

WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 4 NO. 9 SEPTEMBER 1980

Looking Backward and Forward

By Thomas S. Geraty, Director of Work Conference on Work Experience Education

On August 8, 1980, Weimar College successfully completed its second three-week "Work Conference on Work Experience Education" (Work-study seminar).

"Successful," is defined by Webster to include meaningful definitions, such as, "the degree or measure of attaining one's desired end; a favorable termination of a venture." Or as one participant observed: "... Since being here this objective (physical) has been expanded to include the proper environment of the school setting, physical health and its relationship to spirituality, and establishment of close personal contact with those whose interests I share."

Although carrying either undergraduate or graduate academic credit (6 quarter hours of credit) sponsored as an extension credit from Pacific Union College, most of the participants registered as non-credit conferees.

In reviewing together the principle of balance in education, we find that a too-often-neglected area is work experience education. As a program, however, work experience education is no modern innovation. In essence it harks back to the time frame of the first human family in the garden of Eden.¹

*Under changed conditions, true education is still conformed to the Creator's plan, the plan of the Eden school . . . The great principles of education are unchanged.*²

Well-travelled parents, teachers, church school and academy principals and conference superintendents of education came to Weimar to study together basic principles and their application in Seventh-day Adventist education.

Consultants who gave lectures or who bore testimony of personal experience in the operation of work experience education included: Dennis Blum, Paul Damazo, David A. Escobar, Paul Flemming, Robert Habenicht, Richard Matthews, Raymond S. Moore, W. Fred Riley, John F. Sipkens, and Colin Standish.

With historical perspective the group studied some of the

struggles of various SDA educational institutions in North American and abroad, endeavoring to provide the harmonious three-fold development of the head, heart, and hand in their students.

Central to the themes and activities of the three-week conference on work experience education was the focus on the heaven-borne vision to Ellen G. White in 1872 on "Proper Education."³

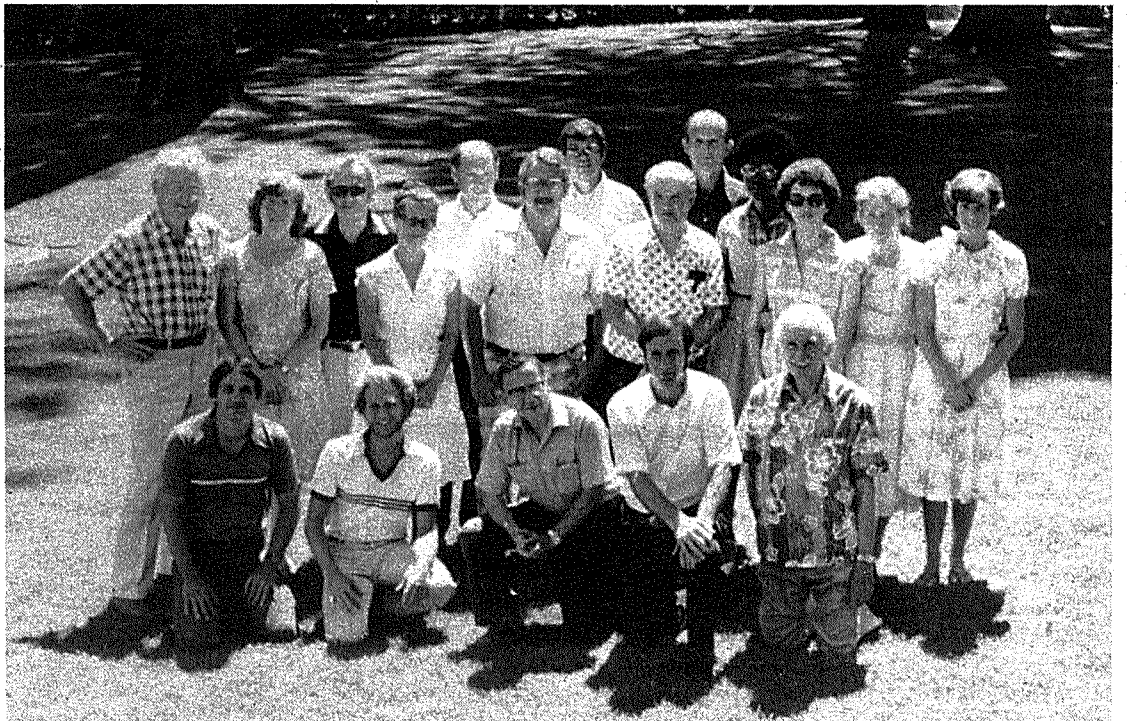
Similar to the burgeoning interests and push for deepening study and methodology in the teaching of science and mathematics subsequent to the blastoff and orbiting of Sputnik in 1957, so the Centennial Exposition in Philadelphia, Pennsylvania, in 1876, disturbed the citizenry of the New World as they saw the general superiority of European craftsmen in exemplary exhibits at the international fair. In many places agitation began in an effort to improve a new type of instruction in the schools.⁴ Parents and educators became interested in more practical education rather than in the mere theoretical aspects of classical and traditional learning.

With such a thesis, if SDA schools on all levels are to be unique, "our teachers should not think that their work ends with giving instruction from books. Several hours each day should be devoted to working with the students in some line of manual training. In no case should this be neglected."⁵

The work conference endeavored to show how work experience education may be administered viably on elementary, secondary and post-secondary education levels. The principles have worldwide application. The daily schedule during the conference was sectioned off between work stations, classroom lecture-discussions, library reference time, and personal study. Enthusiastic discussions, helpful suggestions, and informal fellowship sessions brought unexpected pleasures to those participating.

Permeating the whole conference was such inspired counsel as:

Daily, systematic labor should constitute a part of the education of the youth, even at



Work/Study Seminar participants take a picture break.

*this late period. Much can now be gained by connecting labor with schools . . . Because time is short, we should work with diligence and double energy.*⁶

As one of our library references we noted the encouragement from a recent publication of the General Conference Department of Education:

Christian education, from its very beginning, has been expected to follow a course distinctly different from that of public education. A unique philosophic base would produce a different emphasis on its educational concepts and instructional goals. The prime objective of a Christian curriculum is to assist each student to acquire an intimate knowledge of God's character, establish a personal relationship with Him, and follow God's perfect plan for his life . . .

