

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 4 NO. 10 OCTOBER 1980

## Weimar Hosts Medical Personnel

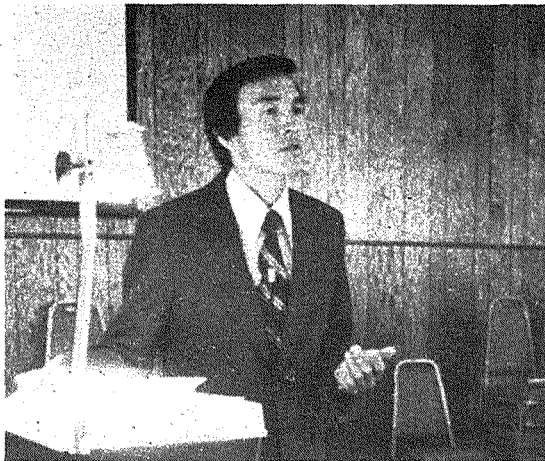
By Aileen Ludington, M.D.

What is a medical seminar like at Weimar Institute? This question was in the minds of many of the 21 doctors, nurses and other medical personnel who united with Weimar's medical staff for a retreat weekend in Sept. It soon became evident that it was to be a unique blend of study, exercise in the fresh air and sunshine, good food, praise and fellowship.

In his opening address Friday night, Dr. George Chen, Medical Director of Weimar Institute's Health Education Center, presented the following thought: "There are many ways of practicing the healing art, but there is only one way that heaven approves." 5T 443. He then challenged the participants to search out this heaven approved way during the weekend.

In analyzing the ten leading causes of death in the U.S. in 1900 as compared with 1975, some startling facts stand out. In 1900, approximately 42% of deaths were caused by infections, while degenerative diseases accounted for only 21%. By 1975 there was a dramatic shift. Nearly 80% of deaths were from degenerative diseases, and less than 3% were from infectious diseases.

These statistics reflect the progress which medical science has made during this century. Yet, while death from infectious diseases have been eliminated, death from degenerative diseases is sky-rocketing.



In studying the health message God has given us, it is increasingly apparent that it is more than a guide for treating disease. It outlines a detailed way of life — a lifestyle — to enable us to use His remedies to prevent disease in the first place.

Sabbath morning the discussion was extended to ways of reaching people spiritually

through the health message. It was pointed out that secular man is no longer touched by the Word of God, or by threats of losing eternal life. The best hope of reaching man today is through an interest in his health. We come close to people by personal effort. Jesus' method of mingling with the people and ministering to their needs with sympathy and compassion,

opened the way for Him to win their confidence and bid them to "follow Me."

Later, we noted the answer to Friday night's challenge: "God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties." 5T 443.

At 4 p.m. the group came together again, sharing personal experiences of God's providences and leading. One hour melted into two hours; and if someone had not "threatened" the group with the thought of

no supper, it might have gone on even longer.

The Sabbath drew to a close with songs of praise. In fact, throughout the day the meetings were liberally filled with music. And there had been walks in the sunshine and fresh air, along with a great deal of lively fellowship. Meal times were a highlight. The weather permitted nearly everyone to enjoy their meals out of doors on picnic tables.

On Sunday morning at 7 o'clock, Elder William D. Frazee, a retired pioneer of self-supporting medical missionary work, gave the devotional address. He emphasized that: "The work of the true medical missionary is largely a spiritual work." CH 540.

He then supported this premise with three points.

1. Nine out of ten diseases have their foundation in the mind. *The gospel heals minds.*

2. The great causes of disease today are intemperance, alcohol, tobacco, lack of exercise, and improper eating. Men are suffering from habits they cannot break. *The gospel breaks sinful habits.*

3. The goal of medical missionary work is the salvation of souls: the healing of the whole man. *The gospel saves the soul.*

At eight o'clock the scientific portion of the meetings began with a discussion of the philosophy of health by Dr. Chen. Beginning with one cell, he reviewed the physiology of the body. Each minute we live, our bodies make 3 billion new cells. Obviously, plenty of water, oxygen, and proper nutrients must be available if these cells are to be healthy and build good tissues and a healthy body.

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## Weimar's Student Missionaries Write Home

David Bradburn

We took a vacation. An English teacher from Kyoto (who speaks Japanese), another Osaka student missionary and I went to the Japan Alps to mountain climb. It was beautiful. There is something about mountain climbing experiences which help me to relate to the texts about mountains, e.g. "I will make all your mountains a way." We had a pleasant trip.

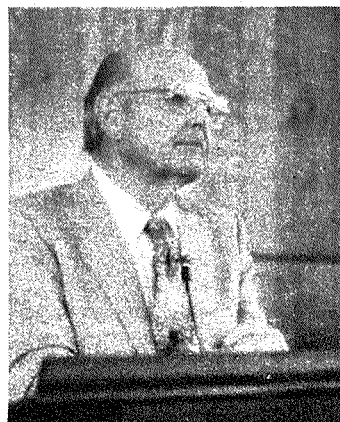
Slept all night on the return trains. I had almost run out of money and didn't know if I could make it back to Himeji alone, tired, sore, blistered and almost broken. But the Lord led me to the promise of John 14:14, and the illustration of the abiding branch of the vine. I have found it to be true over and over again in my experiences here: "man's extremities are God's opportunities!"

With seventy-three percent

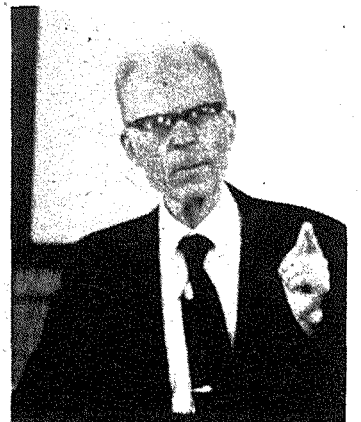
of Japan being mountainous, it isn't hard to find nice jungle places to be alone with God. After getting cleaned up and fed, I found a secluded spot with groves of bamboo, a waterfall and pool, lots of quiet and even more vines. Here I pondered God's lesson for the day.

There is so much applied learning here. Materialism and "pat" religious answers seem

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Sherman DeVine, M.D.

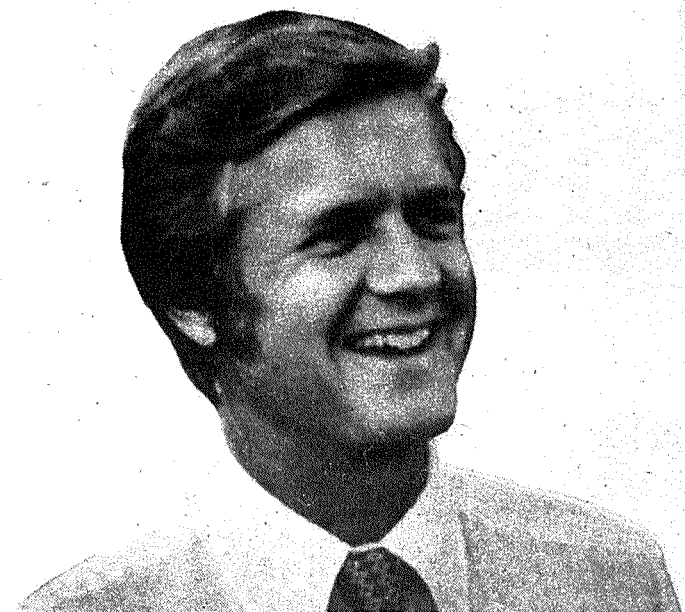


W.D. Frazee

# Oregon Physician Finds Weimar an "Invaluable Experience"

Dr. Daniel Pletsch has been a guest physician at Weimar Institute for the past three months. He became aware of Weimar about three years ago through direct contact with his wife's friends who were pioneer workers here. Then, while attending a summer seminar at Yuchi Pines, he obtained more information which stimulated him to make a short visit to the institute.

