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WEIMAR INSTITUTE BULLETIN

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VOL. 6 NO. 11 NOVEMBER 1982

Family Spirit Seen in College Week of Prayer Presented by Paul Hawks



Paul Hawks provided challenges and insight for the students as Christians.



Dawn Blum and other students had opportunity to discuss questions and ideas with Paul Hawks during the Week of Prayer.

The Weimar College week of prayer brought the Weimar Family together in close fellowship, prayer and worship from October 10-15. Large-scale student participation in both the planning and the presentation of the week contributed greatly to the spirit of oneness.

A song called "Family Worship," written by The Little Advent Band, was adapted to the Weimar Family, and sung vigorously by those in attendance at the morning and evening meetings. The evening services also featured a variety of students sharing their praises to God through music.

The speaker for the week was Paul Hawks, the new Director of Development and Public Relations at Weimar Institute. His talks identified the spiritual essence of the three angels' messages, illustrated by various events revealed in the Old Testament book of Esther. Dr. Hawks asserted that just as Queen Esther lived in a time of challenge to God's people, so "today, in these years just before Jesus comes, God's people have 'come

to the kingdom for such a time as this.'"

According to Hawks, the "everlasting gospel" of Revelation 14 is based on the "family relationship" God has with his "children" — a status that is far more than a declaration of adoption, but which also includes nurture, loving instruction and spiritual power by which His children can grow to maturity. "This gospel is everlasting because it is based on the solid foundation of restoration, not merely forgiveness."

The topics of the week included personal identity, accountability, spiritual discernment, loyal obedience and the issue of trust — topics implied by the three angels' messages and ingredients essential for living in "such a time as this."

Noting the calm, deliberate approach Queen Esther took in bringing the Jewish crisis to the attention of King Ahasuerus, Dr. Hawks appealed to Christians living in this crisis time of earth's history not to fall prey to a panic-stricken, crisis mentality. "God does not need Christians running

around like chickens with their heads cut off." Hawk's point was that God wants people who can relate to the crisis with stability, with intelligence and with a calm assurance that is founded on trust in God.

Structured and unstructured gatherings for prayer and praise were frequent occurrences during the week. Around the campus there was a spirit of joy for the wonderful God who has given us loving counsel that we may be able to live abundantly in these end times.

The week reached a climax Friday evening with a special candlelight buffet supper in the dining room, followed by sacred communion in the chapel. A variety of students participated in creating special decorations for the dining room and chapel, and student deacons and elders participated with the week of prayer speaker in the communion service. A time of sharing personal testimonies closed these Friday evening activities, a fitting conclusion to a week of spiritual refreshment and renewal.

CAMPMEETING TOUR

By: Earl and Dottie Allen
Weimar's travelling health educators

What could be more inspiring and thrilling than campmeeting??? FOUR CAMPMEETINGS--and each an unforgettable experience as we represented Weimar in presenting the health emphasis for Colorado, Illinois, Michigan and Wisconsin encampments.

Our summer schedule began in May at Colorado's Western Slope Campmeeting. The lovely arrangement of fresh flowers welcoming us was but a foretaste of the love and friendship that surrounded us. The lectures we presented were based on basic physiology and pointed out

that "Our heavenly Father does not take joy away. He asks us to turn away from wrong habits that will bring us suffering. He knows they will keep us from happiness and heaven." (Steps to Christ). Several hundred people attended the morning meetings. We challenged them to try one positive health experiment during the day. The enthusiastic response we received helped us to understand that Colorado people are DOers not just hearers, for each experiment was promptly put into practice. What fun to see the excitement as benefits were gained and interest reawakened in our beautiful health message. Elder Hatch urged us to fit the Wyoming campmeeting into our schedule and we couldn't resist the promise of a "mountain top" experience awaiting us there.

In June at the Illinois Broadview Campmeeting the "Great Illinois Breadmake" was so popular that the Breadmake was repeated again the last day of campmeeting to accommodate everyone. We won't soon forget the cooperation from everyone there as the Breadmake outgrew the Home Economics facility and the cafeteria manager let us use the spacious dining room to better accommodate the crowd, even baking the bread for those who did not have their own ovens. The lectures given in Colorado were repeated here and the attendance was over 300 (including Elder Everett Cumbo, President of Illinois Conference, who set the pace by not missing one seminar).

In July at Michigan's Grand Ledge Campmeeting Elder Charles Keymer, the Michigan Conference President, welcomed us to "Our Finest Hour" (the campmeeting theme). We felt we had come home as we had previously spent 3½ years in Farmington, Michigan. We presented two different series, one in the morning and another in the afternoon. Over 700 attended each of the eight lectures featuring "Eating for Total Health" in the afternoon and "More Energy, Less Fatigue" in the morning.

Last, but certainly not least, was

the unforgettable "mountain-top" experience of Wyoming's Casper Mountain Campmeeting. We had an added thrill here of being invited to speak to the workers at their early morning meeting, to the wives during a special luncheon, and the youth in the evening. A full, but happy day.

God was surely with us and we were greatly blessed. Many expressed their total commitment to follow God's lifestyle and to return to His better way. Counsels on Health p.38 says, "So closely is

health related to happiness that we cannot have the later (happiness) without the former (health). A practical knowledge of the science of human life is necessary in order to glorify God in our bodies."

Campmeetings 1982 will long be remembered, along with all the new friends we met. Many asked, "Don't you miss your family while travelling around the country for Weimar?" Of course we do, but with a family like God's family you are never far from those who love you.



At the Grand Ledge Campmeeting in Michigan over 700 attended each of eight lectures presented by Earl and Dottie Allen.

Fifth Year of Weimar College

Weimar College's opening exercises for the 1982-83 school year commenced with registration Monday, September 27. A total of 127 students were enrolled, including three off-campus students — one student missionary, one task force worker, and one student on a practicum assignment. Of the 127 students, 65 were young women and 62 young men. We are glad to see the balanced number of men and women students this year.

Of even greater importance is the fact that among the new students there appears to be a large number of quality-potential spiritual leaders, both among the men and women. When Weimar College was first established, the goal was to educate leaders for the finishing of God's work. More and more, the young people at Weimar represent students of fine academic and spiritual caliber, and we are convinced that already the goals of Weimar are being rapidly achieved.

Another outstanding index of achievement is the increase in the upper division students. Two years ago, we had 11% of our students in the upper division. Our goal by 1987 was to have one-third of our students in the upper division. It was recognized that few colleges had as many as 40% of their students in the upper division, and we felt that because of the limited number of majors we offered, we would be optimistic in expecting to eventually reach the goal of one-third upper division students. Last year, the percentage increased to 17%. This year, however, with 41 students in the upper division, we have 32% upper division students. It now seems likely that we will soon reach a goal close to 40%. This is an index of the satisfaction that students are receiving in their education at Weimar Institute, and their decision to com-

plete their education here.

Of the 127 enrollees, 44 are freshmen, 42 sophomores, 27 juniors and 14 are seniors. The seniors are distributed in agricultural, science, elementary education, health education, ministry, and secondary education. Presently, the curriculum vitae of each senior is being sent to every conference and major self-supporting institution in the North American Division. A number of the seniors already have their next year's plans firmly laid.

A breakdown of the students in all majors is as follows: Agriculture — 5, Elementary Education — 17, Health Education — 10, Religion/Health — 8, Health Science — 30, Metropolitan Ministries — 17, Religion/Secondary Education — 3, Undecided or other majors — 37. The students have come from 24 states of the Union, and the 21 foreign students represent nine overseas countries: Argentina, Australia, Brazil, Canada, Denmark, France, Japan, Korea and the Netherlands.

