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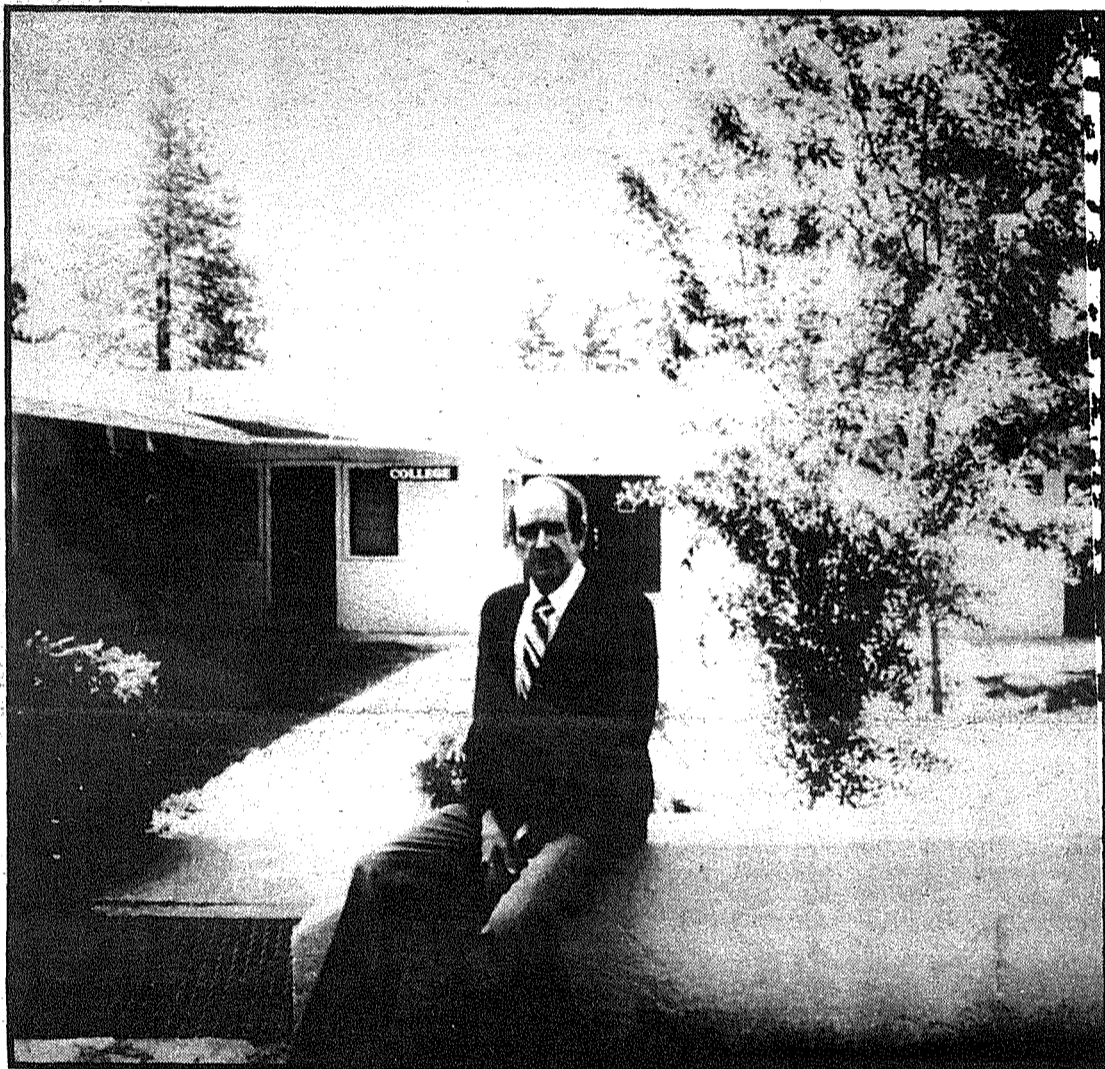
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95736

# WEIMAR INSTITUTE BULLETIN

BOX A, WEIMAR, CALIFORNIA 95736

VOL. 7 NO. 8 AUGUST 1983

## College plans for 1983-1984 School Year



Dr. Howard Hardcastle, shown in front of the college building, is planning for an excellent school program this year.

Weimar College will open again this fall with a capacity enrollment of 130 students. Those who attend are being chosen from approximately 200 applications received to date. Some have wanted to know why more students than 130 are not admitted. The limiting factor is the number of work stations on campus. Since an important part of the college curriculum is work education, more students cannot be admitted until additional meaningful work opportunities are provided.

Despite the loss of several faculty members at the end of last school year, all have been replaced with highly qualified people, and the strong academic program which has been established at Weimar will continue without interruption.

Doctors Rueben Lorenson and David Kissinger, both of Loma Linda University, are joining the Department of Health. Norman Severance of Upper Columbia Academy, and Thelma Hardcastle of Pacific Union College, are the librarian and assistant librarian respectively. Mary Jo Canaday of Pacific Union College will be dean of women, and Marilyn Lorenson of Loma Linda University will be the registrar. Dr. Howard Hardcastle, a former associate dean of Pacific Union College, will be both dean of the

college and chairman of the Department of Education. Robert Fillman, president of the Institute, and Dr. Paul Hawks, director of Personnel, Public Relations and Development, will teach the English and speech courses.

Students and faculty currently working at Weimar are looking forward to the autumn term when new and former students arrive. If the amicable spirit which pervades the campus this summer is an indication of what is to come, 1983-84 will be a beautiful year.

Planned for the new year is an evaluation of all academic programs to determine what modifications, if any, should be made to better serve the needs of the students. Also planned is a study of all policies and practices related to student life. Any procedural changes that may result from the study should be understood to be a refinement of the high standards already established at Weimar College.

The new and continuing faculty are eagerly looking forward to joining the students in pursuing what God has called "the nicest work ever entered upon by the human agent, the dealing with human minds." (FE 277) It is our desire that our friends join us in praying for God's continuous guidance in this eternally important endeavor.

## Dr. Sang Lee Presents Nutrition and Disease

### Seminar

There was eager anticipation the first night of Dr. Sang Lee's "Nutrition and Disease" seminar as we waited in the chapel on the Weimar Institute campus for his arrival. The group of over twenty who had signed up for this special retreat were from varied professions and religious persuasions, as well as some of us from the Weimar staff who slipped in throughout the weekend meetings as we were able — the uniting factor being an ever-increasing interest in the causes of disease, and in health through better nutrition and other lifestyle changes.

In the meetings that followed, Dr. Lee covered areas in the fundamental concepts of nutrition, the effects of eating habits on our immune system, allergies, obesity, hypertension and atherosclerosis, cancer, arthritis, dia-

betes and hypoglycemia, as well as protein problems, and two of the most recent eating disorders affecting young women especially — bulimia and anorexia nervosa. Each afternoon the Wallaces, Preston and Jeannie, conducted a cooking school for the seminar participants, with appetizing recipes and ideas for delectable meals to encourage the necessary changes in our palates for increased mental, physical and spiritual health.

A special quality that Dr. Lee wove into each lecture was the spiritual application of the principles he was teaching. Although we often felt that we were attending college chemistry as he explained the physiological implications of diet and disease, his spiritual applications were so relevant to the particular subject he was discussing that we were not

only informed but inspired by the wisdom of our Creator in every element of His creation!