Adventist educators today are candidly considering the direction of a system of education that has been functioning for over one hundred years. There are admittedly areas of concern, neglected priorities, and practices that should be reversed. A careful study of God's counsel regarding education indicates needed changes in teaching techniques, reordered priorities, and



Dr. Thomas Geraty, drawing from his experience, stresses the value of a balanced education.

*changes in emphasis of certain curriculum practices.*⁷

Lest we forget: "With us as with Israel of old, success in education depends on fidelity in carrying out the Creator's plan. Adherence to the principles of God's Word will bring as great blessings to us as it would have brought to the Hebrew people."⁸

We are happy to announce to the worldwide SDA constituency that Weimar College has scheduled to offer another

three-week Work Experience Education Seminar carrying 6 quarter hours extension credits (undergraduate or graduate) or non-credit from Pacific Union College, July 5-24, 1981. We also cordially invite church and institutional administrators, teachers, field educators, supervisors, superintendents, directors of education, parents, clergymen, and board members to participate in this upcoming seminar.

Continued on page 7

Physician Endorses Weimar's Program

By Veronica Morrish



Dr. Richard Welch.

He was the kind of person who stood out in a crowd. Tall, dignified, confident, yet reflecting a personable twinkle in his eyes. "Who is that distinguished gentleman?" a visitor curiously asked me one day. I found out later that he was Dr. Richard Welch who had come to join the Weimar H.E.C. July session.

Dr. Welch, a General Practitioner specializing in Preventive Medicine, with offices in Hesperia, California, told me that he has always been interested in Weimar ever since its inception, primarily because it espoused the concepts of natural and restorative healing and preventive health measures which are a part of his practicing philosophy.

As a very busy physician, however, Dr. Welch became so involved with his work of helping others get well that he inadvertently neglected his own health. Lack of exercise, a diet which was less than ideal, and the typical pressures of his thriving medical practice all took their toll.

One month before coming to Weimar Dr. Welch was admitted twice to the Coronary Care Unit with symptoms of severe heart problems and high blood pressure. He was overweight and diabetic and was taking

six different kinds of medications. When he first arrived he could hardly walk two blocks without painful discomfort in the chest. After three weeks on the Weimar program, he lost 14 pounds, went completely off medication, was able to walk a couple of miles briskly without any discomfort. His cholesterol, triglyceride and sugar levels were down to normal and he began enjoying a generalized feeling of well being.

Speaking as a health guest who has experienced the program Dr. Welch feels that he has been greatly blessed and benefited. He has been very impressed with the dedication, friendliness and openness of the total Weimar staff. He believes that the Weimar program definitely introduces one to an exciting new way of life which, if followed, can only produce greater health of mind, body and spirit.

Reflecting on the diet Dr. Welch observed that after one week he did not miss the salt. He began to taste the real, natural flavors in food. Altogether, he analyzed the diet as cleansing and therapeutic to the system.

From the standpoint of a physician, his professional comments reflect greater objectivity but carry the same posi-

tive implications. He believes that the basis of all diseases is two-fold (lack of oxygen to the cells, and toxemia). Consequently, he thinks a program of natural diet with lots of fiber, internal and external water therapy, exercise, and emphasis on proper breathing, such as is practiced at Weimar Institute, is a giant step toward taking care of these two monsters, and will ultimately lessen susceptibility to disease. Endorsing the program wholeheartedly, he does not recommend it as a panacea for all ills.

For example, he does not see the program as a cancer-cure therapy. The procedures followed, he agrees, tend to build up one's total immune system, however. Says Dr. Welch: "It certainly fosters a trend toward more healthy physical growth — one of holistic restoration; a kind of legacy which would enable the body to be better able to resist disease." He concurs with staff physicians here that, depending on the biological individuality of each person, medication could either be eliminated completely or reduced considerably if one followed such a program faithfully. A diabetic, for example might be able to throw out his insulin, as he himself did, or could cut down considerably on the dosage. And someone with hypertension or heart problems could definitely benefit by being able to eliminate or reduce his dependence on certain drugs.

Dr. Welch plans to carry out in a practical way the concepts he has learned and practiced here which coincide with the philosophy he has espoused for years. Personally, he confesses that he has more energy than before he participated in the program, and his exercise tolerance has also increased considerably.

Summing up his total impressions after a 25-day stay, Dr. Welch commented: "The Weimar program is basic, spiritual, highly scientific, holistic and effective. It is very valuable in that it not only allows one enough time, but also encourages one to break certain bad habits, and gives one the tools with which to build a beautiful new lifestyle." ❖

Black Hills Seminar

Second Annual Medical Conference at Black Hills Health Education Center Draws Medical Personnel From Six States

Some came by commercial planes, others by private planes, and some drove 1,000 miles by car round trip to come and listen to Dr. Hans Diehl and

Elder Halles Crowson, a doctor and minister team who presented a weekend seminar that involved the health of the "whole" man.

Dr. Diehl spoke on cardiovascular disease and lifestyle change, sharing many hours of research to substantiate his recommendations for a natural diet and exercise program.

A special film prepared by CBS's "60-Minutes" on the Pritikin program was shown. Dr. Diehl then concluded with the study that was done to show that Seventh-day Adventists live at least seven years longer than the average Californian.

Preceding the film Mr. Nelson, a Pierce real estate broker, stopped by to see Dr. Diehl. Mr. Nelson, who had been a patient of Pritikin in Santa Monica while Dr. Diehl was working with the Longevity Research Center, shared his testimony with the group. Three years prior to this he was scheduled for a triple by-pass surgery and had difficulty walking across the room in his own house. As a result of the 4-week program, and a continued

Wealth and Success

By Kent Dickinson

"Honor the Lord from your wealth, and from the first of all your produce; so your barns will be filled with plenty, and your vats will overflow with new wine." Proverbs 3:9, 10 NASB.