Another rewarding development of the academic program has been the increase in the academic excellence of the students. Whereas in our first year, more than 25% of our students failed to reach the entrance requirement of a 2.5 GPA, this year only 3½% were accepted below the GPA. The entering GPA of the new students was as follows: Men — 3.20, Women — 3.12. The overall GPA of the student body was 3.28.

It is recognized, however, that the real value of a Christian education is the dedication of its graduates; and above everything, we want our students to reflect more fully the image of their Creator each day. Such young people, empowered by the Holy Spirit will be used to proclaim the gospel to all the world.

TAPE MINISTRY EQUIPMENT NEEDED

If you have been reading the WEIMAR BULLETIN, you have noticed that we have recently added a number of excellent new tape titles. The programs produced here at Weimar — and hence the tapes — reflect the purpose for our existence as an institution, to help people get a clearer picture of their Heavenly Father.

Now we are calling for some help. We need a few items of equipment to make our operation more efficient and professional.

Two wide-range professional microphones for music

Compact oscilloscope

Frequency meter

Signal generator

Microcomputer, 64K, floppy disc, CRT display

Computer software: Mailing list, word processing, pascal, basic.

Computer printer.

Typewriter. Wide carriage, office model with changable type elements, elite. (The one we use now is borrowed.)

Transistor tester.

Do you have any of these items or would you like to purchase some of them as a special contribution? We can pay the shipping charges if you like and send a receipt for the fair market value of the items. Before you ship, it would be a good idea to write or phone. Thank you very much for your part in our ministry.

Ted Wade

Weimar Tape Ministry

Box A

Weimar, CA 95736

(916) 637-4111

Truckee SDA Church

There is something very quaint about the expression "mountain top experience." For some it would mean being on a high mountain amid the tall pines and fresh air, but to a group of Weimar students it means Sabbath at Truckee church. Since the beginning of Weimar's first year, 1978, students have regularly attended Truckee SDA church. Places for student involvement opened up. Special music, Sabbath School, and general duties began filling as students saw a need or an area where their talents would be of service.

By August, 1981, the membership began to grow and a church building was needed. They broke ground and completed their special goal, fulfilling a glimpse of God's plan for them. Weimar students helped in the process by organizing work bees and helping with other needs. Along with the building of a new church was the growing need to arouse community interest. Bible studies were held on Friday nights. Weimar students would occasionally stay in the homes of members and do Sabbath afternoon outreach projects.

July of 1982 brought the grand opening of the new Truckee SDA church. The new church brought beams of happiness into the hearts of the church members.



Members of the Truckee Seventh-day Adventist Church meet in their new Sanctuary.

The response from the townspeople was positive and uplifting. Twenty-four visitors attended the opening services.

The focus of the students is centered on church growth which has created ample opportunities to minister to the needs of the public. Recently a "Breadmake" was held at the church followed

by a four day cooking school. Weimar's Van Ministry will travel to Truckee and offer blood pressure testing. In addition, the five-day plan to stop smoking program and stress seminars are being arranged.

At the Truckee church Sabbath's are truly a "mountain-top experience."

Medical Van

As the activity of a volcano is unseen for some time before it erupts—so it has been with the Medical Van project. Our vehicle is not slumbering. It is renovating.

Down at the cabinet shop, under the watchful eye of Elder Lester McSherry, Weimar students are calculating, measuring, sawing and gluing. Benches have come forth from figured and re-figured drawings as the interior (which had to be dismantled and totally stripped) begins to yield to the new shape of things that will become the Weimar Van.

Kelvin Clark, Tim Riley and Steve Siciliano, the Weimar "Van Guards" responsible for building the furniture for the Van, are true pioneers in not only preparing to work in the surrounding communities as technicians on the Van, but with Elder McSherry's guidance, they are re-designing an interior "from scratch." With no manual or blue prints to refer to, this has been an intensive challenge and rewarding learning experience for them. This time is not lost.

With two years experience and 20,000 blood pressure clients behind him, Steve Siciliano has given invaluable help and insights into what goes on inside a medical van and how the furnishings should be built to contribute most successfully to the Van Ministry.

The skeletons of the furniture, benches, tables and cupboards are made of sturdy particle board and will be handsomely veneered in oak. The finish will be natural for a warm and solid appearance.

Naugahyde cushions remain to be made for the seats and a careful search is being made for an attractive, practical commercial carpet that will wrap-around the interior,

covering floor, walls and ceiling. The wrap-around method not only provides extra good looks and insulation but will be an excellent sound buffer.

Prior to going to the cabinet shop, the van spent part of the summer at the auto body shop undergoing a thorough treatment for removing dents, sanding surface and applying fresh paint in the Weimar tan and chocolate colors, under the able direction of Ethan Mulvihill.

There are brochures to design and application forms to be printed. We are seeking God's guidance in filling the needs for good equipment for blood pressure checks, a computer for health analysis, and a pulmonary function machine to identify lung problems.

There has been some delay in getting off the launching pad as a search was being made for the right person to direct the program. In mid-September Beverly Lee accepted the call to come to Weimar as Director of the Van Ministry. Starting on square one with the rest of the crew, Beverly has been busy

identifying needs, problems, resources, and ways and means of initiating such a visible public ministry. Included in this research is a trip to New York City for Beverly Lee and Ronda Potterton who will be the R.N. on the van. Leaving Sacramento by plane early October 21, they will be guests of Juanita Kretchmer and the Van staff in New York where they will have the opportunity to observe, participate and inquire into all aspects of a working Outreach vehicle. This week in New York is expected to eliminate many of the problems the Weimar program might otherwise encounter.

A very capable and dedicated crew of young people are eager to begin their actual assignments on the Van. There are thousands of people "out there" who will say "I'm so glad I came," and who will be eager to hear more about the ways of the abundant life. With God's ever present help we optimistically expect the Van project to erupt into active service by early December.



The Medical Outreach van sports new paint as it waits for a new interior.

Josephine Cunningham Edwards, PhD



A board meeting was called at the lovely Laurel Retirement and Nursing Center in Hamburg, Pennsylvania, of which I am Chaplain. Of course, I attended since I am a member of the staff, and sat down to listen to proceedings, as usual. Then, I got my "shock!"

"You're going to your series of campmeetings, Mrs. Edwards," Mr. Dick Mayer began. I smiled my affirmative for I had already talked my way through Alabama-Mississippi, Georgia-Cumberland, and Virginia. Michigan, and the lovely Redwood California campmeeting lay ahead, just as a Physicians' Retreat in Northern

Idaho beckoned me. "We've decided," Mr. Mayer began impressively, "That since you will be in California, we want you to go through the 'program' at Weimar." I stared at him unbelievably. It simply could not be possible. Weimar! a place I had always wanted to see.

"Not me," I grasped. Mr. Mayer smiled. "Yes, that's what we want you to do." Weimar had been a tuberculosis sanatorium, and when I read of the grave yards in France, during the French Revolution, I thought of old Weimar. "Abandon all hope, who enter here," had been inscribed over French cemeteries when they gave up God. Men had not learned to conquer the "white plague." Red meat, milk, butter, coffee, tea, cream, besides vegetables were steaming on the cafeteria tables. Fresh air, rest, plenty of heartening food was all the cures the doctors came up with in those dreadful days. Graves dotted the hillsides.

Then research was rewarded, modern medications were discovered that did away so greatly with tuberculosis, then silence reigned over the lovely acres and trees and buildings, where the grim spectre of Death had so long held sway. All that is left are the pitiful graves on the hillside — and Weimar — a place of death became a place of promise.

Refurbished buildings, beautiful lawns, a thriving college,

and a marvelous health unit stand where once death seemed the end of every resident.