Dr. Pletsch, himself a relatively new Seventh-day Adventist Christian, worked in Obstetrics and Gynecology at the Kaiser Permanente Clinic in Portland, Oregon for thirteen years. About two years ago he developed a keen interest in nutrition and made plans to take a sabbatical leave from Kaiser to obtain an MPH degree in Nutrition from Loma Linda University. A year later, he was convicted to quit his practice and prepare specifically for medical missionary



**Daniel T. Pletsch, M.D.**

work in the form of a health conditioning center and health education program in Portland. Thus, upon completion of his

studies at Loma Linda University Dr. Pletsch elected to spend three months at Weimar Institute as a staff physician.

His intent was to learn more about natural remedies and their effects on degenerative diseases. Aptly put in his own words, Pletsch commented: "In summary, I guess you would say I came here to 'learn the ropes' of how to do this kind of medical-work elsewhere."

Dr. Pletsch believes that the three months spent at Weimar were an invaluable experience. Commenting on this, with a seriousness which depicted his sincerity, he said: "I hate to think what starting out alone would have been like without this experience. I learned far more than I anticipated learning. There is a beautiful spiritual atmosphere here. It's like a bit of heaven on earth, and I am going to have a hard time leaving."

"I've had sufficient time to investigate the types of medical problems involved in health care facilities such as this one. But more than that, I've learned how people work together under the guidance of the Holy Spirit, and how to relate to patients in this kind of setting. I have also become aware of the types of problems that face institutions of this kind, some of the mistakes that have been made in the past and some of the pitfalls to avoid. Personally, I have grown spiritually,

learning more to depend on God's strength and to trust that everything that happens to me comes from Him. I'll never forget the beautiful, Christian people I have met here, and the fun in working and fellowshiping together. I am ever so thankful for having had the opportunity of being here. And for anyone who is contemplating a similar venture, I would highly recommend such a period of work at this or other like institutions."

Dr. Pletsch is on his way to help start a Weimar-type health education program in the Portland area. In his mind it is a complete faith venture. There is no available property or buildings for a full-fledged program but he and his colleagues plan to start an out-patient clinic in an already existing health facility. He thinks there are enough potential patients lined up in that area to start an initial program immediately.

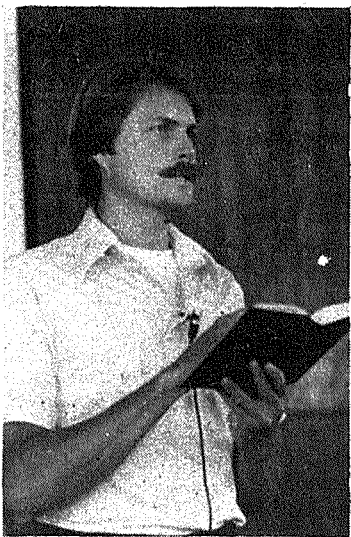
Daniel Pletsch believes strongly in the prediction that this type of health program will spring up around all large cities just before Jesus comes. He is staking his faith on the promise that this work will succeed if we follow the Lord's plan, and considers it a joy to be involved in this aspect of the Lord's work.

## Weimar Hosts Medical Personnel

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Dr. Henri Wiebe, staff physician, introduced the next section which was on proteins. He reviewed the long years when people were constantly worried about getting enough protein. Today, it has been discovered, we need to worry about getting too much protein! And the best way to be sure we get an adequate supply of the best proteins is to eat a good variety of fresh and unrefined foods from meal to meal.

Dr. Sherman DeVine shared his story. He had long considered himself a typical S.D.A. — vegetarian, careful with eggs and milk, eating lots of nuts, peanut butter, pies, ice cream and all the meat analogs. But, the year 1976 found him overweight, stressed, diabetic, and the victim of two serious coronaries followed by a massive stroke with aphasia and



**Byron Reynolds, PT, explains cold water therapy.**

paralysis. He was told by his doctor to go home and put things in order.

At this time Dr. Nathan



**The uses of charcoal are demonstrated by Vernon Putz, PT.**

Pritikin was just beginning his work with cardiac patients in Santa Barbara. Dr. DeVine was the first doctor to go through his program. After one month of a very strict diet and lots of exercise, he was walking 5 to 8 miles a day and feeling human again. He is now fully recovered physically, walks 3 miles daily, and leads a very active life of lecturing, teaching, traveling, gardening, building a home, and chopping wood. Because of this experience, he has been instrumental in helping to develop the medical program at Weimar Institute.

Dr. Chen then explained that it is beginning to appear that it is possible to reverse atherosclerosis; to remove the fatty plaques that are plugging the arterial walls. This is being accomplished by diet and exercise. It is a long, slow process, but well worth the while.

After a question and answer period, Dr. Chen closed the weekend with prayer. The mutual consensus was that it had been a very full and fulfilling seminar.

## Sister Institution Announces Staff Needs

### Doctor Needed

The Center is in immediate need of a medical doctor, preferably a cardio-vascular specialist to assist in the development and implementation of our Health Education program. The program will follow the basic principles and concepts that have been developed by the Weimar Institute program.

### Elementary Teacher Needed

A teacher for the elementary grades is needed; one who is able to work with a Bible-centered curriculum with emphasis on work-study.

Black Hills Health and Education Center is located in a valley of the southern part of the Black Hills in a beautiful red-rim rock canyon. A small creek ("Battle Creek") flows year round through the property with cultivated fields on each side. Ponderosa pines dot the countryside. The area is also known for its mild winters.

In its infant stage of development, the Center is not able to pay any salaries at this time. They will be happy to assist in any way possible but are in need of staff who can be self-supporting and able to work on a volunteer basis.

For more information write to Black Hills Health and Education Center, Box 1, Hermosa, South Dakota 57744.

## FROM OUR PRESIDENT

From time to time we are asked certain questions with such frequency that it seems desirable to answer them officially in the BULLETIN. The following questions come in this category.

*Is Dr. Desmond Ford joining the staff of Weimar Institute to work with Dr. Kime?*

Let me answer this question in two parts. First neither Dr. Ford nor this administration have considered his affiliation with Weimar Institute. Second, we understand that Dr. Ford will be associated with Dr. Kime in his Health Research Center. While Dr. Kime was our first medical Director, he has not been on the Weimar staff for nearly two years. Dr. George Chen has directed our medical program since January, 1979.

*What is Weimar's position relative to present theological dialogue within the Church?*

The most concise way to answer this question is to quote briefly from the Weimar Institute philosophy statement:

"Weimar Institute is conducting a work which is harmonious with the Seventh-day Adventist Church. Both in its expressed attitudes and formal relationships, the Institute will be loyal to, and supportive of, the beliefs, mission, and leadership of the Church . . . Weimar Institute believes that the Bible and writings of Ellen G. White provide for us the highest, the most relevant, the most reliable authority for conducting our work."