One of the highlights of the meetings was a testimony given by a woman who had been a patient of Dr. Lee while he was still practicing at his clinic in Southern California. She inspired each of us with her genuine enthusiasm for the obvious results of the "prescription" for living which Dr. Lee had shared with her at that time. In two years she has lost considerable weight, and continues to marvel at the improvement in her health and mental outlook, as well as the increased vitality of her spiritual life, by following God's basic "eight natural remedies" — all within the reach of any who decide to take advantage of their beneficial effects. We were able to get a glimpse of the often am-



Sang K. Lee, M.D.

azing results that are produced by lifestyle changes in diet and exercise. "Natural means, used in accordance with God's will, bring about supernatural results. We ask for a miracle, and the Lord directs the mind to simple remedy...We cannot expect the Lord to work a miracle for us while we neglect the simple remedies He has provided for our

use, which, aptly and opportunely applied, will bring about a miraculous result...Therefore pray, believe, and work." (2 SM 346-7).

Reluctantly we came to our last meeting, lingering afterward as long as possible for final questions and counsel. We had received a renewed determination to apply the principles we had (Continued on Page 8)

# From Our President

## ...FROM THE OFFICE OF ADMISSIONS IMPORTANT NOTICE

Weimar College will begin the autumn quarter of the 1983-84 school year on Friday, September 23, with a weekend of spiritual renewal and commitment. With the registration scheduled for the morning of Sunday, the 25th, actual classes will begin on Monday. Students are expected to be on campus by noon of the 23rd in order to be settled and ready for the Sabbath.



## 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.

### ADMINISTRATION

Robert L. Fillman.....President  
Dick Winn.....Secretary  
Bob Puelz.....Business Administrator  
Paul Hawks.....Public Relations/Personnel

### WEIMAR COLLEGE

Howard Hardcastle.....Dean of the College  
Lester McSherry.....Director of Work Education  
Preston Wallace.....Director of Community Services

### NEWESTART HEALTH CENTER

Milton Crane, MD.....Medical Director

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### WEIMAR INSTITUTE BULLETIN

Bob Rusche.....Editor

Weimar Institute is a non-profit organization operating under section 501 (c) (3) of the Internal Revenue Code. Tax deductible receipts will be issued for cash donations and in acknowledgement of material gifts. The Institute may be named to receive a bequest by will. The appropriate designation should be: Weimar Institute, Weimar, California 95736. Deferred gifts by wills or trusts will be gratefully received.

### 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 or 878-7222

### VISITORS

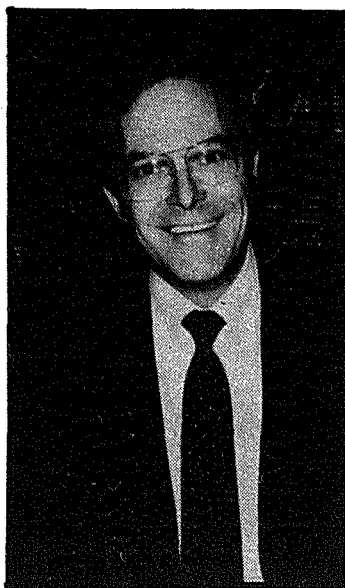
Due to the rapid growth of the "Weimar family" we have extremely limited guest facilities. PLEASE, if you plan to visit Weimar overnight, make advance reservations. Otherwise, we cannot guarantee accommodations. Thank you for this consideration.

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.

### ADDRESS CHANGE

Please send all change of addresses to BULLETIN Circulation Department, Weimar Institute, Box A, Weimar, CA 95736. Please allow at least 6 weeks for a change of address. Include your old address as well as new — enclosing if possible an address label from a recent issue.



By Robert L. Fillman

In the December, 1982 issue of the BULLETIN, I reported on a series of Special Alert newsletters released monthly by Destiny Publishers in Merrimac, Massachusetts. Within a period of a year at least five issues had given major attention to the importance of Sunday as the Lord's Day or Sabbath. We summarized their position as having two major components: 1) Sunday is the Lord's Day, the Sabbath of the fourth commandment, and should be observed by all — Christians and non-Christians alike; and 2) those Sabatarians who insist on observing the Seventh-day Sabbath are bringing about God's displeasure on our nation. It is the responsibility of the government to legislate the observance of the Sunday Sabbath and to use whatever means are necessary to enforce strict compliance.

Since many of you asked for further information, it seems appropriate to give you an update at this time. Very little more had been said on this topic until the Special Alert — No. 43 of July, 1983. In that issue the author points out that he is approaching the topic again because of the volume of mail and phone calls — both favorable and unfavorable — and a radio broadcast condemning their position. In this latest article the importance of national Sunday observance is again presented, but with an interesting shift of emphasis.

Previously, the Special Alert position had been that Sunday is the Sabbath of the fourth commandment and Saturday is not. A variety of unique arguments to support this position related to Joshua's long day, problems relating to the International Date-line, and of course the resurrection. One of the most interesting was based on the days of the week themselves. I quote from Special Alert — No. 26:

"...Sunday is referred to as the day of the Sun but, as a matter of fact, Sun is the inspired Hebrew name referring to the Hebrew Messiah (See Malachi, chapter 4). On the other hand, Saturday is the day of Satur. Hebrew Stur, Babylonian Satur, the Roman Saturn and the Saxon Swithin are all merely local variations of the same Satan.

"There seems, therefore, no

reason for relinquishing the Christian Sabbath of Sunday, the day of Messiah's sun-type, in favor of the Jewish Sabbath, that is, Saturday, the day of Satan. When Jesus said of the Jews that they were of their Father the Devil, their refusal to change their day to conform with the day of the Resurrection makes them now worship on the day of Satan."

It seems clear that Saturday is treated here as a false Sabbath.

In Special Alert — No. 43, however, the author moved away from that position when he says, "Let it be clearly understood we are not condemning Sabatarians in their selection of Saturday for worship but, rather, challenging them as completely in error when they charge that the national selection of Sunday as our Sabbath is violating the terms of the Fourth Commandment." He goes on to say that "...any community or nation that selects either Saturday or Sunday to be uniformly observed as their Sabbath are all in accord with the terms of the Fourth Commandment."

He then takes the position that the responsibility for deciding which day should be uniformly kept belongs to the government. Since God gave the nation of Israel the responsibility for enforcing the Ten Commandments and punishing violators, it follows that our government has that same obligation today rather than leaving the decision to a church or group of individuals. The truly important thing is that there is uniformity enforced on a national scale. To conserve space, let me quote several brief statements in this line of reasoning:

"...Either day would become correct, but only one should be nationally selected as the Lord's Day in order that there might be uniformity in observance and, also, in enforcement of the keeping of that day holy unto the Lord."

"The day the Kingdom na-

tion...selects as the Sabbath should therefore be observed by all of the citizens of the nation and honored throughout the length and breadth of our land as the Sabbath of the Lord."

"...Sunday is therefore just as much in line with the requirements of the Fourth Commandment and in step with Eden as is Saturday. Our nation has selected Sunday and that is the day that all our citizens and the strangers in our midst, as well as the disbelievers also, should accept as the seventh day, following six days of labor, a day of rest and worship, to be observed and kept in conformity with the requirements of the Fourth Commandment. Then, and not until then, will God move to bless our nation and give victory over all our foes in accord with His promises to those who keep the Sabbath from polluting it."

I rather imagine that many who were not convinced by previous arguments may be more open to the idea that the day really doesn't matter: what matters is that we recognize our responsibility to obey the laws of the land. If that appeals to them, they become ready for the time when "Ministers who deny the obligation of the divine law will present from the pulpit the duty of yielding to the civil authorities as ordained by God... The dignitaries of church and state will unite to bribe, persuade, or compel all classes to honor the Sunday." (G.C. 592)

Our only safety is clearly outlined on the following page: "In order to endure the trial before them, they must understand the will of God as revealed in His word; they can honor Him only as they have a right conception of His character, government, and purposes, and act in accordance with them. None but those who have fortified the mind with the truths of the Bible will stand through the last great conflict." (G.C. 593)

My friends, let us seek to know God and His will.