"NEWSTART LODGE"

I read as I entered and registered. NEWSTART means God's eight law's of health, N-nutrition, E-exercise, W-water, S-sunshine, T-temperance, A-air, R-rest, T-trust in God. I was shown a dainty room in NEWSTART Lodge which used to be where TB patients huddled under covers, racked with coughing while nurses shook snow from their blankets. My room, carpeted, neat, a pretty bed, desk and bathroom was where I was to live for more than three weeks. Our schedules, to be adhered to daily, were handed us — a varied group of people. Some were longing to escape by-pass surgery, some had bone and muscle trouble, several obesity patients, cigarette victims, several heart and diabetic sufferers. We were all eager to "choose to live a better way:" — to get rid of junk foods, to understand what the diet of God's natural foods will do to recover health.

I came with a very bad shoulder and left arm — little use of it since a bad accident several years ago, swollen knees, from the same accident. My left ear was "ringing" ever since because of a concussion I had, and I was just plainly quite a bit obese.

Determinedly, I started out walking. I went from 2.5 miles a

day to 13.2, which I did for many days. Some days I walked 12 plus, or 9 and 10 miles. Swelling went down. When Vernon Putz, the physical therapist, worked on my arm and shoulder, suddenly that ringing in my ears stopped. I was amazed, I had lived with it so long, I was almost homesick for it. I could use my arm far better. My "spare tire" and extra pounds began to disappear on the low-fat, low-protein diet. While it wasn't food I was used to in our American junk diet, it satisfied me; I never went hungry. Those great slices of tomatoes, watermelon, honey dew and muskmelon would tempt a gourmet. Weimar bread — no additives —

altogether healthful, is satisfying and delicious. Vegetables, salads — delightfully prepared — were adequate.

This morning, the last day, I went up by the watertower before daylight. Another NEWSTART guest and I could look down on the trails where we had happily trudged many a mile.

Everyone is so sweet and kind. After a whirlpool, or Russian bath or any treatment in hydrotherapy, we always have prayer. I feel grand, and full of pep, and happy. I lost fifteen pounds in my stay here. I intend to keep up this NEWSTART way of life as my future way of life until Jesus comes to give us Eternal life with Him.



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.

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Dick Winn.....Secretary
John Sipkens.....Director of Labor

WEIMAR COLLEGE

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Dale Martin.....Director of Work Education
Preston Wallace.....Director of Community Services

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RETREAT MINISTRY

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Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 or 878-7222

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.

"NEWSTART From A Teenager's Viewpoint"



Shanin Turner



Wanda Anderson

August 1982 NEWSTART Class

Our August NEWSTART session brought us two delightful teenagers from different parts of the country. Shanin Turner, 16, from Las Vegas, Nevada, and Wanda Anderson, 17, of Pittsburgh, Pennsylvania, came here with no special medical problems but with desires to learn a healthier way of living.

Wanda, who attended with her mother, states, "At first I was skeptical as to exactly what Weimar was and what it had to offer." As the program continued, she became impressed with the benefits of God's natural remedies and also with the Christian atmosphere on the campus. By the end of the program, her cholesterol had dropped

17 points and she was walking seven to eight miles per day. Wanda plans to follow the NEWSTART program as much as is possible while attending her first year in college.

Shanin became a firm believer in preventative medicine at Weimar and realized that the best time to start putting into practice NEWSTART principles was now rather than waiting for health problems to occur first. She also found more at Weimar than just health education. "I saw love for the Lord and love for each other in the students and staff. The total environment of Weimar was a refreshing change for me. It is the type of change that stays with you when you leave."

1983 NEWSTART Schedule

Following are the dates for Weimar's NEWSTART Health Center Programs:

JANUARY 2-JANUARY 27
JANUARY 30-FEBRUARY 24
MARCH 20-APRIL 14
APRIL 24-MAY 19
MAY 29-JUNE 23
JUNE 26-JULY 21
JULY 31-AUGUST 25
AUGUST 28-SEPTEMBER 22
SEPTEMBER 25-OCTOBER 20
OCTOBER 30-NOVEMBER 24
NOVEMBER 27-DECEMBER 22

For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736.

MUSIC — HEAVEN'S GIFT

Music had its origin in heaven, for "the melody of praise is the atmosphere of heaven; and when heaven comes in touch with the earth, there is music and song — 'thanksgiving, and the voice of melody.' Isaiah 51:3." (Ed, p.161) This "precious gift of God, designed to uplift the thoughts to high and noble themes, to inspire and elevate the soul" (Ed 167) is an avenue of communication with God and "is one of the most effective means of impressing the heart with spiritual truth." (Ed p.168)

Dealing as it does with matters of eternal consequence, it is essential that music's tremendous power be kept clearly in mind. It has the power to uplift or degrade; it can be used in the service of good or evil. "Music is often perverted to serve purposes of evil, and it thus becomes one of the most alluring agencies of temptation. But, rightly employed," (Ed p.168) "it has power to subdue rude and uncultivated natures; power to quicken thought and to awaken sympathy, to promote harmony of action, and to banish the gloom and foreboding that destroy courage and weaken effort." (Ed p.167)

The lives of those who accept the responsibility of being God's instruments in the proclamation of the good news of salvation through faith and preparation by obedience for our Lord's return must be as distinctive in their message. Such a distinctiveness will affect every department of life and will certainly influence the Christian to exercise a high degree of discrimination in his choice and use of music. In the use of this "precious gift," more than human wisdom is needed in the endeavor to meet God's ideal for His children: "Music was made to serve a holy purpose, to lift the thoughts to that which is pure, noble and elevating, and to awaken in the soul devotion and gratitude to God." (PP 594) Turning then to revelation for guidance, the following principles are revealed:

Music should:

A. Bring glory to God and assist us in acceptably worshipping Him (1 Cor. 10:31).

B. Ennoble, uplift, and purify the Christian's thoughts. (Phil. 4:8; PP 594)

C. Effectively influence the Christian in the development of Christ's character in his life and in that of others. (Manuscript 57, 1905).

D. Have a text which is in harmony with the Scriptural teachings of the church. (R&H, June 6, 1912).

E. Shun theatricality and prideful display. (Ev 137; R&H, Nov. 30, 1900).

F. Give precedence to the message of the text which should not be overpowered by accompanying musical elements. (GW pp357,358).

G. Maintain a judicious balance of the emotional, intellectual, and spiritual elements. (R&H, Nov. 14, 1899).

H. Never compromise high principles of dignity and excellence in efforts to reach people just where they are. (9T 143; Ev 137)

I. Be appropriate for the occa-

sion, the setting, and the audience for which it is intended. (Ev 507,508)

In the great controversy, Christ and Satan are engaged in a battle for the mind of each individual. In this warfare, "Satan has no objection to music, if he can make it a channel through which to gain access to the minds of the youth. Anything will suit his purpose that will divert the mind from God, and engage the time which should be devoted to His service. He works through the means which will exert the strongest influence to hold the largest numbers in a pleasing infatuation, while they are paralyzed by his power. When turned to good account, music is a blessing, but it is often made one of Satan's most attractive agencies to ensnare souls. When abused, it leads the unconsecrated to pride, vanity, and folly. When allowed to take the place of devotion and prayer, it is a terrible curse." (IT 506) "It is one of the great temptations of the present age to carry the practice of music to extremes, to make a great deal more of music than of prayer. Many souls have been ruined here." (R&H, July 24, 1883)