When we realize the depth, height and breadth of God's love as evidenced in many ways to the true seeker, the commitment of wealth will be made for His cause, and blessings as enduring as eternity will also be possessed by the giver. "Every effort made for Christ will react in blessing upon ourselves." COL 354. Have you found this so?

Why does God ask us to provide for His cause with tithes and freewill offerings? Is it because He is impoverished and has no other resource? Or could it be that He loves us so much that He is calling us to be set free from other attractions and distractions to behold His love and yield first our heart (which will naturally be where our treasure lies)? Is this not one of His methods to help us have no other gods before Him?

Success, then, is not necessarily indicated in a Who's Who list or in degrees achieved or in possessions acquired. "Success is not the result of chance or destiny; it is the outworking of God's own providence, the reward of faith and discretion, of virtue and persevering effort." COL 353.

In the story of the widow of Zarephath who shared her meager food supply with the prophet Elijah, during the time of famine, is found an example of faith and courage, of obedience and hospitality. The divine record states: "She, and he, and her house, did eat many days. And the barrel of meal wasted not, neither did the cruse of oil fail, according to the word of the Lord, which He spake by Elijah." I Kings 17:15, 16.

"To all who, in time of trial and want, give sympathy and assistance to others more needy, God has promised great blessing. He has not changed. His power is no less now than in the days of Elijah." *Prophets and Kings*, 132.

At Weimar Institute, our debt reduction program began very well. It now needs some reviving, however, if we are to avoid continuing indebtedness and the financial burdens this will require us to bear. We are counseled, "God designs that we shall learn lessons from the failures of the past. It is not pleasing to Him to have debts rest upon His institutions. . . Those members to whom the Lord has given means can invest their money in the cause without interest or at a low rate of interest, and by their freewill offerings they can help to support the work. The Lord asks you to return cheerfully to Him a portion of the goods He has lent you, and thus become His almoners." *Counsels on Stewardship*, 283.

God has given a standing promise to the liberal believer: "Whenever God's people, in any period of the world, have cheerfully and willingly carried out His plan in systematic benevolence and in gifts and offerings, they have realized the standing promise that prosperity should attend all their labors just in proportion as they obeyed His requirements. When they acknowledged the claims of God, and complied with His requirements, honoring Him with their substance, their barns were filled with plenty." *Testimonies for the Church*, Vol. 3, p. 395.

Can we ask for more or expect less than this if we comply? The Weimar Institute debt reduction appeal is continuing, for we earnestly desire to be debt free. Will God's almoners fully respond and will we who serve in this institution faithfully follow our divine Master, who counseled His disciples while on earth: "Gather the fragments, that nothing be lost?" ❖

commitment to a natural diet and exercise program, Mr. Nelson's surgery was cancelled. Today he is an active real estate agent, and can even mow his lawn with a push mower. He is also diabetic but has been able to cut his insulin dosage to half of what he was used to taking.

A Friday evening vespers featured several inspirationally musical items and a short devotional by Elder Crowson.

Sabbath meetings incorporated reports from various ones who have been involved in Better Health seminars, cooking schools, and Five-Day plans. Dr. Diehl also endorsed the fact that modern science is today confirming the counsel that was given to us by the Spirit of Prophecy nearly a century ago.

Many of the people who attended the weekend session were new to the basic natural diet and modes of healing. It was very rewarding to see these people making commitments to changing their lifestyles. A letter from one of these guests perhaps sums up the way most of them felt:

"We really enjoyed Dr. Diehl and all the lectures. We also thought all the persons attending were 'top notch' in many ways. We thoroughly enjoyed the food. I have read and re-read the recipes and I am very anxious to implement them. Although we are not expecting monumental or overnight changes, we hope to continue to improve steadily with our diet. . . which ties directly into a lifestyle." ❖

More on Weimar's Work Experience Seminar

Friday evening as we drove home from the St. Louis airport, the artificiality of the city was never more vividly manifested. How thankful we were to have been in God's natural surroundings, if only for three weeks.

The primary purpose of my Weimar stay was to observe principles, not people, and compare them with those timeless educational principles found in the Bible and the Spirit of Prophecy.

The Conclusion: To my knowledge I have never visited or heard of an educational facility (at least not in North America), where the directives of God are so closely followed. Furthermore, the Weimar family seemed eager to continue to grow in the various areas where the Lord was leading. If I could use just one phrase to characterize the Weimar staff and students, it would be: "willingness to be led of God."

My evaluation of the Work Experience Seminar is a study in understatement. I felt a bit like Moses must have felt as he went, or was led, into nature to unlearn his Egyptian education. Dr. Geraty should be thoroughly commended for allowing the Lord to do such an outstanding work through him.

Finally, the Weimar diet was a tremendous blessing. My cholesterol level fell 25%, triglycerides declined some 60% and 5 to 6 pounds melted away.

I left Weimar having never felt better physically, mentally and spiritually. "Higher than the highest human thought can reach is God's ideal for His children." MYP, 40.

God bless Weimar!

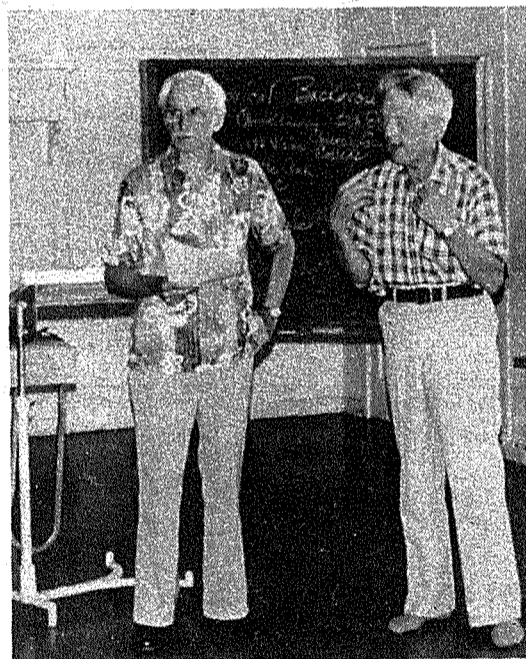
Dale Martin, St. Louis, Missouri



Dale Martin listens intently to a seminar lecture.