## Announcing — New Outpatient Health Care Program

You may have heard of the good results of our NEWSTART Program. Plans are well underway to establish an out-patient type program. This will be designed for those who would be able to attend a weekly educational session but were unable to take time to obtain funds sufficient to come to NEWSTART for a 25-day live-in program.

The out-patient program is designed as follows:

Prospective individuals will have a comprehensive evaluation of their life-style including a computerized evaluation of diet, physical examination, EKG, treadmill exercise test, and 25-test chemistry panel with HDL.

After this initial work-up the person will be given a return appointment to go over the data with the health team for suggestions as to what changes in living pattern should be made to decrease risk factors and regain a measure of health.

Where it is applicable to the person, they will be encouraged to enroll in the weekly Health Education Seminar.

The Health Education Seminar will meet once a week for eight weeks for an all-day session from about 8:30 a.m. to 4:30 p.m. During that time they will have a brief checkup by a physician-health educator team, attend two lectures, and hydrotherapy treatment as needed. They will work together with a nutritionist to prepare their noon meal which they eat at noon. In the afternoon they will receive instruction in proper exercise.

The program has been designed so that up to 75% of the cost of the program may be recovered from Medicare or other health insurance.

For further information please contact: Medical Director, Weimar Institute, Box A, Weimar, CA 95736. Ph. 916-637-4111.



# “It's The Best Vacation We Ever Had”

**JUDY AND CHARLES LEWIS, Jan. 1983 NEWSTART guests, as told to Patsy Murdoch**

After spending twenty years in the Navy, Charles Lewis has worked as a flight engineer for World Airways, Inc. for over twenty years.

Last August, he was scheduled



Judy and Charles Lewis are seen, fifth and sixth persons from the right, with the other January, 1983, NEWSTART group.

to go to Malaysia for three months. However, he did not feel very well; he was short of breath. So, on his own, he went to a doctor for a stress test. He was told he had a heart murmur. (The yearly company physical did not require a stress test.) He then went to his family doctor. He did not tell him of the other doctor's findings. Here, too, examination indicated that he had a heart murmur.

Charles' family doctor referred him to a cardiologist who found that his arteries were clear, but a valve was too tight. The doctor suggested that Charles lose weight, exercise, and take medicine.

Judy was a heavy smoker and found it increasingly harder to breathe. Overweight, her doctor told her to lose weight or she would become a diabetic. She felt ill and depressed for about a year.

Charles had heard about Weimar on Eric St. John's Talk Show on KFBK radio.

They visited Weimar in November to see what it was like. Lois Morel showed them around, took them to the cafeteria, and suggested they go home to Shingle Springs, CA, pack a few bags, and return for the December session which was soon to start.

They were impressed with everything at Weimar except the

food. Being used to well-seasoned food, Judy didn't think she could handle the "drastic diet" they had been told about. They weren't ready to go through the NEWSTART program.

They visited Weimar again, toward the end of the December session, and Dr. Milton Crane talked to them for at least two hours.

Another meal, "the most horrible meal in my life," sent Judy back home.

However, she "just knew" she would die soon if she did not get help quickly. A friend urged her to come to Weimar, telling her, "Surely you can put up with anything for a month."

Charles thought of coming with Judy as a companion. However, he needed the full program as much as she did.

So, about a week before the January session was to start, they sent in their check for the two of them. Still, Judy wanted to back out. But they did come.

A heavy smoker and coffee drinker, Judy found the first week "BAD." However, the staff and her fellow-guests were helpful and kind, and at the end of the first week, she had quit smoking. When the urge hit her, she would go for a walk.

"It's easy here, but at home it will be more difficult," said Judy. "I'll get the feeling that I really

should have a cigarette. But I know I can overcome those feelings."

Both Judy and Charles have lost weight, and their cholesterol and triglycerides have come down. Charles' tolerance to exertion has improved remarkably. They both walk 3-5 miles per day.

Charles thinks the food is delicious, but Judy is still not so sure. "At home," said Judy, "keeping to the diet will be harder; but, together, we can do it."

Said Charles, "It's the best vacation we have ever had. The education from the lectures, the group therapy, the friends we have made — it's all been great."

**DOCTOR'S NOTE:** Sang Lee, M.D.:

Judy was having severe fatigue, sleepiness, depression, with fasting blood sugar at 121 mg%, which was abnormal; but it has dropped down to 90 mg%. Her triglyceride was 323 mg%, but is now 188; and her cholesterol was 219, and is now 130. A remarkable improvement. Charles' triglyceride was 251, now 160; and cholesterol was 210, and now 146. These lab changes were within only two weeks.

## Why Change Our Life Style? -Part II

**By Milton G. Crane, M.D.**

**Medical Director,  
Weimar Institute**

In answer to that God says that He will make a way of escape for the sinner. If man will not take advantage of that, he will be destroyed, and it will be his own fault. For the antediluvians, the ark was the way of escape. For Pharaoh and the Egyptians, it was the blood on the door posts. If they had believed God, they would have acted accordingly.

The next major issue comes up when Satan says that God cannot make a way of escape and still be a God of justice. Every sin must meet its punishment, or none at all should be punished. (6)

God's answer to that is that someone will pay the penalty for all transgression. (7). That someone is Jesus. Because of His death, God can forgive guilt and remove it from the transgressor.

Since the cross is history, Satan accepts the premise that God can forgive sins. In fact, he sets up his own forgiving system of priests and confessionals. But, the devil draws the line on the fourth major issue of the great controversy. He still maintains that God cannot keep people from sinning, and that He cannot keep people perfect from sin after probation closes.

God has chosen the Sabbath to

be the focal point to show that He has the right to decide what is right. By reason alone we cannot determine that we should stop our secular activities and dedicate the hours from sundown Friday to sundown Sabbath, to sacred things. Satan calls it arbitrary for God to do that and wants to propose Friday (Moslems) or Sunday (most Christians) as just as good for mankind as God's ways.

We have ample evidence that God will do just what He says that He will do. He does not want to destroy anyone (8), but He will perform this, "His strange act," for He will have a clean universe. He will have to take responsibility for what He must do to remake the earth by fire, for He has within His power to perform every miracle except take away the freedom of choice of His children.

The fourth major issue must be answered before He can close the great controversy. The life of Jesus has shown that man, as God created him and as He empowers him with the indwelling Spirit, can obey every commandment of God and do it perfectly, even under the most adverse conditions. It can be done even when man is near death from withholding food and water for forty days. (9).

There are those who would challenge the all-sufficient life of Christ as the answer to the objection of Satan. So our loving God

intends to show beyond the shadow of a doubt that He is right, that His requirements result in good, and that they can be kept.

All down through the ages, God has taken sinners, some as despicable as King Manasseh (10), and has lifted them up, forgiven them and enabled them to live for Him. With the last generation the remnant church, God intends to demonstrate that He is able, when His children are "willing to be made willing," to work in them both to will and to obey all of His commands. (11).

As a result of their experience in the early rain, they learn that they cannot keep God's commandments in their own strength, but they also learn that they can do so by the power of God. As a result of the final atonement, they will have all their guilt removed, the record of sins blotted out, and the law put in the heart completely and written in the mind completely. They will have the full outpouring of the Holy Spirit. With these advantages, they will be able to fulfill the vindication of the claims of God that His laws are good and that they can be kept. This applies to God's moral laws, His laws of the mind, and His laws of health. It will be shown that obedience to His laws of health results in a measure of health that appears miraculous in the eyes of the world.

The Supreme Motive for Obedi-

ence to the Laws of Health: Thus it becomes clear that the God-head have a great deal at stake. If we love them, we should cooperate in every way to help exonerate our loving Master. No greater motive than that can be found. We can let Him prove in us that He was right all along in this great controversy. Your decision will help rid the universe of sin and keep it away.

"Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." (12) And just how may we glorify God in our bodies? We give glory to God when we let Him work in us to reflect His merciful, gracious, long-suffering, good, and truthful character. We are to give God the glory when we let Him work in us to the obedience of His laws of health. With them we are given

our measure of good health. This is His plan of healing in our time. (13).

### REFERENCES

1. cf. Dan 7:25; II Thess 2:4-8; Isa 14:12-14; Great Controversy p. 498
2. Isa. 45:19
3. Judges 17:6; Prov. 12:15; 14:12
4. Psalm 145:20
5. Desire of Ages p. 761
6. Desire of Ages p. 761; Rom. 1:32; 2:11, 12; Heb. 2:2.
7. Rom. 3:24, 25; 5:8, 18
8. II Peter 3:9; Eze. 33:11; Isa. 28:21; Hosea 13:9
9. Matt. 4:2; EGW in Sufferings of Christ, p. 10
10. II Chron. 33:1-20
11. Phil. 4:15; Mount of Blessing, p. 142
12. I Cor. 10:31
13. II Selected Messages p. 54.

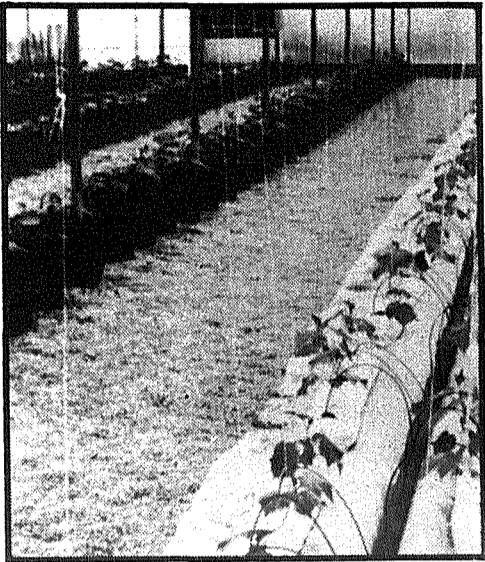
## 1983 NEWSTART Schedule

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

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.

# Growing Success in the



The cucumbers in the new greenhouse at their very infancy.

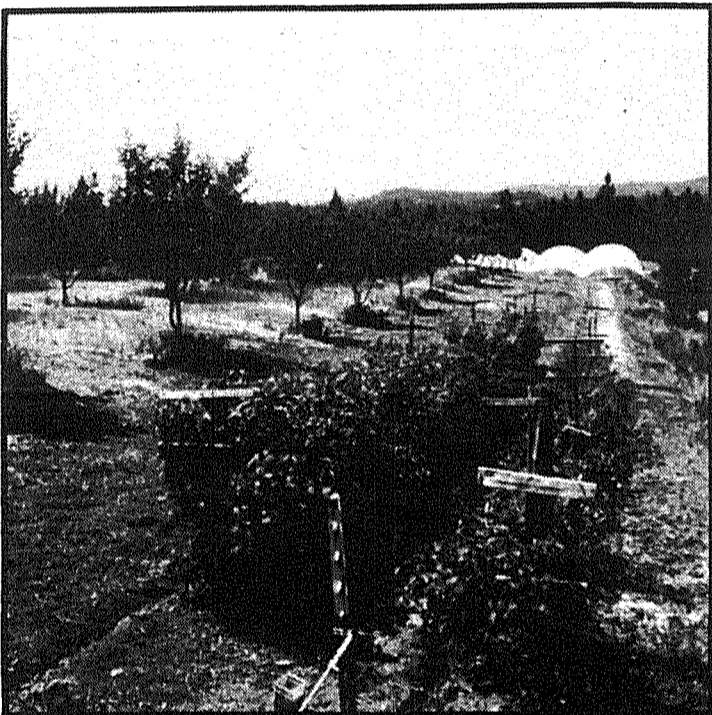


Tony Britt, a student at Weimar College, trims the sucker branches off the tomato plants in the old greenhouse.

"Working the soil is one of the best kinds of employment, calling the muscles into action and resting the mind. Study in agriculture lines should be the A, B, and C of the education given at our schools. This is the very first work which should be entered upon. Our schools should not depend upon imported produce, for grain and vegetables and fruit so essential to our health." (6, 178-179)

Weimar Institute has a small farm (7 acres) which includes an orchard, vegetable garden, a berry patch, 3/4 acre of asparagus, and two greenhouses. Future plans include building another greenhouse similar to the one most recently completed. There are various crops of fruits and vegetables spread out over portions of the 7-acre farm. Cabbage was planted late last fall, and the harvest brought in 300 pounds. The corn is nearly reaching maturity at this time. The zucchini squash is now being harvested, and there are many varieties of winter squash that are looking fine. The Swiss chard that was planted last fall has been harvested. A 2-acre field of potatoes is coming right along; some white potatoes were planted, but there are mostly the reds.

The berry patch is located in the valley. There are 4 rows of boysenberries and 4 rows of rasp-



This is the berry patch shown in the foreground. You can see the new greenhouse in the distance. The apple orchard is seen on the left.

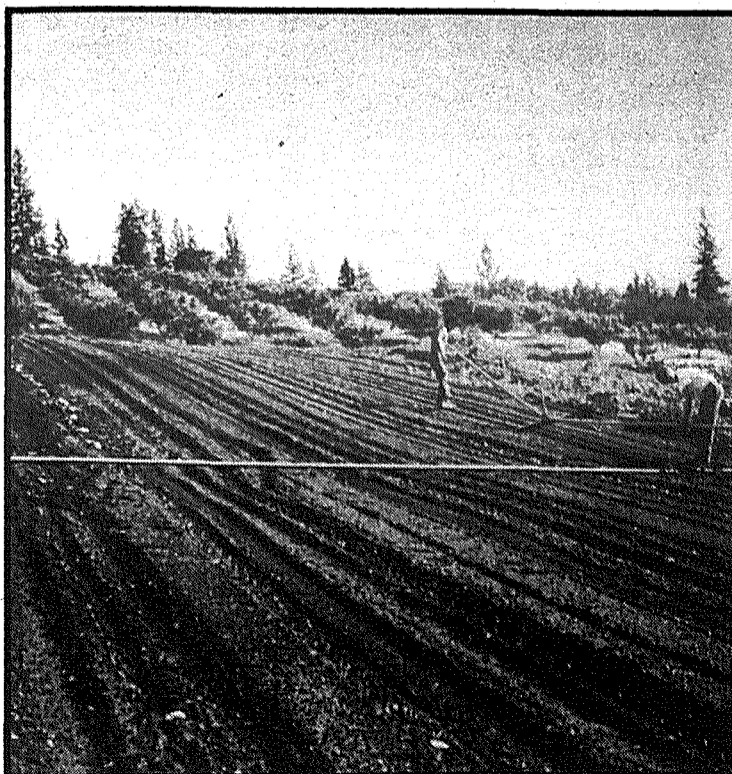


Oliver Edwards, Farm Manager.

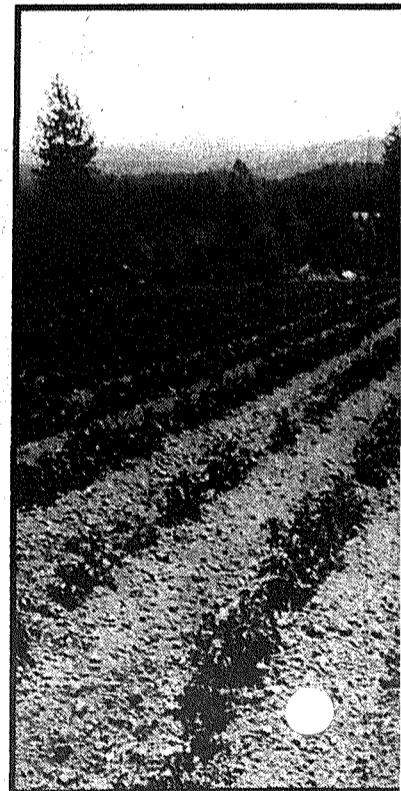
Different varieties require different soil and cultivation, and compliance with these laws governing each is the condition of success. COL p. 112.