Special responsibilities and dangers attend those who have been particularly gifted with musical talent, for "pride, vanity, and folly" are more often than not associated with the attainment of worldly recognition for musical achievement. "What a contrast between the ancient custom and the uses to which music is now too often devoted! How many employ this gift to exalt self, instead of using it to glorify God!" (PP 594) "Display is not religion nor sanctification. There is nothing more offensive in God's sight than display of instrumental music when those taking part are not consecrated, are not making melody in their hearts to the Lord. The offering most sweet and acceptable in God's sight is a heart made humble by self-denial, by lifting the cross and following Jesus." (R&H, Nov. 14, 1899) "None but God can subdue the pride of man's heart. We can not save ourselves...In the heavenly courts there will be no song sung, 'To me that loved myself, and washed myself, redeemed myself, unto me be glory and honor, blessing and praise.' But this is the keynote of the song that is sung by many here in this world." (TM 456)

Having made the proper decisions as to the priorities in the use of our time and as to who shall receive the glory and the honor, let us notice the counsel as to how to develop our talents properly:

"Music forms a part of God's worship in the courts above, and we should endeavor, in our songs of praise, to approach as nearly as possible to the harmony of the heavenly choirs." (PP 594)

"Music can be made a great power for good; yet we do not make the most of this branch of worship. The singing is generally done from impulse or to meet special cases, and at other times those who sing are left to blunder along, and the music loses its proper effect upon the minds of those present. Music should have



The Weimar College Ensemble under the direction of Lois Rusche has performed for many programs at Weimar. We are very proud of our music department which includes choir and voice training, piano, strings and other instruments.

beauty, pathos, and power. Let the voices be lifted in songs of praise and devotion. Call to your aid, if practicable, instrumental music, and let the glorious harmony ascend to God, an acceptable offering." (4T 71)

"When human beings sing with the spirit and the understanding, heavenly musicians take up the strain and join in the song of thanksgiving. He who has bestowed upon us all the gifts that enable us to be workers together with God, expects His servants to cultivate their voices, so that they can speak and sing in a way that all can understand. It is not loud singing that is needed, but clear intonation, correct pronunciation, and distinct utterance. Let all take time to cultivate the voice, so that God's praise can be sung in clear, soft tones, not with harshness and shrillness that offend the ear. The ability to sing is the gift of God; let it be used to His glory." (9T 143)

"Singing is a part of the worship of God, but in the bungling manner in which it is often conducted, it is no credit to the truth, and no honor to God. There should be system and order in this as well as every other part of the Lord's work...Those who sing should devote some time to practice, that they may employ this talent to the glory of God." (R&H, July 24, 1883)

An appreciation for things eternal must be cultivated in this present life. A taste for the music of heaven will not suddenly be developed during the last few moments before Jesus comes. You must actively prepare to enjoy it.

"Let none suppose that they can live a life of selfishness, and then, having served their own interests, enter into the joy of their Lord. In the joy of unselfish love they could not participate. They would not be fitted for the heavenly courts. They could not appreciate the pure atmosphere of love that pervades heaven. The voices of the angels and the music of their harps would not satisfy them." (COL 346-347)

"Let us learn the song of the an-

gels now, that we may sing it when we join their shining ranks. Let us say with the psalmist, 'While I live, I will praise the Lord: I will sing praises unto my

God while I have any being.' Psalm 146:2." (PP 289)

"Heaven's communion begins on earth. We learn here the keynote of its praise." (Ed 168)

CASSETTE TAPES

For Spiritual Refreshment



PRINCIPLES OF STRESS-FREE LIVING

- SL 1 "The Urgent vs. the Important," Paul Hawks, Ph.D.
- SL 2 "Time for Re-Creation," Paul Hawks, Ph.D.
- SL 3 "Planning Can Reduce Stress," Paul Hawks, Ph.D.
- SL 4 "Physiological Aspects of Stress," Sidney Nixon, M.D.
- SL 5 "Self-centeredness," Colin Standish, Ph.D.
- SL 6 "Temperance," Vernon Foster, M.D.
- SL 7 "Exercise," Vernon Putz, R.P.T.
- SL 8 "Guilt," Colin Standish, Ph.D.
- SL 9 "Christ Control," Colin Standish, Ph.D.
- SL 10 "Rest," Vernon Foster, M.D.
- SL 11 "Christian Witness," Colin Standish, Ph.D.
- SL 12 "Depression," Colin Standish, Ph.D.
- SL 13 "Marriage," Colin Standish, Ph.D.

PREPARING FOR ETERNITY

- PE 1 "Ellen White and Current Issues," Lewis Walton J.D.
- PE 2 "Education and Reformation," Colin Standish Ph.D.
- PE 3 "Lessons from Yesterday," Lewis Walton and "Perfection, When?" Colin Standish Ph.D.
- PE 4 "Yesterday and Tomorrow, Issues Now Facing Adventism," Lewis Walton J.D.
- PE 5 "Yesterday and Tomorrow, Discussion, Q & A," Lewis Walton; and "Believing False Doctrine," Dick Winn
- PE 6 "Education and Redemption," Colin Standish Ph.D.
- PE 7 "Education, a Divine Model," Colin Standish Ph.D.

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Zip _____

Individual tapes as marked, \$3.25 ea. _____
 Stress-free Living, \$39 in album _____
 Preparing for Eternity, \$21 _____
 Tax for Californians, 6% _____
 Total enclosed _____

Teaching Children at Home — Part II

Marty and Betty Gerbozy

Already quite a large number of people home school their children. John Holt, author of *How Children Fail*, estimates that more than 10,000 families in America are teaching their children at home. The real number would be very hard to determine, because many families choose to do this quietly so local authorities will leave them alone.

"...Estimates of how many families are involved in home schooling range from 5,000 to as many as 50,000. Many parents are not doing it officially, correctly anticipating difficulties with local school boards. Some simply never register their children for school, and others inform the school superintendent that they have decided to send their children to private school — and then never do..."⁹

Dr. Raymond S. Moore, president of Hewitt Research Center in Berrien Springs, Michigan, has estimated that the total number of children receiving a home education is over 250,000 if all parents could or would come forward.

The legal aspect of home schooling varies according to the state one lives in and the school authority that one has to deal with.

"...Although 33 states, including New York, New Jersey, and Connecticut have statutory provisions that allow home instruction, under some circumstances, parents have difficulty. It is usually up to the local school board to approve a parent's request...The biggest problem for would-be home schoolers is that local school boards don't know the law in their own state..."¹⁰

The basic form to follow to get started with a home school is to figure out what curriculum your state requires. Get your curriculum on paper and find out what text books you need. Present this plan to your local school superintendent or school department.

In many cases, they will have an application for you to complete. Then the local school officials will review your application and either approve or disapprove. Remember, each state differs, so the procedures stated above

could vary.

Another method to home school children is to use a "shelter school" as the base for the same school. This is basically a correspondence school or consulting — service type of school that provides the curriculum and textbooks to help parents teach their children. Many such schools exist for this purpose. The Santa Fe, New Mexico, and the Weimar College Child Development Center at Weimar, California, are examples of such schools. The Home Study Institute in Washington, D.C., provides curriculum and textbooks from grade school through college.

The question may arise: Can a parent really do the job right? The answer is yes.

"...Often parents, even those who are teachers, do not trust their ability to teach their own children in the home...Most of those fears are paper dragons that any normal parent can conquer readily. Without professional training, simply by being herself, a concerned, loving mother usually can do more for her normal child than a teacher can. Parents should, of course, be willing to learn new ideas. But a mother need not be a trained teacher, nor does she need to teach in any formal way..."¹¹

Several books have been written by Dr. Raymond Moore and others, on how to develop and teach a home school. *Home Grown Kids* by Dr. Moore and his wife offers a very outstanding guide in this endeavor and is highly recommended. Another book with valuable reference material is *School at Home* by Dr. Theodore E. Wade, Jr.