Work experience in the kitchen was an enjoyable one for Sandy Peterson.



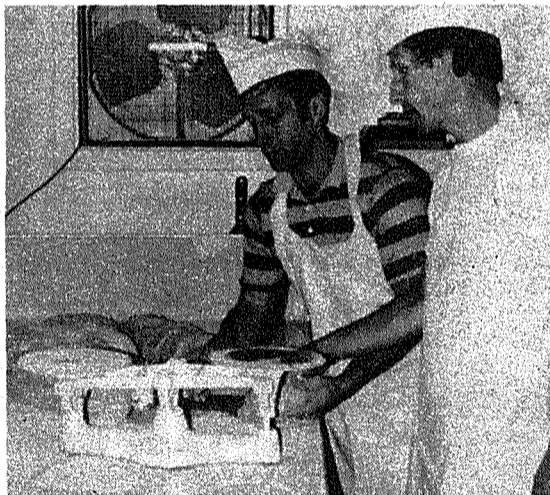
Dr. Raymond Moore makes a point during a lecture.

I've been refreshed, rejuvenated, impressed and inspired. . . But, if nothing else, it was well worth every moment of the approximately 2,000-mile drive just to come and partake of the delicious food.

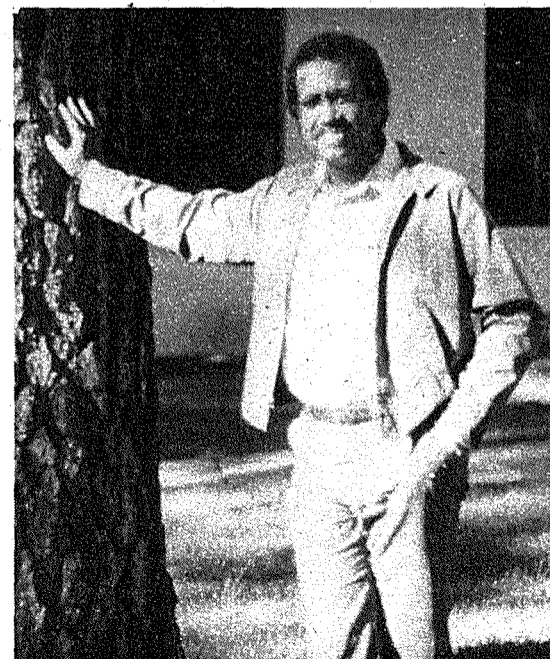
This work-study experience has been unique and rewarding to me in many ways. I have gained much into the methodology of a real work-study program and I have also learned a lot about roofing and much more. . . I will definitely make plans to come back next year for the 1981 session.

I am also hoping to encourage and implement many of the ideas I have learned at Weimar, in my schools. . . People in my area are very enthusiastic about this concept.

Joe Dent, South Central Conference
Nashville, Tennessee



David Gillham listens as Weimar baker, Gerald Hammon, explains breadmaking.



Joe Dent takes a refreshing pause from roofing.



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. 2:9-10)

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WEIMAR INSTITUTE BULLETIN

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OFFICE HOURS

Monday through Thursday: 8:00 A.M. - 5:00 P.M.
Friday: 8:00 A.M. - 4:00 P.M.
Sabbath and Sunday: Closed
Telephone: 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.

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

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

Nature's T

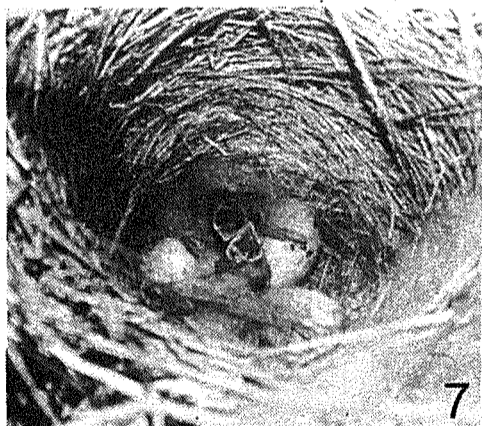
As students, staff members and H.E.C. guests we really appreciate the tremendous treasure of natural blessings which surround us. Whether we stop to look at a simple

flower in the grass, take a woods, or absorb the scent



Let's take time out for a nature-filled browse through Weimar's natural legacy in the Sierra foothills. You will find it a lore of beautiful contrasts:

1. Look at the majestic pine trees guarding the foreground of the distant Sierras.
2. Pause to breathe in the crisp aroma of a flowering apple tree.
3. Observe the beauty of the old oak, floor-padded with irregular brush weed and complemented on the left by manzanitas.
4. Meet an occasional shy-of-face fawn enhancing the glory of the landscape.
5. See pretty wild daisies adding natural splendor to this mimic jungle.
6. Pause to watch a lone worker-bee in a nectar-hunting caress.



"Every spire of grass, every opening bud and blooming flower is a token of God's love . . ."