A cabbage plant from the vegetable patch on a typical sunny morning at Weimar Institute



Kim Ki Chul (left) and Mark Gerbozy, students in the agriculture department, water the second planting of corn. The orchard is seen in the background.



This is the field of potatoes which is well.

There must be education and education in planting and working the soil. There must be brain and heart brought into the work



# Agriculture Department

berries. These were transplanted late last fall, with the help of several students.

The 4-1/2 acres of orchard consist of a few cherry, prune, peach, nectarine and apple trees. Because of so much rain we have peach leaf curl which has damaged several of the peach trees. A few trees will probably be lost because of it.

We had a good crop of tomatoes in the new greenhouse over the winter months of January and early February. Then there was a changeover to a cucumber crop, consisting of about 1,200 plants. The picking of the cucumbers began in early May and we have boxed well over 2,500 boxes which are being shipped to Pacific Greenhouse Growers at Patterson, California. From there they are shipped all over the west and Canada.

In the old greenhouse there are still about 200 tomato plants which are supplying the Institute with luscious tomatoes for use in the Food Service Department and the Weimart.

The Agriculture Department still has need of a one-row potato planter and a one-row potato digger. There is also need for a three-point cultivator for a Ford tractor so that we can do our work a little more effectively than we can do by hand.

We ask for your continued help and prayers as the Weimar Institute Agriculture Department continues to develop and grow.



Elder Preston Wallace, Director of Outreach here at Weimar, assists the Agriculture Department as they pick the cucumbers in the new greenhouse.

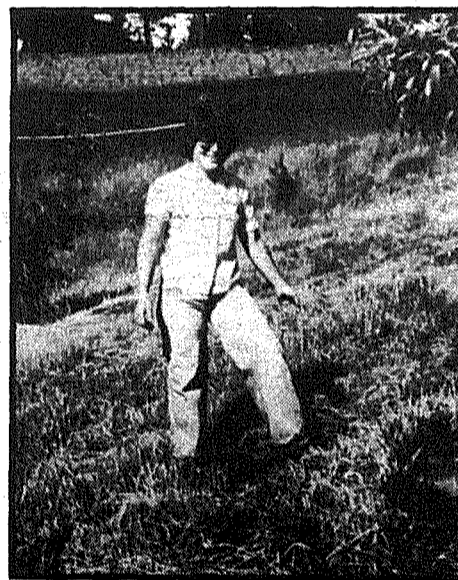


Pam McCarter works with the large cucumber plants in the new greenhouse.

The husbandman preserves his grain by casting it away. So in the human life, to give is to live. COL. p.87



This is a view of the cabbage and broccoli with the orchard in the distance.



Sheryl Johnston sees to a leaky pipe in the orchard. The asparagus patch lies in the background.

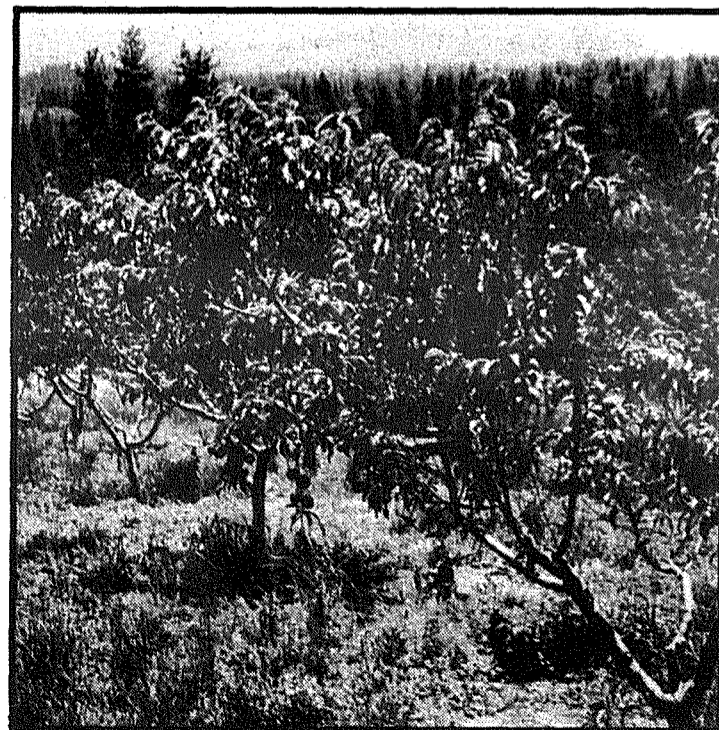


which is looking like it will yield

ation in the sciences, plans and methods of there is hope in the soil, and strength must be of tilling it. FE p.318.

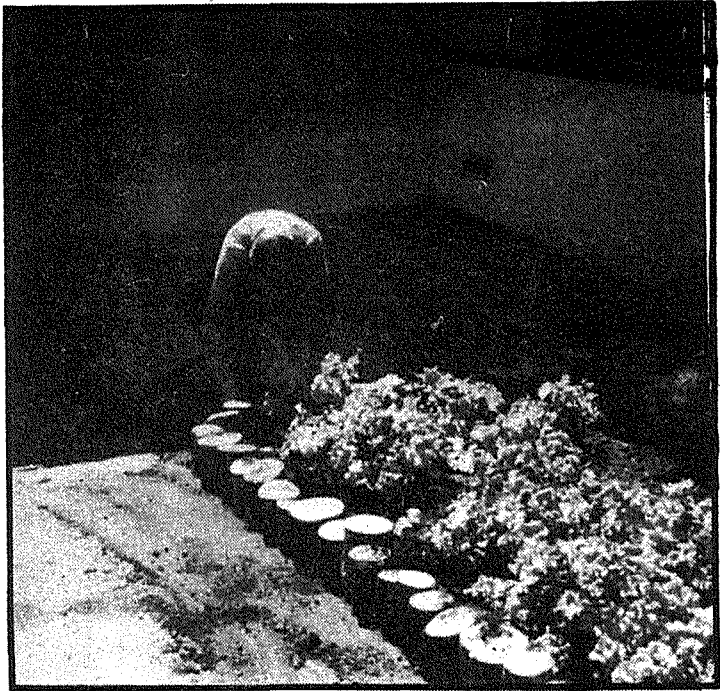


A row of onions is ready for harvesting from the upper garden.



The peach trees in the orchard are heavily laden with peaches. These trees are supplying peaches to Weimar's Food Service Department and to our campus Weimart.

## Summer Work at Weimar



One of the Summer student workers adds a touch of landscaping work to one of the flower gardens.

It is a busy yet exciting summer as our 44 college, academy and elementary students meet the challenge of their various work stations. In working in an environment as unique as Weimar, our students have an opportunity to gain an experience

## BAKERY ORDER FORM

If you would like to order bread from the Weimar Bakery, you can fill in the following order blank and return it.

Quantity	Price	Product & Size
	90¢	Corn Bread - One Pound Loaf
	90¢	Five Grain
	90¢	Lumberjack
	90¢	Oat
	90¢	Raisin
	90¢	Rye
	90¢	Sprouted Wheat
	90¢	Sunny Soya
	90¢	Wheat Free
	90¢	Whole Wheat
	90¢	Sprouted Wheat-Salt Free-One Pound
	90¢	Whole Wheat-Salt Free
1.25 lb.		Granola-Pounds
1.25 lb.		Granola-Salt Free-Pounds
1.25		Whole Wheat Dinner Rolls-18 per pkg.
1.00		Coconut Macaroons-One Dozen

Bread must be ordered in boxes of 20 loaves. You can mix the box with an assortment of bread. We ship via U.P.S., so a home or business address is necessary. Invoice will be enclosed. Please don't pay in advance.