The question has been asked, "How can I get my children back in school after I have home schooled them?" A child at the elementary level just has to be taken back to the local public school and put back in. It would be wise to request that the child be given a test such as the "Iowa Basic Skills Test" to help give guidance in proper grade placement. A child who has gone all the way through high school in the home school situation, can obtain the GED (General Education Development) test to certify his ability at the high school level.

The Armed Forces use this test for grade equivalency, and it is recognized by most institutions of higher learning. Also, some states have competency tests for high school graduates, and these could be used. In general, re-entry back into the mainstream is no great problem.

Considering the overall lack of quality education available in public education, coupled with the problems that are inherent in a child's development when he may be getting his values from the peer group, home schools are a worthwhile alternative to public education. However, home schools are not for all parents or for every child. But if the parents really care, and are willing to work hard, the home school will produce outstanding results in a better rounded, better educated, well-balanced child that will be a credit to his parents and mankind.

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FOOTNOTES:

- 9Elin McCoy, "Home Schooling, An Issue for Parents," *The New York Times* (Feb. 26, 1981).
 10 *Ibid*.
 11 Moore, Better Late Than Early, p. 21.



The home school concept is gaining momentum each month. In November, 1981, Weimar Child Development Center had 67 student enrollees. In November, 1982, there are almost 500 enrollees, located throughout most of the fifty states, and several foreign countries.

If you are interested in further information about the home school program, please contact Weimar Child Development Center, Box A, Weimar, California 95736.

"Nothing tends more to promote health of body and soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings — as much a duty as it is to pray."
 (MH 251)



ALLERGY AND EXORCISM

Sang K. Lee, M.D., Allergy Specialist

Recently an increasing number of allergy specialists and physicians in different specialties are interested in the increasing varieties of symptoms due to "allergy problems," particularly related to "food allergies."

Symptoms such as manic-depressive reactions, hyperactivity, migraine headaches, unknown origin of fatigue, tension, bedwetting, nightmares, colitis, hyperacidity, also typical allergic symptoms such as wheezing, itching and sneezing.

Currently it is not unequivocally clear that the above-mentioned "non-specific symptoms" are truly related to classical immune system problems or just coming from the side effects from food contaminants (insecticides, etc), and/or additives to most processed foods.

However, a victim of an allergy problem can have genuine, classic symptoms such as asthma or hives and at the same time also be affected by carbon monoxide from polluted air, causing decreased oxygen supply to the brain, resulting in dizziness, depression and headaches and then affected by high sodium coming from high salt-containing foods. Especially high monosodium glutamate may increase body water retention which in turn contributes to minimal brain swelling which intensifies the headaches, depression and even causes nausea and vomiting. Along with nervous tension caused by high sugar intake may be contributing development of hypoglycemic symptoms and fluctuation of body weight of 5-6 lbs even during a period of 24-48 hours, often accompanied with periodic ankle swelling and severe unknown fatigue. And all of the above symptoms can be ag-



Sang Lee, M.D.

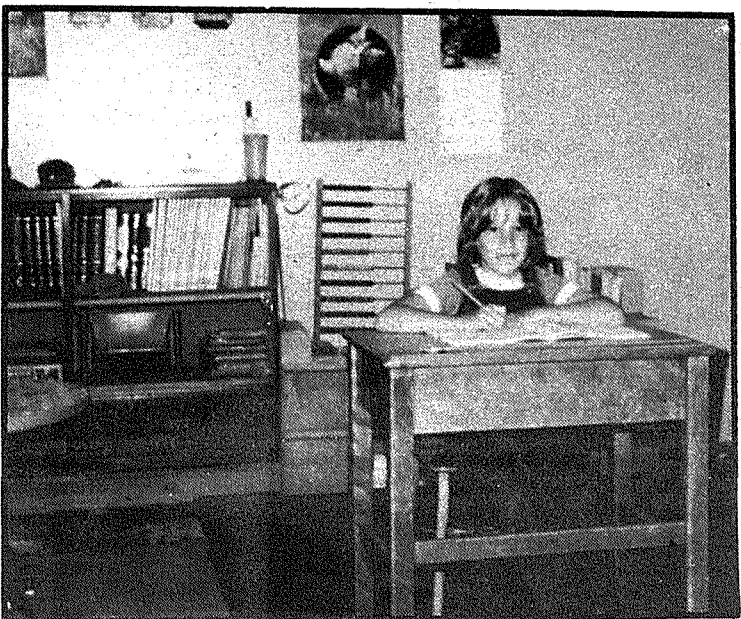
gravated by high fat diet usually coming from refined vegetable oil or animal fat.

In many cases these particular individuals may be diagnosed as having allergy diseases of asthma or urticaria, but the rest of those "non-specific symptoms" are considered as "emotional problems due to stress," and patients are just advised to "be relaxed," "need to take a vacation," or given a prescription for tranquilizers and/or anti-depressants.

Then these patients start to take asthma medicine from an allergist which is aggravating all of those symptoms of headache, depression and nausea, etc, and he ends up taking more anti-depressants from another physician, and may even be consulting with a psychiatrist for possible mental disorder or with a neurologist for neurological evaluation of suspicious neurological phenomena such as dizziness, numbness, weakness, etc.

Since the majority of physicians are not concentrating on di-

Continued from page 8



Jennifer Mazzola, a home school student is shown studying at her desk at home.



On October 15 Bud Pisarek, the vice mayor of Auburn, California, had his blood drawn, blood pressure taken and body composition measured by Dan Eveland, Linda Ball and Dorothea Wade. These Weimar College students are involved with the Heart Beat OUTREACH program. On November 17 a group consultation, conducted by the college students, will give Bud information concerning coronary risk evaluation and education.

WEIMAR COLLEGE LIBRARY

It has been said that "the true key to understanding is the key of a library," and that "all who go forth into the world as graduates should have an intelligent and practical knowledge of books as will aid them in their studies through life."*

This is our goal at Weimar. Thanks to our many donors, our library is growing by leaps and bounds. We have not only received many up-to-date books, but also many priceless out-of-print editions, bound volumes of periodicals, and many of our Adventist heritage books. It is true that some books become obsolete in techniques. But many become more precious and meaningful with age. The authors have gone to their rest years ago, but the wisdom of their words continues to inspire us indefinitely. We really appreciate the caliber of books and magazines which have

been donated, as well as the variety.

To make the library a useful tool, especially to our students, we are attempting to add to our shelves new books and magazines in their major fields, providing daily newspapers, magazines and journals to keep them aware of the world around them, and giving them access to the Adventist heritage books, as well as the vast number of Adventist and Spirit of Prophecy books now available. Vertical files are also provided which contain much material on health, religion and other useful topics.

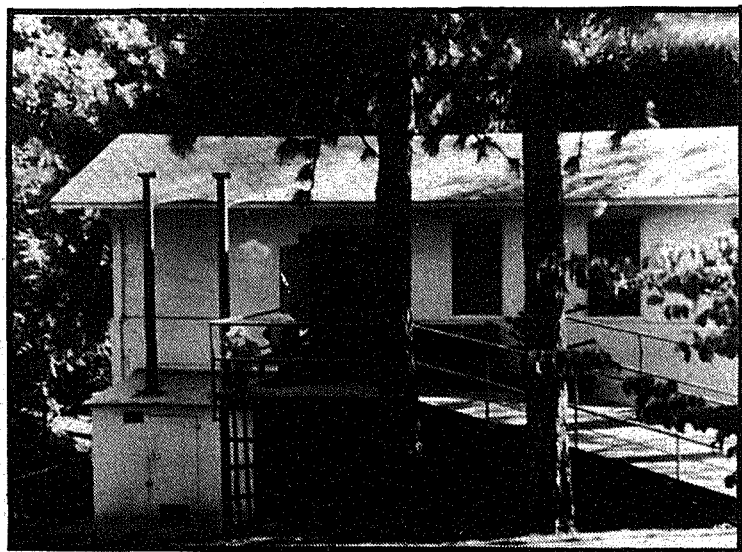
One table is supplied exclusively with a complete set of Ellen G. White books and the INDEX for ready reference at any time during library hours. And a file drawer contains Ellen G. White documents from the Ellen G. White Estate, for re-

search. There is also an adequate supply of most of the Spirit of Prophecy books for our students and staff to check out for one week at a time.