SD 75

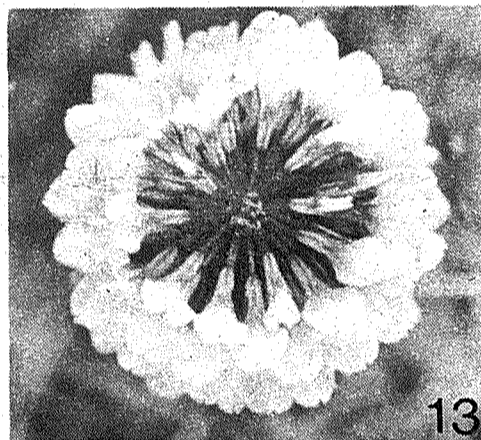
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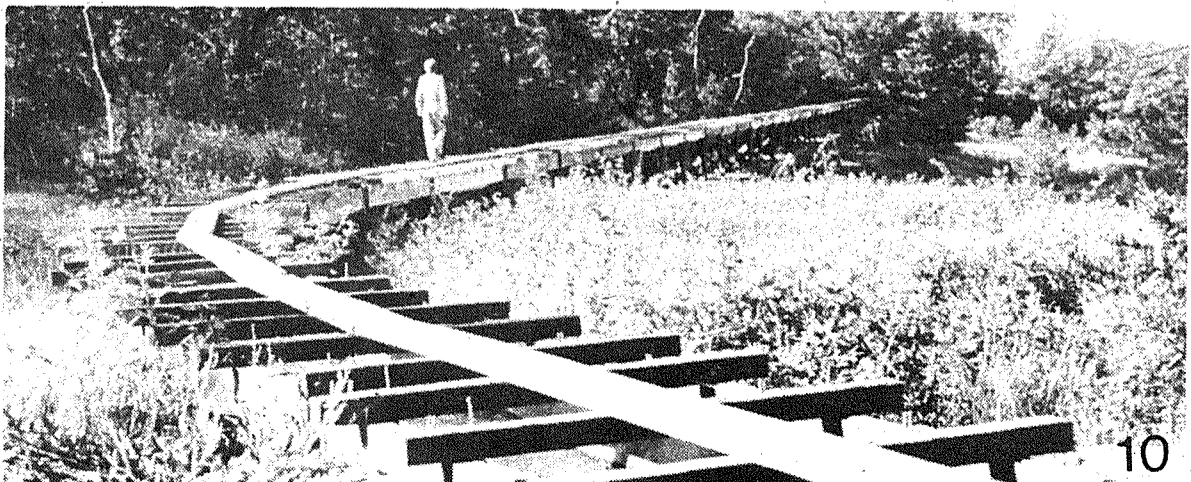
's Treasury

ss, take a leisurely or brisk walk in the
o the scent of the stately pines, we are

constantly reminded of how lavishly good our
Heavenly Father is to all of us.



7. Or sneak up on wide-open-mouthed baby blackbirds waiting impatiently for food.
8. Follow a weather-beaten path flanked by sweetly-scented mountain flowers.
9. Take a tunnel-like view of springtime splendor.
10. Go for a walk on the meandering flume as you quietly reflect on the scenery below.
11. Picture spires of grass seemingly bursting into bloom right in front of you . . .
12. Creating a "forest" which seems to crowd out the trees.
13. Take a closer look at a rich summer flower; observe its intricate beauty.
14. While a "monarch" sits on his flowery throne viewing the universe.
15. And as you, too, pause in a lowly meadow you will recall the thrill of each foregoing scene and spontaneously join in the choral harmony declaring with them that: "God is love!"



Diabetes Mellitus

By Dr. Beverly Cox
(First of Two Parts)



To most people, diabetes mellitus is a frightening disease because with it comes the possibility of developing blindness, gangrene (necessitating amputation of limbs), early heart attacks, strokes and severe infections. What is more, diabetes is not an uncommon disease. Out of every 1,000 Americans there are about 35 diabetics.

Diabetes is a disease of abnormal metabolism of sugar, fat and protein. Sugar is used in our cells to produce energy; and body insulin is involved in the utilization of sugar by our cells. In diabetes there is either a lack of insulin or an inability of the cells to respond to the action of insulin. In either case, the cells do not use sugar properly and thus sugar builds up in the blood. When this sugar level is quite high in the blood, the excess will spill over into the urine. Cholesterol and triglycerides also tend to be high in the blood of a diabetic.

Diabetes is well known to accelerate the development of hardening of the arteries. This causes heart attacks and strokes at an early age. Also, the very small blood vessels of the body are affected in diabetes, resulting in blindness, kidney disease, gangrene and nerve pain.

A diabetic is very prone to develop infections, particularly of the skin and urinary tract. These infections are often difficult to clear up. Occasionally they are caused by organisms that would not bring on infections in healthy persons.

The causes of diabetes are many; but whatever the cause, it produces a lack of insulin or an inability of the body to use its own insulin.

Insulin is produced in the pancreas and thus diabetes may develop when the pancreas is damaged by infection, tumors or injury. Certain stresses such as infections, severe burns, heart attacks or strokes, may bring on diabetes in susceptible individuals. Changes in the hormone balance of the body as seen in pregnancy, with the use of birth control pills, or with the use of cortisone-type of medication can also precipitate diabetes. Probably the most common cause of diabetes is overeating.

Many people are confused about diabetes because there are so many causes and so many types or levels of this disease. It is helpful in the understanding of diabetes to realize that the disease can be very severe or it can be very mild and that there are all levels in between. The disease ranges from a total or near total absence of insulin, which can result in death in two to three

days, to a situation in which the blood sugar is only slightly higher than normal after receiving a large feeding of sugar. Some persons develop serious complications early and others live long lives with little problem. It is felt that with good control of diabetes (keeping the blood sugar and fats at normal levels) the complications are less apt to occur.

Classically, diabetes is divided into two major groups: the "insulin-dependent" type and the "not-insulin-dependent" type. The insulin-dependent type has been called the juvenile-onset type but persons of all age groups, including the elderly, can develop this type of diabetes, and so the term insulin-dependent is preferred. This form of diabetes requires daily injections of insulin to control sugar, fat and protein metabolism. And careful dietary adjustments are necessary. Without careful control of insulin dosages, diet and exercise, the insulin-dependent diabetic can develop very high blood sugar and coma, or low blood sugar and shock. Thus, this kind of diabetes is called labile or "brittle."

The second major group of diabetes is the "not-insulin-dependent" type. If a person with this type of diabetes is not overweight he may or may not need insulin, and his diabetes is relatively easy to control and is not "brittle." If he is overweight he also may be insulin-requiring, but with weight loss he almost invariably can discontinue insulin.

In the next issue of the Bulletin we will deal specifically with the obese "not-insulin-requiring" diabetic. **W**

H.E.C. ALUMNI CORNER

Dear Alumni Family,

News and greetings from the Weimar family to all of you out there who read the Bulletin.

Weimar is a quiet but busy place, and many things happen every day. At almost every staff meeting someone brings us greetings from former H.E.C. guests via letters or personal visits. It is such a thrill for all of us to hear from you.