NAME.....

ADDRESS.....

CITY.....STATE.....ZIP.....

Send to Weimar Bakery, Weimar Institute, P.O. Box A, Weimar, CA 95736.

that would be difficult to obtain elsewhere. While some are privileged to work with our NEWSTART guests by giving hydrotherapy treatments, others are learning healthful food preparation in our Food Service Department, using recipes that are often new and different, yet exciting. Of course, we must admit that there are those mundane areas that are challenging in a different sort of way. Nevertheless, they are character builders. And is not that the great object of life, to develop a character that will withstand every test and trial?

As in the academic setting, so in the work education laboratory, all of our students are evaluated by their supervisors. The evaluation is based on how one relates to his or her work, to fellow work students, and to supervisors. The evaluation reveals one's strong and weak points of character. What an opportunity and responsibility for the supervisor to come close to his students, as he recognizes their needs, by counseling and praying with them.

Have you ever heard of a highly educated person who can't seem to do anything? Well, it is our desire here at Weimar never to graduate one. Seriously, we believe that work, put in its proper perspective, is a blessing to all mankind. To be educated to use one's hands effectively and efficiently is of more value, in most cases, than mere book learning.

"The benefit of manual training is needed also by professional men. A man may have a brilliant mind; he may be quick to catch ideas; his knowledge and skill may secure for him admission to his chosen calling; yet he may still be far from possessing a fitness for its duties. An education derived chiefly from books leads to superficial thinking. Practical work encourages close observation and independent thought. Rightly performed, it tends to develop that practical wisdom which we call common sense." (EDUCATION, p. 220)

If you are not already familiar with Weimar Institute's philosophy on work education, I would like you to understand that our work program is also carried on during the academic year. While the average student spends 15 hours a week in the classroom, he is also spending 15 hours a week at his work assignment, in addition to serving and clean-up duties in the Weimar Food Service Department. If at any time you decide to visit us, and we hope you do, I am sure you will find a happy, loving group of young people who are ready to share what God has done for them, and their joy at being at Weimar. I don't think you will find one who has any idle time and just doesn't know what to do. There just isn't enough time in the day. Very few have a night of troubled sleep.

Truly God has given His people a wonderful program that would enhance their lives spiritually, mentally and physically. Even though we recognize that our program isn't the ideal in every detail, yet we are working toward that end and we know that our lovely Saviour has blessed us for our effort and is making up for our deficiencies.

## Summer Programs

### HISTORY OF THE SEVENTH-DAY ADVENTIST CHURCH, August 28-September 3. RELT. 225.

A course planned (1) to recall God's dealings with His people during the past century and a half, (2) to see God's development of a "movement of destiny" for proclaiming the three angels' messages, (3) to sense the call for action as part of the final religious movement of all time, and (4) to comprehend the significance of standing staunchly for the revealed truth of God in these last days.

History is traced from the setting of the Great Second Advent Movement, on through the formation of the distinctive doctrines of the Seventh-day Adventist Church and the development of Adventist work in California. The course includes a field trip to points of interest in the Napa Valley. To attend only the field-trip portion of the course, see HISTORY OF THE SDA CHURCH — FIELD TRIP. Carl D. Anderson, Ph.D., Instructor.

Two quarter-hour credits, \$135. Noncredit for the week-long course, \$55. Meals, lodging, optional textbook, and shared travel expense are extra.

### HISTORY OF THE SDA CHURCH — FIELD TRIP, September 1-3.

For a special focus on the development of Adventist work and the ministry of Ellen White in Northern California, you may join the Seventh-day Adventist Church History class (RELT 226) Thursday afternoon, go on the field trip Friday and attend Sabbath meetings. The group will visit Elmshaven and points of interest at the St. Helena Hospital and Health Center and at Pacific Union College. On Sabbath afternoon they will hear the Weimar story. Carl D. Anderson, Ph.D., Instructor.

\$35 plus meals, lodging and shared travel expense.

### WORK BEE #2, September 4-9.

The general plan is the same as for Work Bee #1.

Special meetings for spiritual refreshment are planned by Weimar Academy's Bible teacher, Buddy Kruger. Learn to experience deeper communication with God and develop a working devotional life in this hectic, distracting world. The program includes informal lectures, small group discussions, personal study, and time alone with your creator. Study topics are:

Understanding our Need for God, Benefits and Blessings from Secret Prayer, Four Keys to Breakthrough, How to Avoid Failure, Modern Schedules and Time for Prayer, NEWSTART for Prayer.

### recipes



#### BAKED APPLES

8 cooking apples  
1 1/4 c. orange juice  
4 T. chopped nuts  
6 T. date butter  
8 T. bread crumbs  
3/4 t. vanilla

Wash and core apples. Make filling and pack in each apple. Place in casserole dish. Bake for 25 minutes at 425°.

#### STRAWBERRY CREAM (Yogurt-Like)

1 1/2 c. water, cold  
1/2 c. cashews  
1/2 c. cooked rice, cold  
1 c. frozen strawberries  
1/4 c. dates  
pinch salt  
1 t. lemon juice

Whiz cashews and rice in 1/2 cup water until smooth. Add remaining water and all ingredients. Chill and serve. Variation: use any other frozen fruit in place of strawberries. Tastes like yogurt.

(Taken from the New Weimar Cookbook)



# What's New At Weimar? NEWSTART Homestyle!

Weimar Institute's NEWSTART program is well-known for reversing the progress of degenerative diseases, but why wait until you need the reversal program? Why resign yourself to the fate of "it runs in my family?" We inherit the lifestyle (diet and habits) of our parents, but why not CHOOSE TO CHANGE?

An innovative approach to making this change a reality has been developed by Weimar's NEWSTART staff, with the aid of Dottie and Earl Allen (Weimar's traveling health educators).

- NEWSTART HOMESTYLE is:
1. NEWSTART physicians on video presenting the "whys" that make compliance to a new lifestyle so much easier.
  2. Plus, a proven cooking school with tried and tested recipes developed and used by Weimar Health Science majors.
  3. Plus, well illustrated worksheets and handouts to reinforce the learning process and

enable you to share with family and friends.

4. Plus, a food package that includes the ingredients you need for your demonstrations that may not be readily available in your area.

The major causes of death and disability in the U.S. are related to the diet we eat. This includes coronary heart disease, hypertension, diabetes, obesity, several forms of cancer and other chronic diseases. Seven out of ten deaths are directly attributable to lifestyle. Now with NEWSTART HOMESTYLE you can have the "how to" information and recipes to prevent the degenerative diseases. The program has been designed for use in the home with 5 to 10 participants and to provide the layperson with a tool to present scientific information in a credible manner.

The cost is surprisingly low and will pay for the kit the first time that you share it with ten friends. Yes, NEWSTART HOMESTYLE

can pay for itself, but we would be disappointed if it were used for that purpose alone. We believe it is a tool that will allow you to come into people's homes, to win their confidence, and then to lead them to Christ.

The basic kit with four lessons and video tapes is ready now, and covers lectures on:

1. "The good and bad news of being a vegetarian," plus breakfast recipes.
2. "Protein, why and how much," with meatless main dish recipes.
3. "Oils and cholesterol," with recipes for spreads, gravies and sauces made without oil.
4. "America's favorite non-food (sugar)," plus healthful dessert recipes.

Video tapes #5-12 are being prepared at this time and will be based on the eight natural remedies used here by the NEWSTART program, with additional features including menu planning, how to pack a lunchbox, fun

ways to use whole grains, how to make the transition with teenagers, starting the new baby on healthful foods, and many, many more exciting topics.