Our Heritage Room is still in the process of organization, but we do have an attractive display cabinet in the main room that creates interest for both campus personnel and visitors. The beautiful shell collection donated by Ira Gish, our first librarian, and Paul Foster's unique collection of wild flowers from Institute property, are other attractions to many of our patrons.

Our cassette tape section is becoming very popular. We have a variety of topics and speakers from which to choose and our collection continues to grow. A good beginning in audio-visual equipment is also available for classroom use or Outreach projects.

To those who have visited our library in the past, you will be interested to see our eight rows of beautiful new shelves made by the students in our Cabinet Shop, under the direction of Lester McSherry. Students also made our 72-drawer card catalog when Charles Smith was in charge. Both these projects have saved the Institute thousands of dollars. Although they are not made of hardwood they have a rich brown stain and varnish finish which gives the appearance of fine wood. Because of the added space for books there should be room



The Weimar College Library.

Cassette Clearance

We're housecleaning and we want to share the fun with you. We have hundreds of good tapes that we need to clear out because they are more than a year old. Most of them are not Weimar speakers. If you want some good listening, here is what you should send us:

12 tapes — \$10
30 tapes — \$20

50 Tapes — \$30
100 tapes — \$50

You will hear a variety of topics and speakers. Some tapes are 60s and some 90s. Most are unused and without cases. We pay the shipping. Californians need to add 6% tax.

If you have preferences, let us know, but we can't promise just what you will get. General categories you might mention are: inspirational, medical, marriage, Spirit of Prophecy, Frasee, Thrash, etc. This offer is available through the end of December or while our supply lasts.

Weimar Tape Ministry,
Box A, Weimar, CA 95736

recipes



FESTIVE YAM-CRANBERRY CASSEROLE

4 lg. yams
¼ c. ½ c. honey
1 c. fresh cranberries
½ c. orange juice. Boil yams — peel — cut in ¼ inch slices. Put half of the yams in a pan — pour half of honey over yams. Sprinkle a few cranberries over layer. Continue layering. Top with rest of the cranberries. Place walnut halves on top to decorate. 6-8 servings. Bake in 350 degree oven about 30 min., or until cranberries are done.

GLAZED CARROTS

Cook carrots cut in ½ inch chunks until done.

Orange Sauce:

1/3 c. water

1 T. Lemon juice

1/4 tsp. salt

1 T. Cornstarch

1/3 c. orange juice

2 T. honey

1 T. minced chives

Mix sauce ingredients together. Heat until thickened. Pour over cooked carrots and serve.

NEW GREENHOUSE OPERATING

By Oliver Edwards

When my wife and I arrived on campus June 14th, the new greenhouse had been under construction for about seven months, completion having been delayed because of heavy rains and snow during winter and spring.

Lloyd Leer, from Riverside, California, was here and led out in the construction. We made a few minor changes — moving two doors from the back side of the greenhouse to the sides, and made a few electrical changes for more convenience and efficiency.

If we were going to have a crop in the new greenhouse this winter, we needed to get some plants started. So we planted about 2,200 tomato plants and 200 cucumber plants in July in the old greenhouse, hoping to have them in the new building by the first of August.

About this time we installed the fans and the fiberglass sides, and next installed the water pipes for our water system. After the gravel drainage system was completed, we then installed the injector system which injects fertilizer right into the water lines and to the plants.

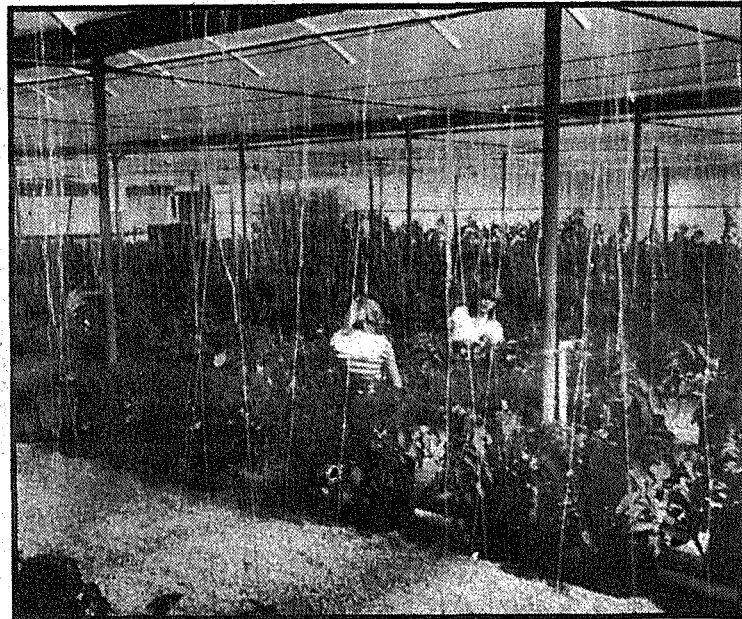
About this time the plants were getting quite large and had to be put into the new greenhouse, ready or not. We still had to put the top on. It was taking a chance on losing them by their getting too big or scorching them in the sunshine, so we started planting

in a mix of ½ sand and ½ turkey compost. We discovered that we had a bad mix; the water wouldn't penetrate through it. We had about half of the house planted by this time, which added to our problem. We then got some redwood shavings and changed our mix to ½ redwood and ½ turkey compost. Then we had the "fun" of changing the first mix. Also, the sun did scorch the plants. We had a pretty sorry-looking bunch of plants.

Our new polyvinyl sheeting arrived for the top, and we started putting it on but discovered that one roll had a factory defect. We had to order more poly, but this allowed us to put on what was good and covered three sections of the greenhouse. We finally got

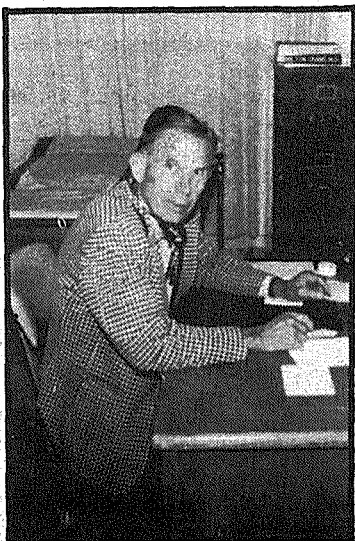
our last section covered the last of September.

The last thing that we had to finish was our vent door which we got a quote on of \$2,500 for a door four feet wide and eighty feet long, plus fiberglass and controls which would cost another \$700. Mr. Leer and I looked at a very simple door which was in use on a greenhouse at Lodi and came back and put one together for about \$500. Also, it does not require any extra controls to operate. Our system is a very simple one with four thermostats. The first thermostat turns on No. 1 and No. 3 fans at 75 degrees. The second thermostat turns on No. 2 and No. 4 fans at 85 degrees and also opens our vent door. (Continued on Page 7)



Inside the new greenhouse students work with the tomato and cucumber plants.