Weimar Institute stands on this commitment which has been the consistent posture since its inception. We concur with and actively support the Statement of Beliefs which were adopted by the 1980 General Conference in session.

*Robert L. Fillman*

Robert L. Fillman



# A Look at Weimar's Incoming Staff

## Francis Cossentine

Francis is what we might call a "renewed" face. He was on our college faculty as Director of Music during the 1978-79 school year, took a leave of absence to teach music at Little Creek Academy in Knoxville, Tennessee; and now returns to the same capacity here this year.

"Prof," as he is affectionately called by his students, has many exciting plans for the Music Department; and as the program develops he promises to keep us abreast of the progress of things.

## Martin and Betty Gerbozy

Martin and Betty Gerbozy joined the Weimar family in July of this year, choosing to make Weimar Institute their present home after an extended search for a Spirit-of-Prophecy-oriented, Christian environment in which to rear their children. The Gerbozys have spent much of their service years abroad, Martin having been in the armed services for 20 years, serving mostly in Japan and Germany. Betty, a teacher of long standing, last taught school at Browning Elementary School in Massachusetts. She has very strong personal convictions on proper Christian education, and will be teaching Reading Methods to Elementary Education majors here. At present she occupies her time working in the Weimar store. Martin is getting prepared to co-ordinate with Fred Riley in the garden and greenhouse. Their three children, Mark, Rachel and Jeanne, are attending the Weimar Elementary school. We welcome the Gerbozys to our Weimar Family.

## Gerald Hamman

Gerald joined our staff a few months ago as the new baker. He has spent most of his working years in food services, working with Versitron (an SDA food service company servicing schools, hospitals and academies in the Pacific Northwest and all over the West coast). His latest assignment was Food Services Director for Milo Academy in Days Creek, Oregon.

His wife, Pam, will be "home-making" for a while since their two younger children — Jennifer and Tamra are not yet school age. Sonny, their oldest, is attending the Weimar Elementary School. We are very delighted to welcome the Hammans to our staff family.

## Robin Hogan

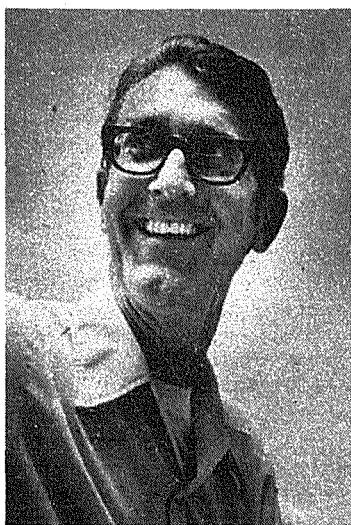
Robin was a student here the first year of Weimar College, having heard about Weimar from friends who were in contact through the BULLETIN.

Last year she served in the business office at Laurelboork Academy in Tennessee. She has now returned to Weimar to work as bookkeeper, assisting Tena Penner in the financial details of the business office.

## Don and Lorraine Johnston

"We were brought here through a series of providential happenings," says Lorraine as I talked with her about their coming to Weimar.

The Johnstons' most recent home was Collegedale, Tennessee, although "home" is Bakersfield, CA. Don worked as Electrical Contractor in the bakery at Southern Missionary



Francis Cossentine

College in Collegedale. He heard vaguely about Weimar from a work-mate and pursued with growing interest the idea of coming here to work after he read several borrowed issues of the BULLETIN. After several months of placing an application, and several sequential steps leading in this direction, the Johnstons are happy to devote their time and services to the Institute.

Lorraine has found her niche in the Weimar kitchen and Don is on his favorite occupation of "wiring". Their son, Richard, attends Weimar Elementary.

## Aileen Ludington, M.D.

Dr. Aileen Ludington is our newest staff physician. She has seen the workings of two therapeutic worlds — having grown up in a family of doctors who were medical missionaries and having worked in traditional medicine herself for Continued on page 5



Martin, Betty, Mark, Rachel and Jeanne Gerbozy



## 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)

### ADMINISTRATION

Robert L. Fillman ..... President  
Kent Dickinson ..... Business Administrator  
Dick Winn ..... Secretary  
John Sipkens ..... Director of Labor

### HEALTH EDUCATION CENTER

George Chen, MD ..... Medical Director

### WEIMAR COLLEGE

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

### RETREAT MINISTRY

Dick Winn ..... Chaplain/Director

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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.



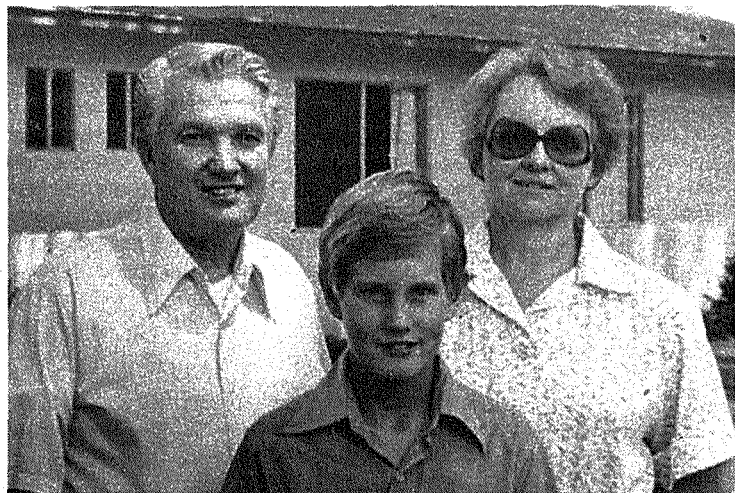
Gerald, Pam, Sonny, Jennifer and Tamara Hamman



Robin Hogan



Dr. Aileen Ludington



Don, Lorraine and Richard Johnston

# What You Can Do About Diabetes

By Dr. Beverly Cox  
(Conclusion)

The obese "not-insulin-requiring" diabetic is usually one who is not eating a carefully controlled diet and is often living a sedentary life. He has problems with sugar metabolism because large fat cells are less responsive to the action of insulin, which means that sugar builds up in the blood. Also, high levels of fat in the blood itself make insulin less effective. Of course, not all overweight persons develop diabetes. This indicates that some individuals inherit a predisposition to this disease which shows up only when they become obese.

When the overweight person uses injections of insulin to control diabetes he often requires large amounts since the increased fat in his body makes insulin less effective. (Incidentally, insulin is completely ineffective when taken by mouth.)

Many diabetics take other non-insulin related tablets such as Orinase, Diabinese and DBI to control their blood sugar levels. These tablets decrease blood sugar by increasing insulin release from the pancreas or by other mechanisms that are not completely understood. However, studies indicate possible long-term side effects of a serious nature with their use.

Experts agree that weight reduction is the ideal approach to the management of the overweight diabetic. After all, who wants to give himself a shot of insulin every day or take the risk of serious side effects from the oral medications when diabetes of this type can be completely controlled by a few lifestyle changes? But, incredible as it may seem, weight reduction methods are almost universally unsuccessful, and these drugs continue to be used.