The idea began with two Weimar College girls who wanted a more personal approach to teaching people the art of healthful cooking. They were encouraged by the statement found in *Counsels on Diet and Goods* (p.255): "Some should labor from house to house, giving instruction in the art of cooking wholesome foods." The basic concept was to teach people how to cook healthfully in their own homes, using their kitchen for them to prepare the recipes and to give hands-on experience. In order to give cooking school participants more nutritional information, physicians lectured on such topics as "the advantages of being a vegetarian," "protein," "fats and cholesterol," etc. The results were amazing. Not only were people taught to cook more healthfully, but it encouraged the

development of friendships with people in the local community. Some participants requested that the class continue on into Bible studies.

That's fine if you are a Weimar student with physicians to accompany you, but what about the rest of the people who don't have that convenience? And so, the idea for NEWSTART HOMESTYLE was conceived and has become a reality.

The participants prepare the samples and the demonstrations — the handouts are all printed —

The physicians give the health lectures on video for you —

The tried and tested recipes are all printed —

We have done your shopping for hard-to-get items —

An instructor's manual with all the answers is prepared.

Wouldn't you like to share this with your friends?

Contact NEWSTART HOMESTYLE for further information: c/o Weimar Institute, Box A, Weimar CA 95736. (916) 637-4111.

# Training Youth to Manage Money

By Bob Puelz

I have always believed that we, as a church, have done very little in the area of instructing our elementary, academy and, in many ways, our college age youth how to manage money — not only for themselves, but for God's cause.

A few years back, I addressed an early-teens youth group with the following statement preceding my program. "After WWII, an advertising fantasy took place — a pipe dream was sold to the American people. Everyone was to have everything, whether they needed it or not. In fact, the pipe dream was so successful that your grandparents and parents were encouraged to buy things that they really didn't need. What you must understand here, is, you can't blame your grandparents or parents for wanting this so-called better lifestyle. We were delighted that the war was over and we were ready to start a new life. And why shouldn't we have a dishwasher when we really didn't need it? Or why shouldn't we have a television when we really didn't need it? You see, my young friends, all of us were sold on the premise that we needed these things in order to be a normal American family and have all the material benefits no other country had."

"This was not God's way, it was man's way. You cannot to this day watch a television set, listen to a radio, or read a paper or magazine, in which someone is not trying to sell you something you don't need. But, as strange as it seems, pretty soon you start thinking you do need it, and after that, you're convinced you have to have it. Besides, you can CHARGE it. And that is where the abnormal use of money comes in. I'm not against charging — I'm against how some adults manage their charges.

"What I am for, though, is 'Money Management.' No one is

born with the readymade ability to manage money. It takes years of experience. And it was just a few nights ago that it came to me that it is impossible to lay out a money management plan for your age. The reason being, the money system in this world is an adult system and it's the only system we have. Therefore, it is the only system you are going to become a part of whether you are ready or not. There is no early-teen system, junior system, or youth system. Just adult systems..."

I remember covering such topics as: (1) Money is a constant test of your affections. (2) Keep your wants within your parents' financial means. (3) Be careful of using God's money for self-gratification. (4) Money influences how you feel about yourself and about other people. (5) Money is a medium of exchange. It is a tool, one of the resources you have for living. (6) The way you feel about money as you grow will influence the attitude you will have about money when you become an adult. (7) Money which comes to you with but little effort on your part will not be valued.

The majority of those young people did not find the subject easy to comprehend. That concerned me.

Let's go back to July 4, 1948, and listen, if you will, to Dr. Peter Marshall, Chaplain of the United States Senate, as he gives the morning prayer to the legislative body. "O God our Father, we pray that the people of America, who have made such progress in material things, may now seek to grow in spiritual understanding. For we have improved means, but no improved ends..."

"We need thy help to do something about the world's true problem — the problem of lying, which is called propaganda; the problem of selfishness, which is called self-interest; the problems of greed, which is often called profit; the problem of license, disguising itself as liberty; the

problem of lust, masquerading as love; the problem of materialism, the hook which is baited with security."

That prayer implies that all was not well with the people of America nearly a generation ago, when, as I mentioned above, we were changing our way to happiness, so to speak. What does all this have to do with the youth of today and their possible lack of money management? Simply this: it is my generation who is responsible for the plastic card and its road to instant credit. It is my generation who should have seen the perils of "Money or goods which come to you with but little effort on your part and will not be valued." Easy come, easy go, so goes the slogan. It is my generation who, in a Christian light, will be fully responsible to God if we but sit back and hope our present generation shapes up financially.

A look at God's plan will convince any good businessperson, young or old, of its sound economic principles for all generations, but it must be understood. God has given the people who call themselves Christians a plan for making the evangelization of the world financially self-sustaining. His plan, through tithing, offerings and self-sacrificing, is beautiful in its simplicity and equality, but it must be understood.

Seventy-six years ago, Mrs. E. G. White wrote, "When I was only twelve years old, I knew what it was to economize. With my sister I learned a trade, and although we would earn only twenty-five cents a day, from this sum we were able to save a little to give to missions. We saved little by little until we had thirty dollars. Then when the message of the Lord's soon coming came to us, with a call for men and means, we felt it

a privilege to hand over the thirty dollars to Father, asking him to invest it in tracts and pamphlets to send the message to those who were in darkness..."

"With the money that we had earned at our trade, my sister and I provided ourselves with clothes. We would hand our money to Mother, saying, 'buy us that; after we have paid for our clothing, there will be something left to give for missionary work.' And she would do this, thus encouraging in us a missionary spirit."

I appeal to church leaders, educators, ministers, parents and teachers to resurrect the biblical principles of good money management for our elementary, academy and college age now. To do otherwise is to contribute to an already existing irresponsible attitude, and Satan has and will surely continue to use money as one of his most successful tools.

## I WANT TO HELP!

- Here is my gift of \$ \_\_\_\_\_
- to help cancel Weimar's mortgage debt.
  - toward Weimar's monthly operational expenses.
  - to be placed in Weimar College's Worthy Student Fund.
  - other .....

## PLEASE SIGN ME UP FOR...

- the Weimar Institute Bulletin
- I am already receiving the Bulletin
- recipe book: FROM THE WEIMAR KITCHEN (\$6<sup>95</sup>) Californians add 6% tax

## PLEASE SEND ME...

- information regarding Weimar's NEWSTART Health Center.
- Weimar College Catalog and Student Application Packet.
- other .....

NAME .....

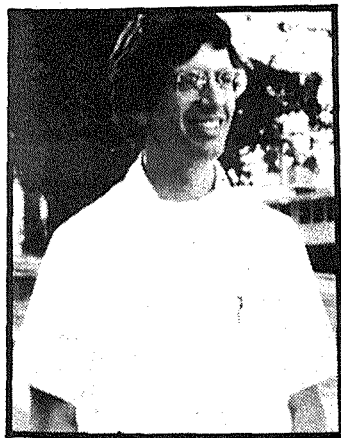
ADDRESS .....

CITY ..... STATE.....ZIP.....

Please Print Clearly

SEND TO: Weimar Institute • P.O. Box A • Weimar, CA 95736

# FROM OUR CHAPLAIN



## So, Who Wants To Be Selfish?

By Dick Winn

Here are several familiar statements about selfishness. Which of them do you regard as true statements?

1. "Young children are very self-centered and selfish, which is proof that all of us are born sinners."

2. "People both could and should choose not to be so selfish."

3. "Selfish people have deliberately chosen to be that way, and so they are the mean culprits who victimize all the rest of us in society who haven't chosen to be selfish."

5. "Give a selfish person lots of love, and he will only take advantage of it and manipulate you for more."

If you marked five out of five, you probably are in good company. For being such a widespread ailment, it hasn't become that much more socially acceptable — especially when spotted in another person.