Dr. Milton Crane — Medical Director



Milton Crane, MD

My main objective at Weimar will be to work closely with my co-workers under God to help people physically, mentally, and spiritually. I want to help them know how to get the most out of life in this troubled world, how to have optimal health, and how to relate to the "will" of God so that they can obtain "the earnest of their inheritance from their Father."

From my study it appears to me that God wants to demonstrate before a sin sick and distressed world that obedience to His principles of life results in better health, happiness, and eternal life. I am not talking about slavish obedience, but the obedience that springs from a love for God and fellow man. This obedience comes from God. As we are willing to allow, God works in us both to will and to obey.

Clinical evidence at institutions like Weimar indicates that application of God's natural remedies results in dramatic improvement in the health of most patients, especially those who suffer from

Greenhouse

(Continued from Page 6)

third thermostat turns on the water to the Kool-Cell, which is a 4 x 80-foot swamp cooler. The fourth thermostat is for heating, which will turn a pump on and circulate hot water through four heat exchanges and heat the building. We are still trusting the Lord to keep our plants from cold weather because we do not have our heating system all hooked up yet.

The Lord has been with us through all of our problems. It is now late October and we have been picking cucumbers for a week at the new greenhouse. The tomato plants have tomatoes about two inches round and are standing three feet high. We must give Him the credit. When we follow God's instruction He will not let us down. It is like the children of Israel when they came to the Red Sea. They had to make that first step toward the water before it opened up. We went by faith and put these plants in the new greenhouse and left it up to Him. It did not look very promising, but we give all the praise to the Lord! The greenhouse project is near completion and the plants are healthy and producing beautiful crops.

degenerative diseases of the arteries.

In working to fulfill that objective, I shall continue the good work in the NEWSTART live-in program to rehabilitate the guests who seek that care. I seek ways to improve the loving care and caring love given to the guests and will assist the nurses, therapists, and physicians in the giving of good scientific care. I am also going to give due consideration to the protocols of study and treatment modalities for the guests so that the results of care at Weimar may be evaluated comparatively. This however, must not interfere with the individualized treatment program that the guest expects and deserves of us.

In addition to the NEWSTART program we are laying plans to make available outpatient programs so that those in the surrounding towns and cities can have an evaluation of their lifestyle by trained personnel and then obtain training in group sessions on how to apply God's natural remedies for disease prevention and for the recovery of health.

We expect outpatient consultative work to grow for specialized problems such as allergic disorders, by Dr. Sang Lee. Diabetics could receive intensive instruction in proper diet, exercise, and better control of blood sugar by sugar testing. Such patients could well be benefitted by a week's stay at NEWSTART for this intensive instruction. To do this we will use two additional testing

rooms and offices and a lecture room for the outpatient portion of the program. With a bit of remodeling it could be available in a matter of months. Plans are being made for the development of this space.

In all of these activities we want to be led by the Holy Spirit to reflect the love of Jesus in such a way as to stir a desire in our contacts to become acquainted with our Saviour and follow Him.

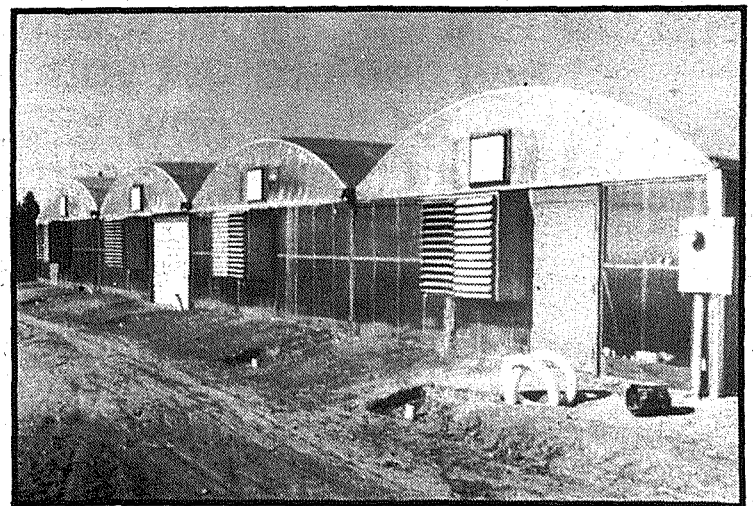
I grew up in Keene, Texas, and attended Southwestern Junior College and La Sierra College. I graduated from Loma Linda University in the class of 1946. After completion of a tour of duty in the US Naval Reserve, I entered the general practice of medicine for two years. Since my interests inclined toward internal medicine, I took 2½ years of residency in that field at the Loma Linda and White Memorial Hospitals. Then I was requested to enter research and teaching at Loma Linda University. My research has been in the field of pulmonary physiology, adrenal physiology, endocrine disorders, and hypertension.

For the past five years I have been primarily involved in the care of hypertensive patients at Loma Linda University and the Pettis Memorial Hospital in Loma Linda, California.

In 1948 I was married to Barbara Glee Anderson. We have two grown children, Paul and Beverly. Glee and I hope to participate in the growth of the work of Weimar in whatever way we can and then give God the glory.

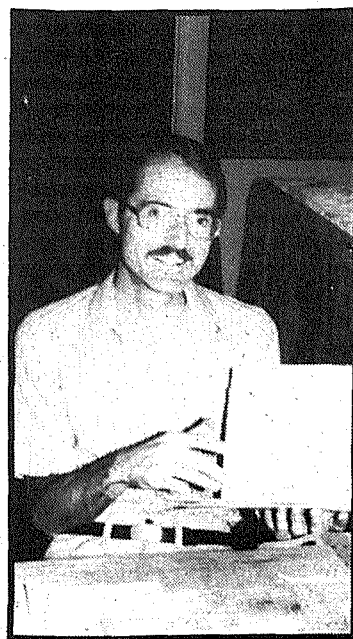


Hal Mayor and Betsy Stimpel, former graduates of Weimar College, celebrated their happy union in marriage on Friday evening, September 24, 1982. The reception began at 5:00 p.m. on Weimar campus followed by the wedding ceremony in Auburn Seventh-day Adventist Church. The service was deeply spiritual and uniquely portrayed Hal and Betsy's values and aspirations.



The nearly completed greenhouse as it stands today.

To Worship Him Better



Elder Buddy Kruger

By: Buddy Kruger,
Academy Bible Teacher

True worship springs from admiring God as a magnificent Person. His beautiful character and excellent deeds, seen in His Word and in His creations of nature, excite our adoration. His stupendous works for man's history and for our present world grab our fascination and wonder. Loyalty builds until we're "sold" on Him, unashamedly occupied with Him, His life, His desires. We'll go anywhere, do anything for Him, make any personal changes He wishes; just so we can belong to Him — be counted His friend and worshipper. This developing attitude and relationship to God form the foundation for the most fulfilling worship experiences in public as well as in everyday scenes.

To deepen your appreciation and worship of Him, try these ideas. They're sure working for me. In His Word two areas for study come to mind. Psalms is a book for worship training. Here, David and others put satisfying worship into human language. Meditating on these "songs of praise" can give you a new boldness to break out of your own narrow, shrunken, or lifeless worship ruts and express more generously your wonder and gratitude for God. Secondly, trace from Scripture one personal, character trait of God, seeing the trait revealed in the way He deals with others. Learn all you can about His thoughtfulness; extreme patience; generosity; empathy; mercy; defense of the helpless; His quickness to recognize and meet human needs; His skillfulness; ingenuity as a teacher; faithful watchfulness; friendliness; love for truth; perfect hatred for sin; etc. Be sure to record your findings and reactions in a notebook for future delight in sharing them with others.