We would like to suggest a number of simple ways in which the obese diabetic can lose weight and have improved sugar, fat and protein metabolism; and how he can improve his health in general. Let's start with diet:

No one likes to feel hungry all the time, and many weight reduction diets do not satisfy the empty feelings in the stomach. The first principle, then, is to eat foods low in calories but high in bulk so that one gets the sensation of fullness. This would include fresh vegetables, fruits, beans and whole grains eaten with all the fiber and skins that are edible. Eliminated are all refined products such as sugars, refined grains, oils, and animal products which are high in calories but low in bulk and fiber. Needless to say, many diabetics are afraid to eat such a high carbohydrate diet; however, this type of food is tolerated very well. It is the fiber that makes the difference. The obese diabetic can tolerate large amounts of carbohydrates

when the foods are eaten in the form in which they were created — for example, a potato with its peel and fiber. As soon as we break the food apart, throw away the bran, fiber or peelings and eat the refined carbohydrate (example: white flour), we get into trouble.

Breakfast could include a whole-grain cereal with a little milk, whole grain bread and fresh fruit in season. Dinner could be beans with bread or rice, a cooked vegetable and a raw vegetable, including plenty of green, leafy vegetables. Supper could be a vegetable soup and crackers. Or popcorn, fresh fruit and bread. When this type of food is eaten to satisfaction, but not to excess, weight loss is guaranteed.

Regular exercise is the next essential item. Walking is the best exercise, as it puts into action most parts of the body, is usually done in the fresh air and sunshine, and produces thirst which increases the intake of water. Gardening is also an excellent way to improve the circulation. But remember, with exercise it is important to build up gradually to avoid sore muscles and exhaustion.

Sunshine kills germs on the skin and can lower cholesterol and sugar levels in the blood. Water can improve the circulation when used in the form of contrast baths. When taken internally it helps to prevent urinary tract infections, constipation, and is important to all body processes.

"Early to bed, early to rise makes a man healthy. . . ." Clearly, this applies to the diabetic. Also, it is essential to avoid too much exercise, too much sitting, and the obviously harmful substances such as tobacco and alcohol.

Consider a diabetic who went on a program as discussed above:

A middle-aged, overweight woman came to Weimar Institute with diabetes, high blood pressure and pain in her legs when she walked, due to poor circulation. She was being treated with daily doses of insulin injections and with three different types of medication for hypertension. Her initial blood sugar was 140mg/dl. Triglyceride and cholesterol levels were elevated in the blood.

In three and a half weeks she lost over 13 pounds of weight, was able to increase her walking from 2 miles a day to 10, and was able to discontinue all medications. Her blood sugar level, after three weeks, was 108mg/dl, and her blood pressure was normal. The triglyceride and cholesterol levels dropped by 189mg/dl and 50mg/dl respectively.

Fortunately, she has continued to lose weight, continues a regular walking program (in spite of a heavy work load in an active business) and has been able to maintain normal blood sugar and blood pressure levels while on no medication.

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Garden therapy is part of the Weimar regime for monthly H.E.C. guests.

## H.E.C. ALUMNI CORNER

Dear Alumni Family:

"I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy. . . being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus." Phil. 1:3-6, NIV

I really do feel like Paul did in his epistles to the early Christian believers. My heart is full of joy for each one of you. How often you are in my thoughts and prayers! I thank God that each one of you has become a part of our family, and pray that He will continue His good work in you. We, at Weimar, look forward to any morsel of news from you, then eagerly devour it. Although it would be impossible to keep in touch with all of you personally, we want you to know how often we wish we could, and how much we love to hear from you.

As some of you know, I just recently returned from a short volunteer service helping the Cambodian refugees in Thailand. My four-week term there opened my eyes to the immensity of human misery and suffering that so many people are subject to. Khao-I-Dang, the camp in which I worked, had 150,000 refugees packed into a small area, each family living in a tiny bamboo, thatch hut. There was virtually no privacy, and even basic human needs were just scantily met. Disease was rampant in the camp due to poor sanitary conditions, and a swarming host of vectors spread communicable diseases everywhere. There was widespread malnutrition as well. As if this wasn't enough, the nearly unbearable heat of 120 degrees and 80-90 percent humidity, made living conditions worse. And, yet, these conditions were far better than the type of lives the Cambodians have led for the past five years under the Communist regime of Premier Pol Pot. Unbelievable!

SAWS (Seventh-day Adventist World Services), one of many world-wide relief agencies represented there, was asked to staff a 60-bed medical ward in this camp, as well as working with various other camps. It was here that we worked long, hot hours under primitive conditions. Byron Reynolds, who also served there, taught Physical Therapy to 12 Khmer (Cambodian) students, while I assisted in the medical ward. The rewards were countless! What a joy it was to be able to share the story of Jesus' salvation with hungry, eager young people who had only a very limited knowledge of Christianity; and to see excited new Christians with a beautiful trust in God, a type of trust that we rarely learn in this land of plenty. Having the satisfaction of observing a child's dust-streaked face light up on receiving a simple kindness, or watching a smile spread over a child who, for the past five years, had not known love was worth more than all the rubies in Thailand. These lovely people were so very appreciative of the tiniest thing you did for them, and were honest, generous, and uncomplaining. They were some of the most beautiful people I have ever known.

What a sad day it was to leave, not knowing what the outcome of their situation will be, and wishing to take all of them to our land of freedom and love. The lessons I learned there will not soon be forgotten. So often we take life in America for granted, yet there are needy people all around us even here. We have much to be thankful for, although we know that troublous times are ahead.

While in Bangkok, Thailand, Byron and I visited with former H.E.C. guests, Kris and Sumali Assakul, as well as with Salinee Svetalekha. What a privilege to see them in their homeland, and to see their unique adaptations of a healthful lifestyle in that culture. We were glad that the Lord allowed us to travel for a short time with some friends in the Far East, and we found a real interest in some of the large cities to begin this type of health education there. Praise God that He is awakening new methods for spreading His ideal plans for our physical, spiritual, and mental well-being.

Upon returning home, Byron and I were able to spend time with our families, and since then, we have recently announced our engagement to be married soon. God has led in our friendship in a very beautiful way, and we would love to share the story with each of you. We believe that the Lord will make us twice as effective for Him as we unite our lives.

Byron is working on the H.E.C.'s "Second Wind" follow-up program, and recently spent several weeks visiting former guests in Texas. We are much encouraged by the reports he brought back from all of you there. We pray for continued progress on the road to optimum health and greater spiritual growth. He hopes to visit many of you in your homes soon, so be prepared!

"The grace of our Lord Jesus Christ be with you all." Phil. 4:23. May God bless you each, and bring you ever closer to Him.

With Christ's love,  
Carol Neall



# Healthful Hints

By Henri Wiebe, M.D.

A chorus of advisors is urging you to eat less fat, be it fat of animal or vegetable origin. But do you know how? These hints will help!

1. Any food that is obviously surrounded by, swimming in, or covered with oil or grease is unfit to eat.

2. Most packaged, canned or other prepared foods carry food energy (calories) information. This can be useful to the initiated in estimating the proportion of food energy from fat.


