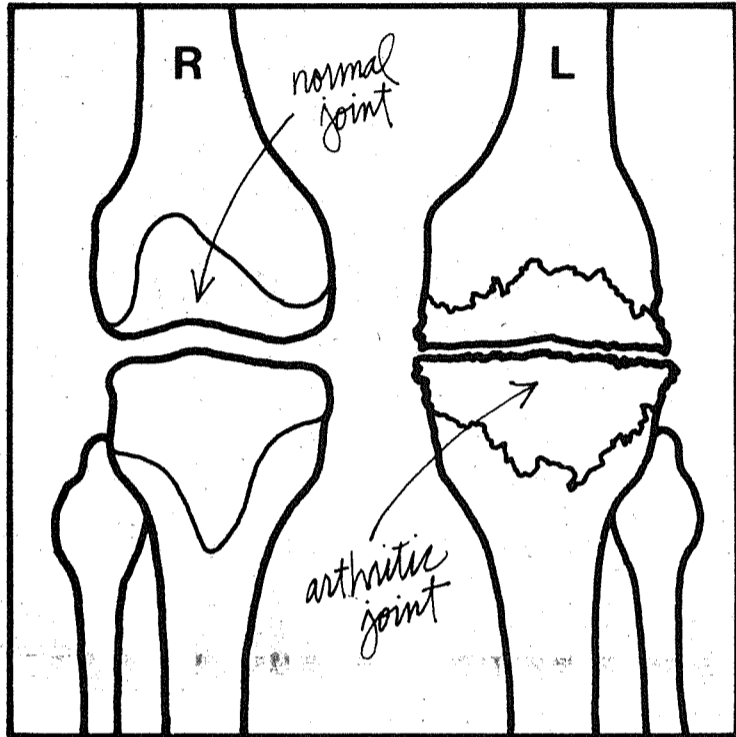
Aside from the gut, experimental ankylosing spondylitis (stiffening of the spine) is now known to relate to another problem in purine metabolism at a different step than gout. Its course can be greatly altered by dietary manipulation.<sup>7</sup>

What does all of this mean to health education centers and those who seek help for their arthritics? Firstly, as

always, prevention is the best cure. Even in those genetically predisposed to arthritis nutritional factors can influence the expression of the disease. Secondly, the acute inflammatory response of joints may bear a relationship to the environment of the bowel which can be influenced by the diet. Thirdly, while there is new evidence that cartilage and bone can heal and repair at a slow rate in the damaged joint, we should be cautiously realistic in the expectations we raise in those with established, advanced, anatomic changes. Finally, we must remember that the Lord's simple, natural, approach to healing includes not only a diet, simply prepared, of fruits, grains, nuts and vegetables, but also the intelligent application of water, appropriate exercise and rest, sunlight, abundant fresh, high quality air, avoiding all inhaled and imbibed toxins, and the joy and peace that comes with forgiveness and acceptance by our great God. ✠

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cell. Primitive tribes with a simple natural dietary which is largely complex carbohydrates not only live longer and have less heart disease, they also have less arthritis. Usually they are very active as well.

Some of the most fascinating clues of a relationship between diet and arthritis are very recent and relate especially to rheumatoid arthritis or its relatives. Rheumatoid ar-

group had a fraction of the incidence of disease of their urban counterparts.<sup>2</sup> A special strain of mice which die of their inbred autoimmune disease more than doubled their life span with certain manipulations of their calorie and protein intake.<sup>3</sup> Mice are not men; but pigs are found to be the closest to man in many physiologic ways. Pigs can have arthritis induced by a high fish protein diet. It was

## Last Hope

Continued from page 1  
they were there because they had either had bypass operations or inoperable heart situations. But isn't it a tragedy that you have to be almost dead before you want to live?

The staff consisted of around ninety people, many were walking examples of what they were teaching. They were like a bunch of greyhounds. When I looked at those young people who were into this regimen, I thought, "What an opportunity for them in terms of a long healthy life." I wish young people could see this, because I abused my body as a young man. I got away with it for awhile, as most people can, but it finally catches up to you.

During one of the lectures, I mentioned to the doctor that I had heard that a

famous professional tennis player — a Wimbledon champion — had had a heart attack at the age of thirty-one. They made it clear to us that being in good physical shape wasn't the total answer. Very simply, the kind of fuel you put into your body determines the internal

condition of your body organs. So if I'm going to sermonize a little, I would urge young people to take preventative steps which will promote their physical health and nullify the illnesses that can come as a result of neglecting or mistreating their bodies.



Ruth Baxter participates in bread-making class.

## Stories Relived

Continued from page 5  
"Wonder of wonders, I am actually walking like Him—on stormy Galilee."