We know that it is not always easy to go back to "conventional life" again after 25 days in a sheltered "nest" such as Weimar. We have spent time together learning how to live a life which is more in accordance with God's original plan — back to the basics. I know that life in your home environment meets you with many surprises and challenges, some not always easy or pleasant to face — others positive and encouraging. But in whatever is happening to you all, I want to encourage each of you dear alumni members to keep your head up. You now know how the body functions the best. You know how exciting it feels to feel good physically, mentally and spiritually, so stay with it.

Here are some news briefs which might encourage you: In the *Yucaipa and Calimesa News Mirror* of June 18, there appeared a very positive and encouraging article entitled: "Vacation Changed Her Lifestyle," and a picture showing the smiling face of former H.E.C. guest (May 1980) Ingrid Sims. She went home and shared the good news of the benefits she gained at Weimar, giving in detail the workings of the program, etc. and the impact it made on her own life. Thank you, Ingrid, for sharing. We hope that this article will be a blessing to many.

Our good brother, Marty Lewis did the same. He wrote a little note in his local hometown newspaper. Part of it reads as follows: "I haven't felt this good for years and I am 75 years young! I feel that this program would be a godsend to many people living in Parklebra, and if anyone would like to know more about it, they may call me at my home." Would you believe he got 50 phone calls? Lots of people out there are interested. Let's give them the good news. Thank you Marty, and to all you others who faithfully serve.

In the way of staff news, Steve and Rhonda Van Cleave, our faithful nurse couple for 1½ years now, have decided to move on in life's adventure, as life always is when God is in control. At the end of July they will be going to Los Angeles, CA to further their education. Although "thank you" is just two small words, we surely want to emphasize them as we say goodbye to them. God has surely given them both the unique ability to be strong, precise, yet teachable, tender, thoughtful and caring. I know God has much in store for them as they look to Him for greater guidance. We will miss them very much!

I will also be leaving at the beginning of September to enter the School of Health at Loma Linda University. I feel that God is definitely leading me in this direction. When the time is right, I hope to return to my home in Scandinavia with the hope of establishing programs similar to Weimar's. I cannot thank God and Weimar enough for the time I've spent here. Getting to know and work with all of you people, and partaking of the beautiful Christian spirit here are treasures in my heart that will never be forgotten.

We also have good reports from Dr. Jay Neil who went to Chunky, Mississippi, in June. They are working hard to give the hospital there a face lift, and God is really blessing. Want to be part of an exciting adventure? Here's your chance. Any kind of assistance will receive a warm welcome!

May the peace and happiness of our loving Heavenly Father dwell in each of you. Keep a happy song in your heart. It's the best medicine you can get!

In Christian Love,

Joann Kristensen

Healthful Hints

By G.D. Chen, M.D., M.P.H.

Question: Is Atherosclerosis Reversible?

Answer: Yes.

Atherosclerosis (hardening of the arteries) decreases the circulation, thereby decreasing the oxygen to the tissues. This decrease in oxygen to the tissues is believed to be the basic cause of all the degenerative diseases: heart attacks, strokes, hypertension, diabetes, arthritis, glaucoma, cataracts, decreased hearing, senility and possibly even cancer. With the reversal of atherosclerosis comes an increase in oxygen to the tissues; and the above diseases may be reversed and cured.

The possibility of reversing atherosclerosis has been suspected for many decades. Many prisoners of war who died of starvation, and also cancer victims who wasted away, had clean arteries on autopsy. As all middle-aged Americans have some degree of atherosclerosis,

reversal in these prisoners was presumed to have occurred.

It has been noticed that any animal given a diet high in fat and cholesterol will develop atherosclerosis just as man does.

The experimental work of Armstrong,¹ Vesselinovitch and Wissler,² etc. has established that atherosclerosis reversal is easy to accomplish in animals (monkeys, rabbits, dogs, pigeons, swine, etc.) by decreasing the blood cholesterol either by stopping the intake of cholesterol or by giving them drugs. These drugs when used in humans can give adverse gastro-intestinal side effects. Therefore they are not recommended except in hereditary conditions in which a person is running a markedly elevated fat and cholesterol level.

The question up until a year or so ago has been: Can we demonstrate reversibility in humans, via angiographic studies? Every few months a new report comes out demonstrating this as a proven fact. (Basta,³ Nash,⁴ Bassler⁵). It

takes no longer in humans than small animals, though not everyone may reverse.

We believe from the dramatic improvements in circulation of our H.E.C. guests here that we are witnessing the reversal process.

The reason we have not seen very many cases of reversal in humans is that medical treatment has been aimed at treating the pain (angina) of heart disease and not aimed at drastically lowering the fats and cholesterol in the blood.

Dr. William Castelli of the Framington study, funded by the Health Education and Welfare Department, ongoing for over 30 years, stated at a recent seminar: "If we get the blood cholesterol below 150mg/dl we will see massive reversal in the order of 80-90%."

We now have the hope that the atherosclerosis we all have in varying degrees, due to lack of dietary discretion or ignorance can now be reversed. THAT'S GOOD NEWS!! Amen!

¹ Armstrong, et. al. *Circulatory Respiration*, Vol. 27 & 59, 1970.

² Vesselinovitch, Wissler, et. al. *Atherosclerosis*, pp. 259-275, 1974.

³ Basta, et. al. *American Journal of Medicine*, Vol. 61, 1976,

pp. 420-423.

⁴ Nash, Professor of Medicine, State University of N.Y. Upstate Medical Center, Upjohn Symposium, November 1979.

⁵ Bassler, *Western Journal of Medicine*. 132: 474-475, 1980 "Regression" of Atheroma. **W**

Looking Forward

Continued from page 1

Send your application with \$10.00 for reservation now for the 1981 seminar to the Dean, Weimar College, Box A, Weimar, CA 95736.