Find the spot that says: "total calories per serving." The number next to it is the total amount of food energy per serving. Now look for the word "FAT." Beside it will be a number. By multiplying this number by 9 you will have a result that represents the food energy from fat in that serving. Now you can compare the amount of food energy (calories) from fat to the total amount of food energy (calories).

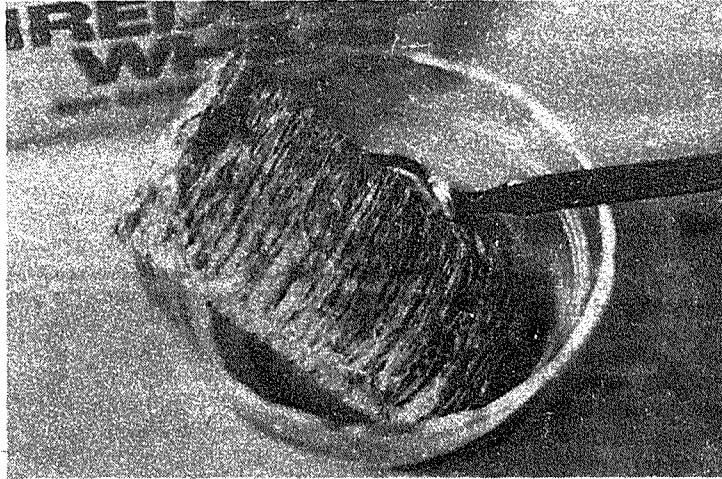
3. It is best for your health if the food energy from fat contributes only one fourth or less of the total energy. The average American is in deep trouble as he gets nearly one half of his energy from fat.

4. An example: On a box of Nabisco Shredded Wheat you find this information:

One Biscuit:	
Total Calories	90
FAT	1 gm.

By multiplying fat 1 gm. by 9 you obtain the food energy from fat in one biscuit. ( $1 \times 9 = 9$ ). Comparing the 9 fat calories to the total calories you can say that one-tenth of the calories (food energy) is from fat. Good food!

Now that you are initiated, try your skill on other food stuffs. Be prepared for surprises! 



## from the Weimar Kitchen

A diet free from sugar may sound dull to some. But does this really mean no more desserts?

A blessing often overlooked while contemplating the change to a sugarless diet is the restoration of a keen sense of taste and appreciation for foods simply and healthfully prepared. In just a matter of days, taste buds pick up the sweetness of fresh fruits and vegetables. God's fantastic variety of flavors, created with our pleasure in mind, is nearly overwhelming.

Fresh fruit in season has been well-appreciated here at Weimar Institute. Juicy peaches, honeydews, canteloupes, and watermelons make breakfast and a light supper especially appealing during the hot summer months.

"Let those who advocate health reform strive earnestly to make it all that they claim it is. Let them discard everything detrimental to health. Use simple, wholesome food. Fruit is excellent, and saves much cooking. Discard rich pastries, cakes and other dishes prepared to tempt the appetite. Eat fewer kinds of food at one meal, and eat with THANKSGIVING."

Desserts are not forbidden . . . only restricted! From now on you get only the best; God gives you only first-rate gifts wrapped in beautiful natural packages.

Enjoy these desserts sweetened the natural way:

### recipes

#### Raisin-Apple Pie Filling

1 c. raisins  
4 c. diced apples  
1/2 c. dates  
Pinch of salt  
2 T. arrowroot powder (or cornstarch)  
2 tsp. grated orange rind  
1/2 - 1 c. fresh orange juice  
9-inch baked pie shell

Wash raisins in colander; drain. Cook raisins, apples, dates, salt, orange juice until apples are tender. Moisten arrowroot with 1 T. water, add to hot fruit and stir gently. Cook over low heat until glaze is clear. Add grated orange rind; stir gently. Cool and pour into baked pie shell. Serve warm or cold.

#### Almond Pie Crust

1 1/2 c. ground almonds  
3 T. flour  
2 t. water  
1/4 tsp. salt

Grind nuts in grinder. Mix flour, nutmeal and salt; add water and mix well. Press into pie pan. Bake at 350° for 45 minutes. Use with pie filling.

#### Date-Coconut Crust

Cover 1 c. dates with water enough to blend into a very thick paste. May need to add a few more dates. Add 1/2 c. coconut and 1 tsp. lemon or orange rind and blend. Spoon and spread into pie pan. Don't make crust too thick. Press chopped walnuts (or other nuts) all over and freeze.

(From the cookbook *From the Weimar Kitchen*)

## Student Missionaries Write Home

Continued from page 1

inconsequential in the face of questions like: "What reason is there for my existence?" As I study to give the Sabbath School lesson it is not merely a stereotyped stage preparation but actually a frantic search to answer Yoko's question in the next Bible class. I feel inadequate to explain such great themes to these young men, but I have learned and am learning more to depend on the Lord for support, counsel and help.

One day as I pondered my responsibility, the students' needs and Satan's constant effort to thwart my classes, God led me to some real pertinent counsel in *Ministry of Healing*, page 509: "Prayer and faith will do what no power on earth can accomplish. We are seldom in all respects placed in the same position twice. We continually have new trials to pass through where past experience cannot be a sufficient guide. We must have the continual light that comes from God."

When I was hiking I thought about that. Interesting! There were new demands as I walked forward. Only if I were going in circles could there be predictable, identical demands. And there is no time for back-tracking or going in circles in the Christian march.

Questions from students keep me thinking all the time: "How often do you pray?" Or, "Just what methods do you use to help others in life?" This one really caught me off-guard, as I was trying not to give a simplistic answer. (But who says it has to be complicated?)

One thing that saddens me is that even in the beauty and seclusion of the Japanese mountain tops there are altars standing — erected to gods who cannot hear or help the people who erected them. It is not fair to them, or to our merciful Heavenly Father. The issue I really want to press home to the hearts of my students is: "What has your god done for you? My God just now heard my prayer, forgave me, and is guiding me with invincible power. Therefore, inside me is peace like a quiet mountain pool. What about you, Kazukiko, Yoko, Matsuo, or Masahire. . .?" But it must be done in love; in the context of caring.

We are learning very valuable lessons here ourselves. One that stands out in my mind is that of courtesy. Why should a people who do not know God the way we claim to know Him be so much more habitually considerate than we Christians are? I stand to gain much more from this lesson. I am also learning much about respect for elders and those in authority.

Our next experience will be summer English camp. Several of my students will be going with me.

Please continue to spend time praying for Rocky and me and all the student missionaries here. There are unique "front line" missionary opportunities here. There are also many temptations and trials too. Weimar is very dear to our hearts and never forgotten in our prayers.

My prayer is: Dear Lord. Thank you for news from the home missionaries. May Your light shine brighter in us, clearer, wherever we might be found in Your service. Bless Weimar's mission, and its commitment to You. Amen!

Rocco Sarli

I am sure that many of you are curious to know what the life of a student missionary is like. Well, it is different in many respects. It is different in language, in food, in customs, in clothes. Home is a long way away in truth. No longer are there those simple familiarities that make life at home seem so very routine and comfortable.

Needless to say, making a transition from one culture to another is a shocking — learning experience. No longer can one base his actions on those familiar stereotypes. From all sides new sights, new sounds, new smells abound. And it is only as one makes the transition that one can actually realize how much their own culture has become a part of them.