My thoughts now turned to James, Andrew, John and the rest of my friends who had to be watching this breath-taking feat. I glanced around to look at the boat from which I had come, and simultaneously realized that I was sinking. I would soon be engulfed by the same mighty waves upon which I had so confidently walked a few moments before. Only thoughts of survival then dominated my mind. With all my strength I made one frantic grasp for life. "Save me Lord!"<sup>4</sup> I cried in desperation.

In an instant He was there (He always is.) He tenderly lifted my drenched, nervous, sputtering body.

"Why did you doubt Me? You are supposed to trust Me. Trust me completely,"<sup>5</sup> He said.

I was ashamed, silenced, and humbled. I had no reason to boast over my fellows now. Instead, I left my trembling hand in His as we stepped into the boat together. I looked around again. The sea was calm; the winds had subsided. Immediately, we had reached the land—with Him. By faith. ✠

- 1 Matthew 14:27
- 2 Matthew 14:28
- 3 Matthew 14:29
- 4 Matthew 14:30
- 5 Matthew 14:31

\*Based on Matthew 14:22-33 (Living Bible)

# H.E.C. ALUMNI CORNER

Dear Alumni Family,

Thank you so much for your letters in response to Irma's newsy report and for all the Christmas cards to us. It is always a highlight of any day to hear from you. We had many true confessions and we enjoy those too. But we were pleased that so many of you had really encouraging things to say. I'd like to share some of these comments with you to offer encouragement and update to each of us as we start a new year. Thanks also to each of you who gave me permission to use these.

Grace Thomas, May, 1979—My friends are glad, and so am I, that I went to Weimar. I'm grateful for the knowledge and help Weimar gave me. Have stayed on my diet except when invited out. Have decreased my dress size six sizes. I walk two miles in the morning and two miles at night. I hope to lose 20 more pounds.

Audrey Sorenson, May, 1979—I still fibrillate, sometimes more so, but by keeping on an even keel can keep it from getting out of hand. Walking is one of the happier activities that I do. I walk a little more than two miles, on level, in one half hour. So ½ hour morning, ½ hour evening and there it is, four miles a day.

Shirley Cyr, November, 1978—Have had fun helping in some cooking schools...I'm doing very well. Walk three miles in mornings, swim vigorously (for me) for 30 minutes 6 days a week. When I don't lose weight I still lose inches. I was on a plateau for six months but have started losing again. I'd never go back to our former "healthful" way of living. My entire family is now on Weimar maintenance diet—and also two-meal-a-day plan. The two meals really make one feel better.

Evelyn Orser, January 1978—As for me, I do have a lot of pain but for the most part feel good internally. The Lord sustains as the needs arise, day by day, moment by moment. Blood tests have continued to stay up well.

The other day my bone specialist asked how I was feeling, then remarked that "we need to write your case up." I asked why and he said "so others may benefit too." Then he asked how long it had been since the disease (multiple plasma myeloma) had hit me. It's been actually over two years since I first realized a problem. Then he spoke up and said, "You shouldn't have been around this last year."

George and Billie Dilley, August 1979—Billie isn't smoking!! Praise the Lord and all of you at Weimar. We walk about five miles a day (briskly). We are looking forward to returning to Weimar for a refresher perhaps next spring.

Blackie (a stray dog that became the August session's mascot) is on a large cattle ranch being trained as a bilingual cattle and sheep dog in Basque. The owner's daughter is a new Vet out of Davis with her clinic on the ranch. So Blackie is in dog heaven.

Ellis and Anne Belle Walker, March 1979—Ellis is doing quite well we think and is able to do some work around the place.

I continue to lose weight slowly, which surprises me because I eat so much. Wish I'd known about the Weimar diet years ago! I just can't believe I don't get hungry.

Betty Flaiz, September, 1978—(Betty was a real example of a Christ-centered person to me. She passed away in December with cancer. But I'd like to share part of her last letter we received. I hope it's as much of a blessing to you as it was to me.)

There is perfect rest and peace in the Lord, whichever direction He chooses to lead. I simply marvel at His bountiful sufficiency to carry us through the valley and not suffer us to be tried above what we are able to bear. The promises of God are so sure and He is always such a present refuge and strength.

Horace and Ruth Geer, June, 1979—Horace and I continue to improve and we also are sticking to the food plan. I figure you just can't argue with results and our results have been fantastic. I am cooking my way right through the Weimar cook book.

Edna Brackett, October, 1978—Yesterday our minister's wife told me that I am a living miracle, that I look the picture of health, so alive etc. She was contrasting me the way I was before Weimar.