Nature is the second best place to find God's face reflected. I recently bought an economical 30x pocket microscope from Radio Shack. My family, friends, and I now spend hours Sabbath afternoons looking at the things of

nature, discovering the marvelous handiwork of God. What a Creator! What an Engineer! A similar microscope, a good magnifying glass, or a small telescope could also enlarge your field of view and study. Look for God's orderliness, love of symmetry and balance, fine architecture, His attention to detail, variety, love of color and diversity of textures, His careful control of unlimited power, and amazing adaptation to environment, etc.

After seeing Him in some of these ways you'll find yourself drawn by new love to Him and His worship.

"O worship the Lord in the beauty of holiness..." These words of a Psalm (96:6) and a favorite hymn call us to beauty, refinement, culture, — wholeness for God in worship. Total loyalty and whole-hearted devotion have beauty, fitting for God's worship. There can be no other way once you discover the beauty of God's character. In fact, an understanding of His character inspires us to worship Him. His Word and nature show Him to be a lover of all that is truly beautiful and healthful. These things naturally help us to worship and enjoy Him more.

Here are a few dimensions which promote beauty in worship by the best use of our physical and mental powers. First, I've found that personal conduct can measurably improve my quality of worship. What harmonizes with God's personal attributes makes for the best communication with Him. His personal likes include cleanliness, neatness, and modesty (Gen. 18:1-5; 2 Sam. 12:20; John 20: 6,7; 1 Cor. 14:40; 1 Tim. 2:9,10). As we copy these attributes from Him, they should find expression in our inner attitudes and outward conduct. For example, I decided to lay aside or reserve for Him a special set of my best clothes — all cleaned and neat, modest, quiet in color and style. I wear these when appropriate, as on Sabbaths and in attending public worship services. Why? He is my King Who deserves the honor of my best appearance. I'm going to be with Him on a special occasion at His house. He loves to meet us looking our best for Him. Also, this is one more small way we can reflect His character to others.

In Genesis 1:29 God prescribes a conditioning diet which can help us fully enjoy our daily life and worship. When used correctly God's whole foods grown in nature, empower us with physical wellbeing and a strong capacity for clear, positive thought. An improper diet and lifestyle bring sickness to body, mind and spirit, subjecting us to melancholy, depression, and a closed vegetating mind. Why put up with such a half-existence? Why not trade it in to God for some real living on His beautiful plan?

Worship is a many-faceted gem in our relationship with God. We will continue throughout eternity to study, polish, and appreciate this privilege, because true worship expresses and displays the glorious, worthy character of our Lord and Creator.

ALLERGY AND EXORCISM

In Loving Memory

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

Floy M. Davis
Winona Newbold
Larry Ludington
Don Crumley Sr.
Anna Cossentine
August Leer
"Olive" Eloise Glendrange
Sister Marie Therese
Dr. Margurite Williams
Dr. Ray Williams

by Harold G. Walker
by Howard & Thelma Hardcastle
by Vivian L. Ames
by Marvin A. Seaward
by Gayle Osborne
by A. R. & Mildred Deiss
by "Olive" Rogers Braley

by Killian & Beulah Dalton

Continued from page 5
etary or ecological points, no significant improvement from the pharmacological treatment can be expected as long as these dietary problems are not eliminated.

As Adventists, it is extremely important that we look at these patients' problems as possibly originating from faulty lifestyle in diet, living conditions, and other environmental areas, along with lack of joy in Christ.

Asthma or hives can be caused by pollen, dust, mold allergies. But these allergies develop mainly because of weakening of our immune system due to not receiving God's health message. Sugar weakens our immune system; and many other chemicals in the air or in manufactured or processed foods cause suppression of our immune system. Also these same chemicals can cause almost all of those "emotional stress symptoms."

However, there are some trends found in Christianity today that these patients or victims with emotional symptoms are considered to be "demon-possessed" and some of them are offered to have a demon be cast out.

I'm personally aware of one minister who told me his successful struggle with a demon,

named as "asthma." Many other demons, named as "insecurity," "migraine," "depression," "insomnia," have been cast out. And victims become free from asthma, migraine, insomnia and depression, etc.

We should not flatly deny about "demon possession" but we also should be aware of the fact that the devil gives people the "spirit of disobedience" and leads them to the false "truth," which is Satan's primary goal for everyone on this earth.

Therefore, before anyone attempts to cast out a demon in the name of the Lord, he should find out if the victim is truly being led by the Holy Spirit and having peace in obedience to God's truth, such as His health message.

Surprisingly, most of the cases are not relating their disobedience to the health principles as the cause of their allergy problems. In other words, their old lifestyle and environment, and their allergy problems, including those emotional problems, even their devil possession by "asthma devil" and "depression devil" are caused by "spirit of disobedience" to God's loving health message. This spirit of disobedience is caused by Satan.

When we are ignorant of this obvious fact we can easily fall into the temptation to plead the

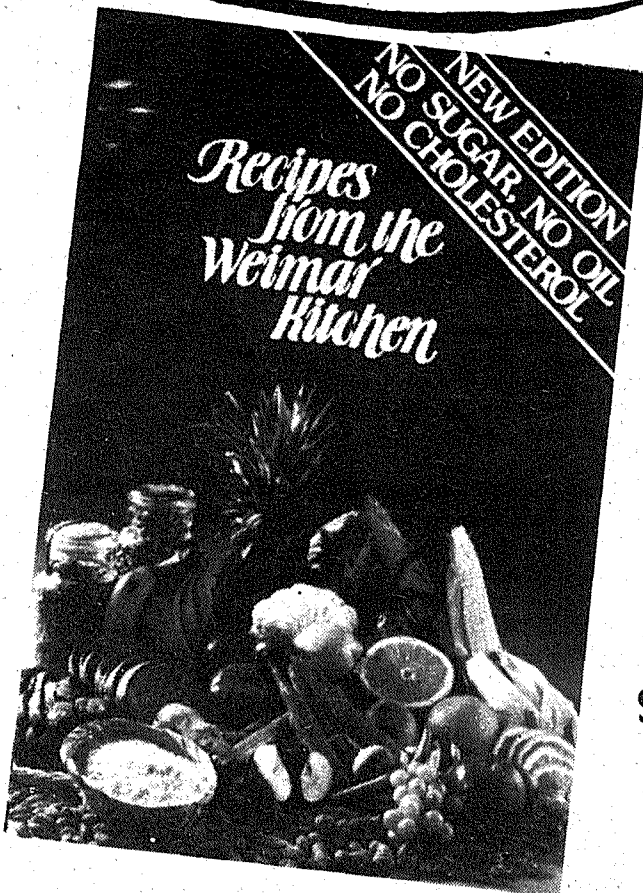
Lord to cast the demon out and the result may be that the demon goes out of the patient, therefore he successfully achieves his purpose, deceiving both patient and minister by making them believe this "asthma devil" can go out even without joyfully obeying God's health message, thus strengthening the spirit of disobedience, jeopardizing the whole soul of the victim to become the true victim of Satan.

We must always remember His words in John 17:17: "Sanctify them through Thy truth: Thy word is truth."

"The words that I speak unto you, they are spirit and they are life." John 6:63.

Therefore, anyone in Christ truly will have the spirit of obedience from the Holy Spirit who leads everyone to the truth, which is His message (words) and Spirit to heal (sanctify) us through his Word, including the health message, not by deceptive maneuvers of Satan.

True exorcism is leading the patient to Christ who leads him to true change of lifestyle. Proper diet, clean air, sunshine, exercise, water, self-control, rest and trust in divine power — God's 8 natural remedies, certainly improve the immune system and recover all those non-specific problems. This is the only way.



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Weimar's new revised cook book featuring recipes with no sugar · no oil · no cholesterol. Send one to each of your relatives or friends and don't forget yourself.

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