For example, the American culture tends to stress equality between the sexes in most areas of life. In contrast the Japanese culture dictates that the male is far superior in every respect.

On a less important level, take the matter of taking a bath. In the Japanese culture the bath is a time to socialize and relax in the classic Ofuro. But the typical American way is to use bath time with the strictest privacy possible. These are only two of the many other differences with which the student missionary has to cope.

How do all these differences affect him? At first these cultural contrasts are very interesting and exciting, but with the passing of time some of them become stalely boring, and in some cases downright offensive. It is at such times that the student missionary feels the pull of the fact that "there is no place like home." Then the reality of the reason for leaving home hits him in a new way. If his goal is to serve selfish desires and seek out excitement and adventure, the new environment can become unbearable, and unhappiness could set in. If, on the other hand, the emphasis is service and a priority commitment to Jesus Christ the differences in cultures will soon fade into insignificance, and the service motive will leave him satisfied, significant and happy in his Master's love.

# Weimar College: Is the Teacher Education Program for you?

By Dr. John Sipkens



John Sipkens

For the young person who has a strong desire to work with children and youth, preparing for a teaching ministry can be a very satisfying experience indeed. To be able to look back and see one's influence on many young people is certainly more rewarding than large monetary returns.

The goal of Weimar College's Teacher Education Program is to qualify graduates to teach in Seventh-day Adventist elementary and secondary schools, both denominational and self-supporting. The uniqueness of the program is that its graduates are educated to implement

a workable balance of study, work and service at the pre-college level.

Education majors here pursue an academic program which includes the college core curriculum for the first two years incorporating courses in religion, communication, health, the sciences, and agriculture. The elementary teacher's professional junior and senior years emphasizes teaching methods in Religion, Reading, Mathematics, Language Arts, and Social Studies. This curriculum is coordinated so as to accommodate a semester of field experience in a school where a work experience program is being implemented, and in a school where a more traditional schedule is followed. This allows the student to contrast the different programs and to evaluate and become familiar with the benefits and problems of both systems of education.

Additional field experience is provided in connection with methods classes (such as Reading and Mathematics) and through a personal work experience as a teacher's aide. Also, a student will more than likely become involved with the Weimar Elementary School's work and community services program.

As a part of the regular college curriculum a student also experiences the three-fold phases of true education. He is personally involved in a 15-20 hour weekly work program, in addition to his Outreach involvement. Both of these, along with the academic aspect of his studies, are required every quarter of college attendance. This personal experience will hopefully enrich the normal teaching pattern, since teachers tend to teach as they have been taught rather than how they have been told to teach.

Secondary teacher education candidates have a choice of four specialized fields: Agriculture, Health Education; Health/Re-

ligion; and Religion. Completion of a major in one of these fields, in addition to Secondary Education requirements, qualifies a graduate to apply for a Seventh-day Adventist denominational secondary teaching credential. Requirements include the religion courses in Fundamentals of Christian Faith; Prophetic Guidance; and Seventh-day Adventist Church History. Professional courses involve Methods of Teaching, Educational Psychology, and a semester of field experience involving student teaching at the junior academy and secondary levels.

Employment in the teaching area looks very promising. The

personal, in-service-training experiences of a graduate of Weimar College of any major will equip him to help introduce a work-education-community service program into the educational curriculum. Already several inquiries have been received asking if or when Weimar graduates will be ready to fill teaching positions. For years there have been shortages of teachers, particularly for the elementary level in Seventh-day Adventist Schools. Self-supporting schools have been particularly handicapped by having to use some unqualified teachers. Weimar's hope is to help young people to prepare to fill these and other urgent needs.

W

## A Look at Weimar Staff

Continued from page 3

many years. The widow of the late Louis G. Ludington, M.D., who was the Director of Thoracic and Cardiovascular Surgery at the White Memorial Medical Center in Los Angeles, CA, she has five children.

She has had extensive experience working as a physician in the U.S., as a missionary doctor abroad (spending a total of 10 years in Bangkok, Thailand), and for five years as Medical advisor for the Faith for Today television program.

A friend on a mission assignment in Thailand met Dr. Standish and consequently wrote Dr. Ludington about Weimar. She subsequently visited the institute in December 1979. She was so impressed that she returned in January as a health guest. Her impressions: "I became absorbed in the whole process of wholistic health care. . . I just loved everything they were doing."

This love grew into a firm commitment, and Dr. Ludington, an anesthesiologist by specialty, has joined the Health Education Center program here. She will be helping to educate and orient patients with degenerative diseases into a new life style — NEW START — utilizing God's natural remedies to help rebuild damaged bodies and to bring fresh hope to discouraged minds.

Verlin and Joy Leer

In February of this year when Colin Standish spoke at a church in the Yuba City area, Verlin and Joy Leer became interestedly aware of Weimar Institute. The idea was not a completely new one to them because they had always been interested in self-supporting work. They were invited to take a serious look at the Institute with a view to joining the staff here, and after a series of well-ordered events we are very happy to have them with us as part of the Weimar family.

Verlin has had a rich background of teaching and administrative experience having been employed in these capacities with both Northern and Central California conferences for a total of 25 years. His most recent assignment was Junior High Principal at Yuba City for 11 years. He has now been slated to be Principal for the Weimar Elementary School and also for the Weimar Institute Academy (which is in the planning and pre-building stages at present). Verlin, who has much experience in this area, will spend much of his time getting staff, equipment, and facilities ready for the 1981-82 school year. In the meantime, his wife, Joy has taken up full responsibilities for teaching Grades 5-8 in the Weimar Elementary School.

Carol Neall

Carol Neall, H.E.C. staff nurse, from Panama City, Florida, joined the Weimar family last January. A graduate of Southern Missionary College in Tennessee, she worked for one year in the Intensive Care Unit at Loma Linda University Medical Center. Following this assignment, she went to Europe where she spent one semester at Newbold College and did some travelling on the continent.

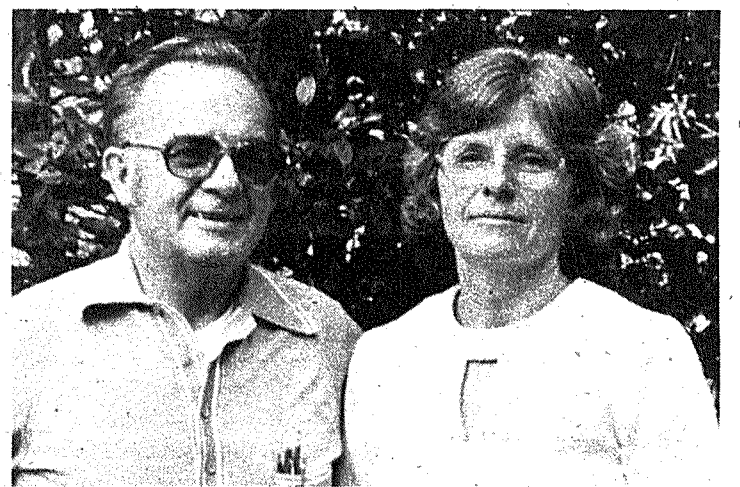
Although Carol had heard vaguely about Weimar Institute before, it was on this trip that she became more keenly aware of the types of things that happen here. In many of the homes she visited she noticed that they either had the Weimar BULLETIN or the cookbook. In addition to this exposure she had the privilege of talking with Carol Thompson (former staff nurse), and Joan Kristensen, who was then on her way over from Denmark to join the Weimar Staff. Returning to the U.S. Carol had a growing but still uncertain interest in Weimar. However, in spontaneous conversations with friends and by various other indications her interest in Weimar continued to grow very strongly.