I am living the Weimar way and I can truly say "I love it." I weigh 123 pounds. I seem to stay at that level. I enjoy the diet. I have not experimented much with recipes. I am satisfied with food in its natural state. I'm walking, exercising, sunbathing, drinking eight glasses of water daily. Sometimes I forget to rest as I should. I do love my dear Father God and His Son Jesus, who give me the strength to live this way.

So, dear friends, I hope as many of you as mentioned it will come back and visit us or stay awhile. We love to have each of you.

With His love,  
Ronda Potterton

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# What Did Jesus Do?

By Eric W. Hon

It may have been one of those days when it was just good to be alive. The weather was just right, conditions were pleasant, and everything was fine. There was a feeling of well-being.

And then occurred one of those most dramatic of all events in Christ's ministry. A citizen of wealth and prominence approached Him and posed the question, "Good Master, what good thing shall I do that I may have eternal life?" Matt. 19:16. Surely this was an encounter of great moment—the rich young ruler face to face with the Ruler of the universe.

The occasion is such that it is worthy of further exploration. The questions and answers which followed the initial inquiry could well apply to any one of us if we were to stand before Jesus as did the young ruler 2000 years ago.

What answer did Jesus give to that most vital question which concerns every living person today? First He pointed the inquirer to those commandments which have to do with his relationship with his fellowmen. (vs. 17-19) He then caused the young man to raise a question about himself: "What lack I yet?" (vs. 20) By telling him to "Go, sell, give and follow Me." He asked him to surrender that which was most precious—his all. In this way Jesus endeavored to help him see his lack; his inner self and the deficiency in his character.

Jesus set before the rich young ruler two sets of values. One was his position, the other the poten-

tial of eternal wealth. Sadly, this man of great potential rejected the wise counsel of the Master. To him the things of earth outweighed the unsearchable and limitless riches of heaven. Failing the heart searching examination, he went away sorrowful.

What caused this man to spurn the greatest gift that man can have? His unwillingness revealed the dread disease which lies within the inner recesses of man's nature—selfishness. In this most crucial of all moments in his life, when faced with the challenge to overcome the defect in his character, he could not rise to the occasion. In the end, self and selfishness consumed him.

"The lover of self is a transgressor of the law. This Jesus desired to reveal to the young man, and He gave him a test that would make manifest the selfishness of his heart. He showed him the plague spot in his character." COL 392:1  
A CAUTION TODAY.

In this brief review of great drama, we stand as it were viewing what could have been. The encounter ended in the tragic loss of a person of more than usual promise. Self blighted the real values in his life. And his experience is an object lesson for each of us.

As we stand before Jesus today, is it possible that, like the young ruler, we could be self-deceived? Are we diligent commandment keepers? Are we honorable, straight in all our dealings; do we pay a faithful tithe and plus? But, having done

all these things, do we fail to know our inner self? Of him it is said, "This ruler had a high estimate of his own righteousness." DA 518:4.

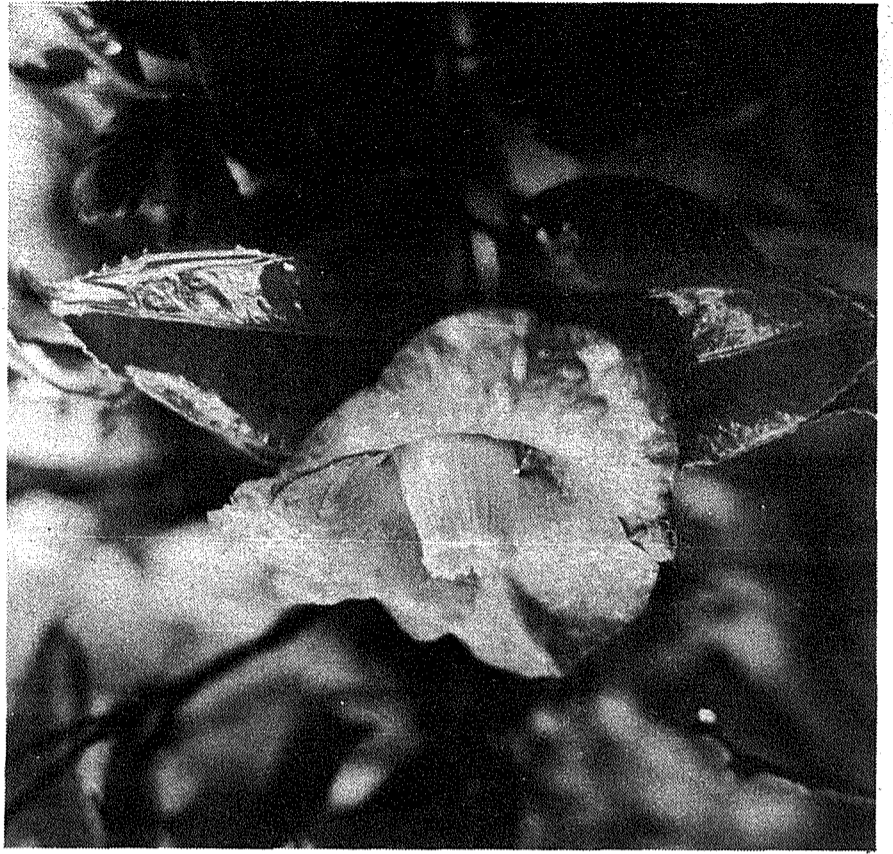
In these final days of judgment let us pray earnestly that God will help us see ourselves as He sees us. We need the wisdom and strength that comes from Him that we may put away any obstruction that stands in the way of our seeing the real values of life. We need His eyesalve that we might realize what the obstruction is. It could be our business, our work, or possessions, ambition, pleasure, money, dress, appetite, sport, or whatever.