References

¹ E.G. White, *Education*, p. 21
² *Ibid.*, p. 30

³ *Testimonies*, Vol. 3, pp. 131-160

⁴ John D. Russel, *Vocational Education*, p. 10

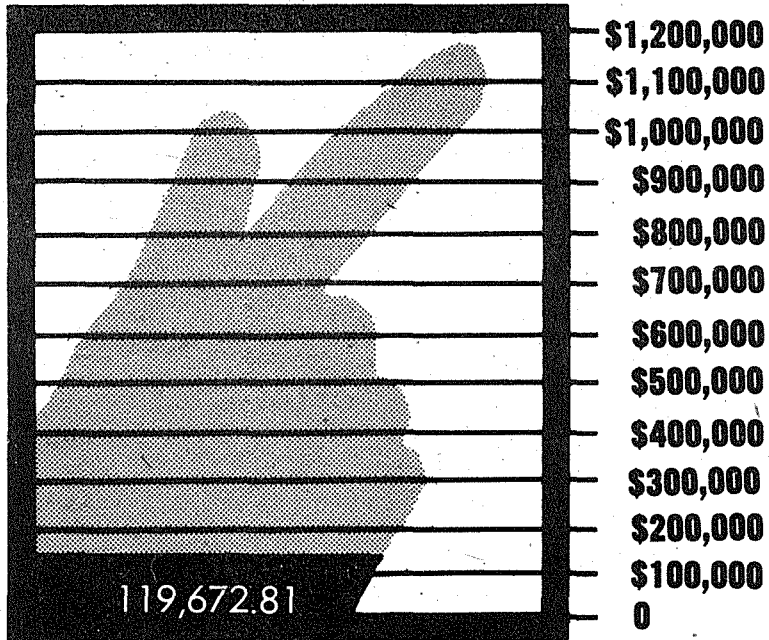
⁵ E.G. White, *Counsels to Parents, Teachers and Students*, p. 211

⁶ *Testimonies*, Vol. 3, p. 159

⁷ Thrust of SDA Education: A Christ-Centered Curriculum, K-12 (1977), p.1

⁸ E.G. White, *Education*, p. 50.

HELP CANCEL THE DEBT



This diagram presents a monthly visual report on our progress toward becoming debt-free. Many friends have pledged \$10 per month to aid in reaching this goal. Won't you help us press toward this mark?

YES, I WANT TO HELP!

Here is my gift of \$_____

- to help cancel Weimar's mortgage debt.
- toward Weimar's monthly operational expenses.
- to be placed in Weimar College's Worthy Student Fund.
- other.....

PLEASE SIGN ME UP FOR...

- the Weimar Institute Bulletin.
- I am already receiving the Bulletin.
- recipe book: FROM THE WEIMAR KITCHEN (\$5⁰⁰)

PLEASE SEND ME...

- information regarding Weimar's Health Education Center.
- Weimar College Bulletin and Student Application.
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New Testament Stories Relived

Missionary to Samaria*

By Veronica Morrish

Most of us are familiar with the first half of the story. Jesus sat by Jacob's well one day in an attempt to find rest from the sweltering heat of the noon-day sun in the valley of Shechem. A woman of Samaria came to draw water, and a unique conversation ensued between them. As the dialogue progressed, she — a wretched, sinful outcast — found in Him a magnificent, forgiving Savior.

Now, let us look at the second half of the story which emerges as a spiritually refreshing episode. The woman was completely awed that Someone who could read the not-so-pleasant details of her secret life, was also someone who could accept her, forgive her and save her from her past. So obsessed was she with sharing the exciting news of her new-found Savior that she temporarily forgot her mundane task of drawing water. Leaving her waterpot at the well she hastened into the city to communicate her spiritual discovery with friends and relatives.

Can you envision the raised eyebrows? Can you imagine the suspicious looks that we would have given her? One who moments before was reputed in this very city for her obnoxious social conduct was now Samaria's native missionary! Missionary to a people who despised, and were despised by, the Jewish nation with which

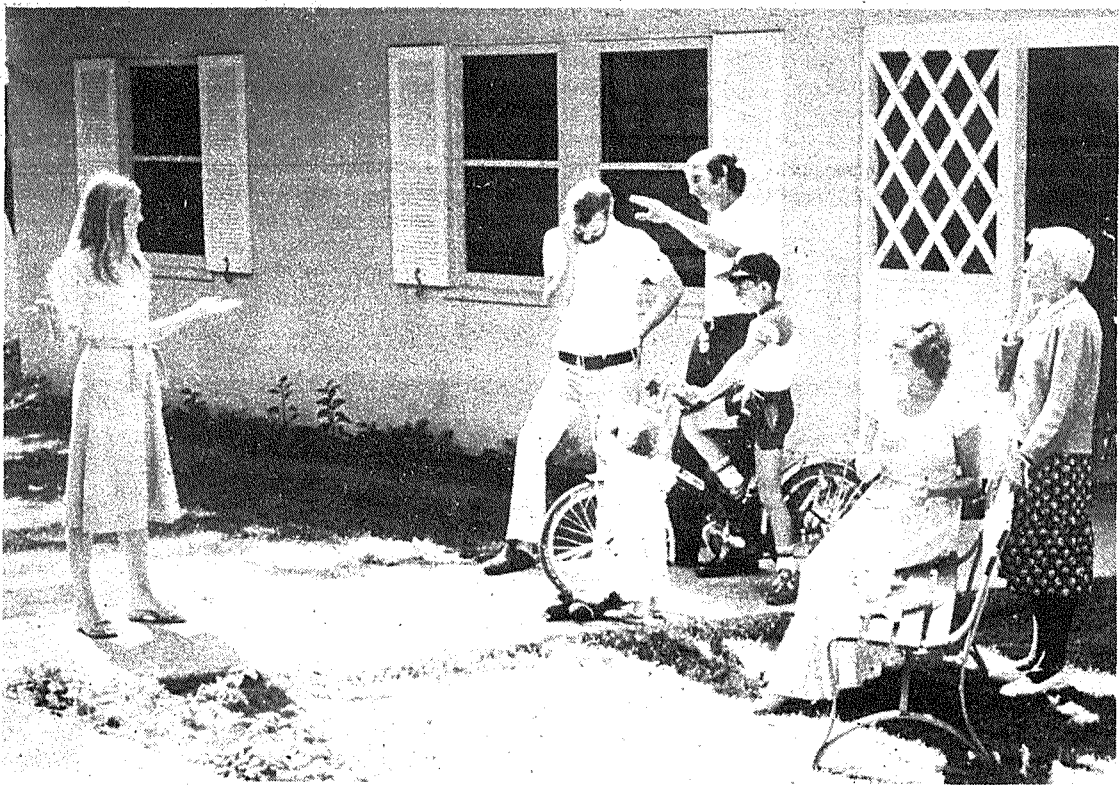
Jesus was physically and spiritually affiliated. Missionary to the very persons whom she had wronged — to those with whom she had previously shared a life of debauchery.