In a series of events, which Carol is convinced were providential, including a change in future educational plans, a cancelled Christmas vacation, and a providentially-prepared ride to the Sierra Foothills, Carol is here to share with us her cheerful personality and needed skills.

Florett Smith

"Flo", as her friends fondly call her, is the new secretary to Colin Standish, Dean of the Weimar College. Previous to coming to Weimar, she served at Yuchi Pines Institute and also in the General Conference Risk Management Department.

Flo visited Weimar in May, liked what she saw and decided to offer her services to an institution which she believes is one of God's service-oriented places. Her smiles and unique personality have already added much to the college office. Welcome to Weimar, Flo!



Verlin and Joy Leer



Carol Neall



Flo Smith

## Diabetes

Continued from page 4

This woman is not simply lucky, nor does she have an unusual case of diabetes. She is an example of what most overweight diabetics can do. She has applied all of God's eight natural remedies to her life — a natural diet, regular exercise, water, fresh air, sunshine, rest, temperance in all things, and trust in God. She has taken hold of God's promises.

"Bless the Lord, O my soul,

and forget not all His benefits: Who forgiveth all thine iniquities; Who healeth all thy diseases." Psalm 103:2,3.

"If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in His sight, and wilt give ear to His commandments, and keep all His statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I am the Lord that healeth thee."

Exodus 15:26 W

"God's remedies are the simple agencies of nature that will not tax or debilitate the system through their powerful properties."

Ellen White



# In Loving Memory

A MEMORIAL GIFT TO WEIMAR INSTITUTE HAS BEEN MADE IN MEMORY OF:

Mabel G. Allen — by  
Albert and Betty Clark

Betty Flaiz — by  
Mrs. J.J. Stubenvoll

Sid Geller — by  
Gladys Geller

Eric W. Hon — by  
Casa Colina Hospital Staff  
David and Lucy Dee  
Neva Hall

Jeanine Howard  
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## I WANT TO HELP!

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- ☐ recipe book: FROM THE WEIMAR KITCHEN (\$5<sup>00</sup>)

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# New Testament Stories Relived

## Answer Me Lord, Please!\*

By Veronica Morrish

Picture yourself in deep trouble. You are thrown into prison. Incarcerated because you've stood firmly for what you believe to be right. You are distressed, lonely, discouraged. You are almost overwhelmed by mental anguish. For one thing, your present predicament seems unfair; and for another, you may have many puzzling questions for which answers only elude you. "Answer me, please Lord!" you plead. "Why? Why? Why?"

Week after week passes bringing no change to your situation; no answers to your questions. Despondency and doubt set in. Your friends rally around you not so much to support and comfort you as to add to your growing doubts. "Why doesn't God do something about your suffering?" they say. And soon, like an echo, your own soul begins to reflect in growing degrees this very question: "Could it be that God doesn't care? Have I spent my years working for Him in vain? Is life really worth it after all?"

Such were the questions that must have plagued the mind of John the Baptist as he was exiled in a dungeon of Herod Antipas' fortress — banished there for speaking God's truth. He who had once proclaimed with power the coming of the Messiah was now silenced behind cold walls of hate and injustice. He longed for some encouraging word from Christ. But Jesus seemed indifferent to his need. He sent no word of encouragement to the prisoner.

He performed no miracles in John's behalf. In fact, He did not even choose to visit him.

John, determining to get some answers, sent two of his friends to the Master one day with a question which revealed the depths of his anguished soul:

"Art thou He that should come or look we for another?"<sup>1</sup> This question reflected in part the Baptist's human misunderstanding of Christ's real mission to earth. Like his contemporaries he had expected the Messiah, Who had come, to exert His kingly rights, cast down the pride of the Roman oppressors, deliver the poor and suffering Israelites and set up a prosperous and peaceful reign. Jesus had done none of these things. At least not in the manner John and his friends had expected.

And perhaps this is one reason why, when the two friends came and delivered to Him John's deeply puzzling question, the Savior did not at once answer them. Rather, as they stood wondering at His silence, He rebuked disease, gave sight to blind men, placed vibrations into deaf ears, cast out demons, and taught the people as never man before taught.

As the day wore on and the friends of John saw and heard Messiahship demonstrated on a practical work-a-day level, they were convinced. Jesus called them to Him later and commissioned them to go back and tell John all that they had witnessed, adding: "Blessed is he, whosoever shall find none

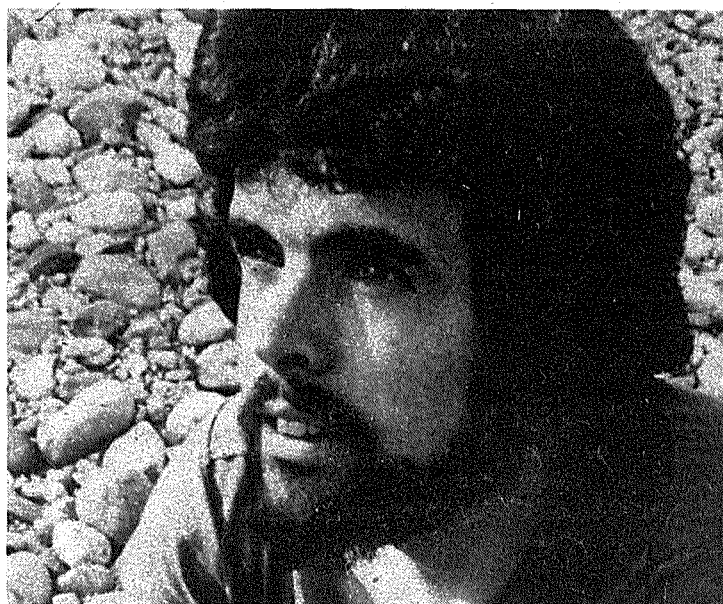
occasion of stumbling in Me."<sup>2</sup> The evidence of His divinity was seen in its adaptation to human needs. His glory was shown in His condescension to man's low estate.

John's friends bore the message back to him, and it was enough. The "forsaken" prophet now realized fully that the principle in his own life of self-abnegation was the principle of the Messiah's kingdom. Understanding more fully the purpose of the Savior's mission, he yielded himself completely to God for life or death — whichever would best glorify the One he loved and served.

It is interesting and puzzling that after John's friends left, Jesus publicly commended John's work, endorsed his mission, praised him for his faithfulness and impressed strongly upon the minds of his listening audience that there was no greater prophet than John. Yet He never personally visited him in prison and he never intervened when, days later, Herod cruelly beheaded him.

That's strange," you say. "If Jesus thought as much of John as He later indicated, in fact, if He thinks as highly of us as He states, why does He allow us to suffer so much pain, mental anguish and even death?"