"Search me, O God, and know my heart: try me and know my thoughts: And see if there be any wicked way in me, and lead me in the way everlasting." Ps. 139:23, 24.

We need to conquer SELF. Through Jesus we need to change direction from self-centeredness to Christ-centeredness. "Self-surrender is the substance of the teaching of Christ." DA 523:3.

Let us profit from the experience of the rich young ruler. By doing so we can avoid the bitterness of what could have been. He rejected the counsel of the Life-Giver. By failing to surrender all he lost all.

What did Jesus do to make life with God possible. He denied Himself and gave all. Our great Substitute, He is also our Example. He wants us too to give up self and surrender all. Eternal life is ours in Him; we need not fail the test.



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# WEIMAR INSTITUTE BULLETIN



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## FROM OUR CHAPLAIN

by Dick Winn

### Does God Take Vacations?

"Out of the mouths of babes..." My eleven-year-old daughter was responding to the question my wife had posed for worship: "Write a description of God as you imagine Him to be." Her dainty, one-paragraph response went something like this.

"When I think of God, I see Him always smiling, because He enjoys so much what He is doing. He really likes working to save His people and it brings Him lots of happiness. In fact, I don't think God ever goes on a vacation to get away from His work, because He enjoys it so much."

Maybe her pungent little comment alerted my attention so much because we were in the middle of the year-end holiday season, and it felt so good to be relaxing from the pressures of work. I immediately thought of Jesus' life, wondering how many weeks of vacation He claimed during His awesomely intense three-year ministry. He did quite often urge His disciples to come away and rest awhile; but this was for the sake of

more efficient work, rather than as an escape from something distasteful.

I'm still working on the mental picture of God and Jesus smiling all the time as they work for the salvation of us rebels. To be honest, I'd probably have pictured them as being morose, as being gloomy over the prospects of all Their self-giving labors largely being neglected by humans. Surely this generally dark atmosphere in heaven would be punctuated now and again by moments of bright rejoicing as individuals would surrender to the drawing of His love. But smiling all the time?

Then I recall Jesus' own opinion of the work He had been called to do while on this earth: "I delight to do thy will, O my God; thy law is within my heart." Psalm 40:8, Heb. 10:5-9. True, we don't see Jesus with a perpetual (perhaps even glib) smile on His face the whole time He was here. Yet He found His work to be intensely satisfying. On one occasion, His chance to share the water of life with a

woman in a foreign neighborhood meant so much to Him that He didn't even notice the missed meal. (See John 4:31-34.)

There's more than one way to smile — which my daughter may have understood, but just didn't know how to verbalize. There's the quick smile of an immediate happiness, the instant communication of the fact that says this moment my heart is glad. This type of smile comes to all — more easily to some. But few people are perpetually grinning.

Isn't there also a smile of the soul? Haven't we all experienced at times that deep inner sense of rightness with God and the world which can keep on warming us with encouragement, even when the immediate trials put tears on our face? Isn't that the meaning of the Christian's hope — a larger picture of meaning and purpose that surrounds the darkness of this moment, and extends into a smiling eternity?

My little Julie's picture of God is very important to me. I cherish that view of God always smiling in His heart, even as He weeps through this tragic experiment in

rebellion for six thousand years. I must see God as taking delight in His work for me, even though the results on my end are far from satisfying to His high goals.

Because God has not promised me a life free from trauma and dismay, this sin-damaged planet is no fairland of Pollyanna-type dreams; and I live in the midst of it. God knows far better than I ever could the vast extent of grinding

human suffering which our rebellion has caused. But if God hasn't rejected it as outside the scope of what He wants to feel; if, from His perspective, He can preserve a smile of His soul even while millions of those He loves choose to destroy themselves, then there is hope for me. He can put a smile in my soul. And that smile might even push through to my face, when I think about it!