But it is precisely here that the beauty of the picture comes into focus. She had met God in human flesh. She had caught a practical vision of Him and of His foolproof method of transformation: "But we beholding . . . the glory of the Lord are changed . . . even as by the Spirit of the Lord."¹

Did she have all the tools and preparations of the affluent twentieth-century missionary? Obviously not. But in her brief encounter with the Master Missionary Himself she had learned at least three success points to Christian witnessing:

1. Meet the needs of people where they are. Be genuinely interested in their welfare.
2. Accept them and love them as they are instead of criticizing them or their life-style.
3. Share! Share the God-story — the good news about God and what He is doing in our lives. And this in our unique God-appointed time and way.

Things began to happen in Samaria that day when the woman treated her fellowmen



the way Jesus treated her. In fact, the impact was incredible. Like a chain reaction, living streams of love, flowed out from Jesus to the woman and then to the villages at large.

Having met God's Representative, having been loved, accepted and forgiven by Him, having been shown the meaning of true worship and witnessing, she could in turn love, accept and forgive others in a God-oriented way and this moved her city to a positive unrestrained response. "Her words touched their hearts. There was a new expression on her face, a change in her whole appearance. They were interested to see Jesus."²

Is it at all surprising though? Did He not say: "He that believeth on Me . . . out of his belly shall flow rivers of living water."³ Living waters of love, kindness, compassion, tender-hearted concern — potent enough to sweep away all barriers, however formidable. Potent enough to prompt the receivers to exclaim as did the Samaritans: "We have heard Him ourselves and do believe that this is indeed the Christ, the Savior of the world."⁴

Missionary to Samaria! And "unto the uttermost parts of the earth."⁵

*Based on John 4:5-42

¹ 2 Cor. 3:18
² Desire of Ages, pp. 190,191
³ John 7:38
⁴ John 4:42
⁵ Acts 1:8.

Let the people praise Thee, O God; let all the people praise Thee. Then shall the earth yield her increase; and God, even our own God, shall bless us. God shall bless us; and all the ends of the earth shall fear Him.

Psa 67:5-7

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FROM OUR CHAPLAIN

Whose Opinion Needs Changing?

By Dick Winn

"I don't want to do anything that would make God unhappy with me," she said. "After all, I've spent my whole life trying to please Him."

Her comment sounded so natural, so appropriate for an earnest Christian that I didn't even notice its larger meanings until I was thinking about it much later. She was giving evidence to this one fact: In most of Christianity, and in virtually all non-Christian religions, "salvation" involves getting God to change His opinion of us. Religion is man's struggle to entice God to think well of him.

But then I come to this profound insight by Paul: "God was in Christ, reconciling the world to Himself, not counting their trespasses against them." (2 Cor. 5:19 RSV) Rather than us getting God to change His opinion of man, Paul asserts that — through Christ — God

is getting the world to change its opinion of Him!

And then we recall that the whole sin and rebellion problem began, not when God changed His opinion of man, but when man changed his opinion of God. And the history of the plan of redemption portrays God seeking to reconcile, to draw back, the wayward affections of man.

For example, many Christians hold a belief we refer to as "Once saved, always saved". This popular but unscriptural belief is rooted in the assumption that God's opinion of man is the whole issue — that once God has expressed the opinion "Saved!" about a person, He will not change His mind. And that such an opinion from God is the whole issue in the salvation process.

Actually, for God to form His opinion of man is a relatively minor matter. He always bases His opinions on perfectly accurate information, process-

ed by an absolutely fair and clear-thinking mind. The vastly more difficult task is to get man to form an accurate opinion of God — working through Satan-distorted information, and sin-damaged thought processes. The uncertainty, the instability is all in man's mind, not God's!

To speak of God's opinion of the believing man is to speak of justification. To speak of the believer's opinion of God is to speak of sanctification. God is quick and certain to express His posture of forgiveness to all who come to Him in repentance and loyalty. "Not counting their trespasses against them," Paul said. He is quick to pronounce that a past load of guilt is no barrier to present friendship.

But the greater task is to bring man to the place of unchanging, unshakable loyalty to God. Those who are safe to inhabit eternity will be those whose minds are absolutely made up about God — those who will never start the rebellion over again by embracing distrust in God.

What should be the primary object of concern for the Christian who inadvertently stumbles



into sin? Should he be consumed with apprehension as to whether God is regarding him as condemned or innocent? Or should he be dismayed that his behavior reveals a shaky opinion of God, and of His beautiful plan for living? As one author has expressed it, "We are not to be anxious about what Christ and God think of us, but about what God thinks of Christ, our Substitute. You are accepted in the Beloved." (Ellen White, *Selected Messages*, Book 2, pages 32, 33.)

If I am ultimately found to be unfit for the fellowship of heaven, it will not be because God holds a negative opinion of me, but rather because I hold a negative opinion of God. It

will be because I am not fully reconciled in my mind to trust God in every circumstance. It will be because, in some area of thought, I still share Satan's opinions of God — in spite of all the evidence which God has shown me to the contrary. And God is too wise and far-seeing to allow such groundless, rebellious opinions to inhabit eternity. Holding no malice, He will sadly declare, "You are not reconciled!"

Going back to the opening sentence, is it wrong to want to have God pleased with us? What if we were simply to say that it is God's goal to have us thoroughly pleased with Him. That would please Him the most!

Dr. Thomas Geraty, (left) leads out in Weimar College's second work-study seminar. For details see Page 1.

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