Perhaps like John, prior to sending his friends, we do not have a clear understanding of the problem of suffering as it fits into the great controversy between good and evil. But when we catch a larger vision of God as He really is; when we take time to study, to consider His benevolent dealings with mankind, we will come to realize that although we may not understand all that happens to us, although our human vision may not be able to penetrate



the mystery of dark providence, our confidence in Him can remain unshaken. We will remember that, as Christians, we are called to be sharers in the sufferings of Christ. Called into the arena of self-sacrifice and made a mark to the fierce assaults of Satan. No miraculous deliverance may be made in our behalf, but we can be assured that we are *never* forsaken. God promises: "When thou passest through the waters, I will be with thee . . ."<sup>3</sup>

In addition, God knows that we can bear whatever test He permits to come to us. He knows too, that we often need the trying process for character development, as gold is refined of its dross in fire. He knows that in many cases our suffering, pain, and loss of life itself may be a greater testimony to the watching universe than prosperous self preservation. And since He is omnipotent; since He in love provides for us complete salvation, and enables us to be live demonstrations of

His grace, we can trust His merciful dealings even in disaster, disappointment and loss.

Dear aching heart: All heaven is concerned about your welfare as you patiently submit to Him who assures you that "all things work together for good to them that love the Lord, to them who are the called according to His purpose."<sup>4</sup>

If you can remember that, "Of all the gifts that heaven can bestow upon men, fellowship with Christ in His sufferings is the most weighty trust and highest honor,"<sup>5</sup> then, perhaps, instead of demanding: "Answer me Lord, please!" you will trustfully say: "Lord, Thy will be done."

\*Based on Mark 6:13-29; Luke 7:19-28.

<sup>1</sup> Luke 7:20

<sup>2</sup> Luke 7:23

<sup>3</sup> Isaiah 43:2

<sup>4</sup> Romans 8:28

<sup>5</sup> Ellen G. White, *Desire of Ages*, p. 225

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He did not fall —  
Was laid to rest;  
Beloved friend,  
our brother.  
He helped us all  
to face the test:  
To choose our Lord —  
no other.  
- Pat Payne

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Juanita Calvert  
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Ed and Louise Whalan  
Janette Whittaker  
Ernie and Dorothy Zane

*As for me I will behold thy face in righteousness: I shall be satisfied when I awake  
with thy likeness.*

*Psalms 17:15*

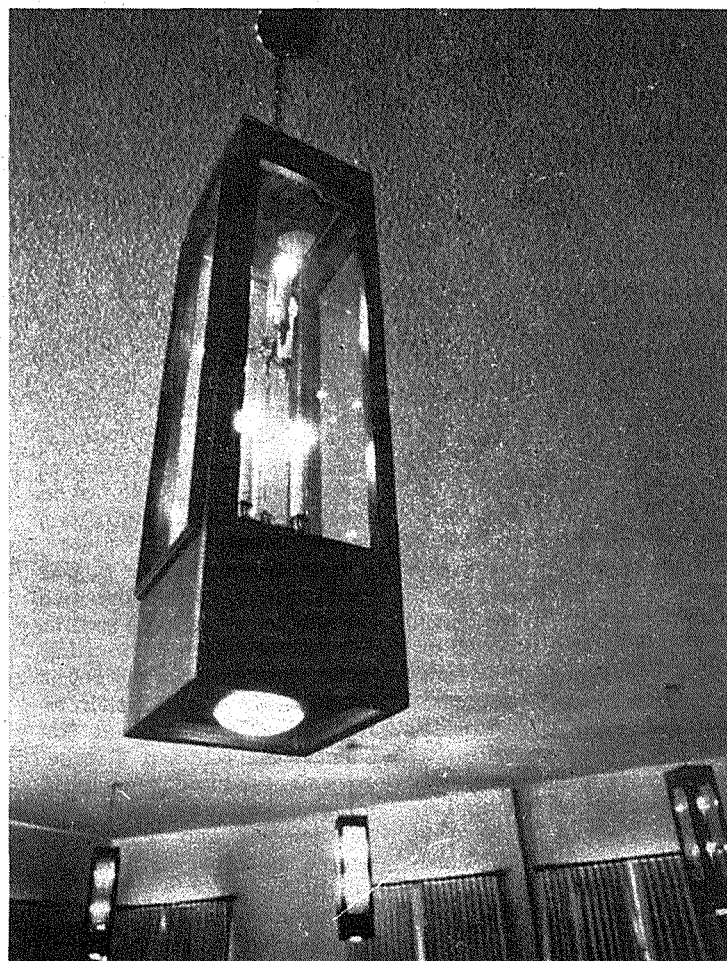
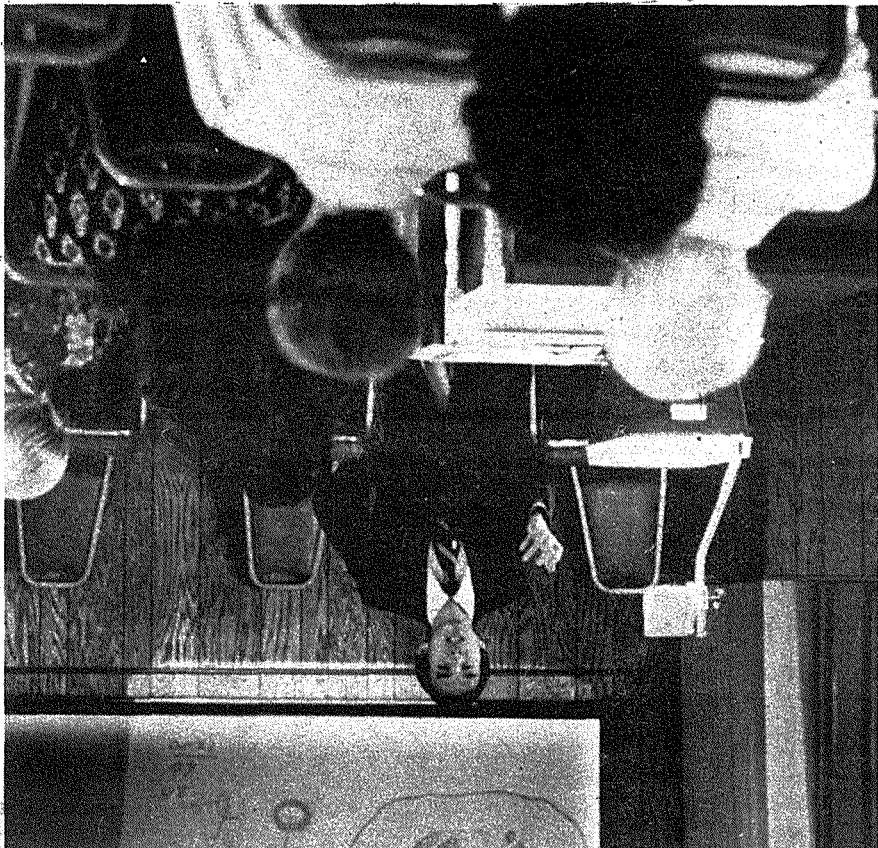
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WEIMAR INSTITUTE BULLETIN



What is a medical seminar like at Weimar Institute? See story page  
one.



Weimar's chapel is a joy to see! With the gift of carpeting and the addition of chairs and light fixtures (the casings of which were made by students in the cabinet shop) the refurbishing is now "complete." Donations to the Eric W. Hon Memorial Fund are earmarked for a hand-carved pulpit.