Mind you, I don't wish to make a case in favor of selfishness. But I'm convinced there's something to be said about putting such a criminal image around it. Partly because all of us selfish folk don't view ourselves as criminals — and if we don't "own" the problem, we aren't committed to solutions.

I seriously doubt that anybody gets up in the morning, looks at himself in the mirror, and with calculated meanness says "I think today I'll be selfish!" Nor could an utterly selfish person solve his problem some morning by looking in that same mirror and deciding, "Today I shall be a caringly sensitive, other-centered person."

Selfishness is a word we use to describe what happens to a person who is outside of a loving relationship. Adam and Eve

turned into self-defensive, blaming, needy persons the moment they believed the Snake, and broke fellowship with God. Believing Satan's lie that God would not take care of them, they set out to take care of themselves. No longer being loved by God (so the Big Lie said), they had no choice but to love themselves.

And because of their choice, all the rest of us humans have come on the scene both physically and emotionally distant from God. Unaware of His tender love for us, we are desperately needy, groping people. Yes, we are selfish; but not as a culprit-few victimizing the innocent majority. All of us alike are victims.

Which means that feeling angry toward selfishness when we spot its symptoms is neither appropriate nor effective. Any response which deepens the sense of alienation and distance among us fellow strugglers will only intensify the problem. Tender compassion I John 4:19, "We become unselfish, only because we discover how unselfishly God treats us."

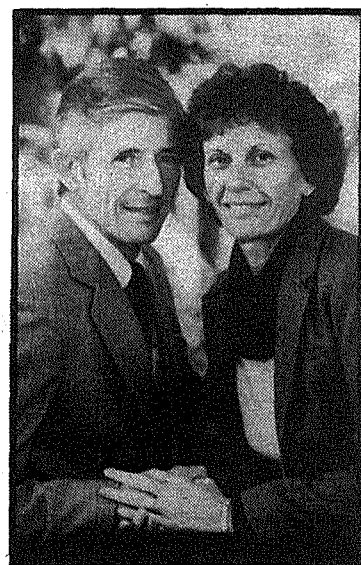
"I'm not aware of selfishness ever being truly healed through harangue, rebuke, or rejection — whether that be in our children, our spouses, our neighbors, or our "enemies." Remembering that God didn't scold our selfishness, but healed it with His great love, shouldn't we pass on the favor?

Do you want to take another look at those five statements?

## Earl and Dottie Allen Visit the Modesto-Turlock area

Earl and Dottie Allen spent five weeks in the Modesto-Turlock area working with the Parkwood, Modesto Central, Ceres and Turlock Churches. They brought back a glowing report of the wonderful time they had, and of the interest and enthusiasm of the people there. About 300 people attended the BreadMake Health-yourself classes and the majority of these stayed on for the seminar on "More Energy-Less Fatigue".

Wayne Griffith, Director of Adventist Health for the Central California Conference, had invited Earl and Dottie and they appreciated his support and letter of May 18th which stated in part, "Thank you, Earl and Dottie for the splendid Breadmakes and Healthyourself series in the four churches of the Modesto-Turlock Area. I was personally very pleased at the way both of you carried the people with you, and how well organized and planned everything seemed to be. It was a pleasure watching something like this unfold, without a lot of work on my part. You are



Earl and Dottie Allen

always welcome in the Central California Area, and we are looking forward to a nice time at Campmeeting (Soquel) with you."

## Seminar

(Continued from Page 1)

learned from a physician who has caught a vision of the blessing that can be had by all who will learn from our Creator the best possible ways to maintain the gift of life. God tells us in 3 John 2: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." To realize that our God is

interested in every detail of our lives because He wants so much to bless us abundantly in every way is an awesome realization. And we can indeed praise Him for the daily opportunities He continues to give us to reclaim that which is precious beyond measure — good health!

"Jesus can limit the power of Satan. He is the Physician in whom the sin-sick soul may trust to heal the maladies of the body as well as of the soul." (5T 488,449)

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## THREE NEW TAPE SETS from our Summer Seminars

**NUTRITION AND DISEASE.** From a seminar by Dr. Sang Lee.

- LS C1 The human immune system.
- LS C2 Fundamental concepts of nutrition.
- LS C3 The immune system and nutrition.
- LS C5 Obesity and nutrition
- LS C6 Cancer
- LS C7 Arthritis; diabetes (and cheese)
- LS C8 Gays; exercise for obesity; exorcism and healing
- LS C9 Protein problem?
- LS C10 Vitamin B-12; eating disorders and obesity
- LS C11 True lifestyle and nutrition.

Eleven tapes in an album, \$36. Individual tapes, \$3.50.

**THE INFLUENCE OF MUSIC.** A seminar by David Grams. Addressed to everyone interested in the effect of music on spiritual and emotional well-being. Specific music selections are played and discussed. Four tapes, \$13.

**HOME SCHOOL SEMINARS 1983**

- HS83 1 "Why home school and how to do it." Betty Gerbozy
- HS83 2 "Hemispheres of the brain: how children learn." Rosalie Tubbs.
- HS83 3 "Reading strategies." Rosalie Tubbs.
- HS83 4 "Spiritual lessons" and discussion, part 1, Betty Gerbozy.
- HS83 5 "Spiritual lessons" and discussion, Part 2.
- HS83 6 "Implementing a work-study program." Martin Gerbozy.
- HS83 7 "Legalities of home study," part 1, Michael Smith.
- JS83 8 "Legalities of home study," part 2.
- HS 6 "Math teaching simplified," part 1, Elmer Brooks.
- HS 7 "Math teaching..." part 2, (both from last year).
- HS-N Notes for the math teaching tapes.

Ten cassettes plus notes, \$33. Individual tapes \$3.50. Math notes 50 cents. We also recommend last year's set which is more complete — 16 tapes for \$49. Both sets come in albums.

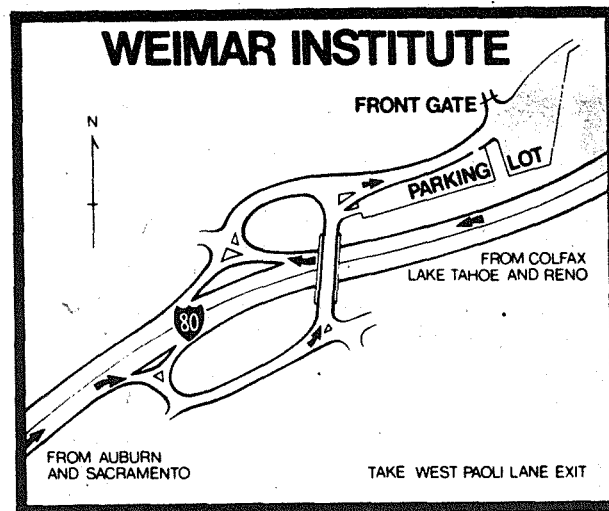
Name \_\_\_\_\_  
Address \_\_\_\_\_  
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Amount for tapes \_\_\_\_\_  
Handling & Shipping \_\_\_\_\_  
6% Tax (for Calif.) \_\_\_\_\_  
Total enclosed \_\_\_\_\_

WEIMAR TAPE MINISTRY, Box A, Weimar, CA 95736

### IMPORTANT NOTICE

Because Weimar Institute is still growing, we are in urgent need of our storage space. For this reason we would like to notify all former staff members from Weimar Institute that if you have items you are storing at the Institute they need to be removed. We appreciate your prompt interest and response.



### HOW TO GET HERE

Weimar Institute is west of Interstate 80 — on the left coming from Sacramento. From that direction, take the "West Paoli Lane" exit (after "Heather Glen"), cross the overpass, and turn right. From Reno, take the same exit, (after "Weimar Crossroads"), curve around to the right and go straight ahead. We are very close to the exit. Buses on I-80 will stop on request and you can walk from the exit. Or we can arrange to meet you at transportation terminals.