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DECEMBER 1983

THE JOY OF CHRISTMAS



Meet the Peace-Maker

By Elder Buddy Kruger

A chill of something like dreaded anticipation creeps down the back of my mind as I hear the news, see the papers, glance at the magazines — mounting indicators of a world about to disintegrate. I ask, "How much longer can it all keep going?" Nuclear war threats, nations battling, economy-crippling strikes and labor union violence, bulging debts, drug abuse and rampaging disease, natural disasters, accidents, wholesale loss of life — the teletype grinds on forever! Increasing with these rises the noise of government cryers, calling for a world government to put a stop to it all, to enforce peace, to make people get along together and to use any means necessary to set up a rule of unity and cooperation among nations. But somehow they don't see how contradictory it all is. Bring peace by force and fear? Use evil to bring good? Justify the means by the end? Such have all been tried before and always failed. Why try them again?

Once a year the Christmas season arrives, pointing to God's better solution for our dying planet. It's not in man or muscle or machines. It's in the works and character of Jesus Christ — in an active relationship with Him. Out of God's tender compassion for us, He sends Jesus to be like a rising sun to our race. He is "to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace."¹

Praise to God in heaven and peace for man upon earth² results from Jesus' birth, life, death, and ministry now for us. This is God's plan — His solution. He has given a Saviour, a Model to copy and a Man to follow Who knows all the answers. He is the Wonderful Counselor, the Prince of Peace.³ His weapons are not of force, fear and intimidation. His weapons are His principles of love to God and man, the sacrifice of self for the blessing of others. All the maladies of our global society today would disappear in time if men, women and children could

get to know this selfless King and adopt His caring way of life. They would lay down their armaments and wars, their strikes and violence, drugs and crime — their self destruction.

Jesus promised us peace as we live in union with Him: "I have told you these things, so that in Me you may have peace. In this world you will have trouble. But take heart!

I have overcome the world."⁴ This kind of unity with Christ we can experience on a conscious mind-and-heart level day-in, day-out. When we do, it has profound effects for good on our world. How can this happen? With the mind and heart we choose to communicate with Christ today and go through our day keeping our attention tuned to His will. Like a CB Scanner our heart searches continually to pick up His communications in Scripture, nature and providential events. In the minutes and hours devoted to the study of His Word, we hear most clearly His speaking and sense more fully His very presence. As His Spirit, control, and peace flow into us, they come out in our relationships with others. Reverberations echo out farther and farther into all society — our family members, the newspaper boy, the secretary, the grocery-checker, our employer, the garage man, the bank teller — an ever-widening circle, rippling out to change the sentiments, moods, and directions of many lives. The peace Jesus gives is a dynamic, sharing thing, like salt. And the Christian's daily life is the shaker it's served in.

What better season could there be than now to deepen your friendship and commitment to the true Peace-Maker? Then join His mission of love to our world, to your next-door neighbors, to those beyond. Let His peace find expression on your lips, in your deeds. Let the following lines become flesh and blood in you: "Always rejoice in the Lord. Rejoice! Let your gentleness show to all. The Lord is near you. Don't be anxious about anything, but in everything — by prayer and petition, with thanksgiving — present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus."⁵

¹See Luke 1:78,79

²See Luke 2:13,14

³See Isaiah 9:6

⁴John 16:33, NIV

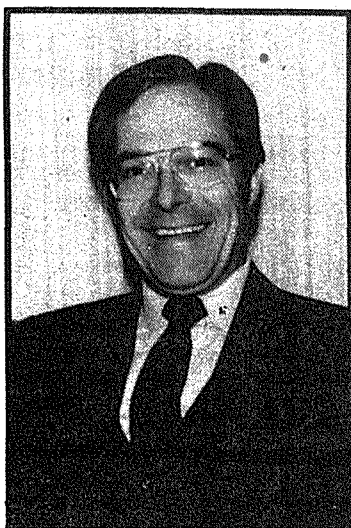
⁵Phil. 4:4-7, paraphrased



From The President

This is the time of year when people everywhere are celebrating Christmas — the holiday established to commemorate the birth of Christ. Rather than focusing upon the various methods of observing this holiday or questioning the practice of honoring the birth of Jesus by giving gifts to each other, I would like to remind you of several circumstances surrounding the First Advent that may well have relevance as we anticipate the Second.

The Jewish people had for centuries been looking forward to the birth of the Messiah. Students of the prophecies knew that He would be a descendant of David of the tribe of Judah, and that He would be born in Bethlehem, the city of David. It would not be surprising if some of the careful scholars knew just about when to expect His birth. But because they were anticipating an earthly king to deliver them from the Roman bondage, the Jewish leaders ignored the reports regarding the angel visit to the shepherds. No king would be born in a stable! They had focused on how and when the Messiah would come rather than upon His mission. Thus they accepted their



Robert L. Fillman

own ideas and passed by their first opportunity to welcome Him.

During His ministry Jesus gave ample evidence of His true identity. He made it clear that His kingdom was not of this world. He made it clear that His purpose was to reveal the Father and the principles of His kingdom. He

showed them from Scripture that what He was teaching should have been no surprise. But again, Jesus did not measure up to what they wanted in a Messiah, and they continued to reject Him.

Finally, as the evidence mounted and their conviction increased, those Jewish leaders were faced with questions they could not answer. Jesus was clearly demonstrating superhuman power and authority. Because of unwillingness to give up their preconceived opinions, the Messiah — the God of the Universe — walked among them and they did not recognize Him. Instead they accused Him of being in league with the devil and condemned Him to die. This rejection was final.

Christians have for centuries been looking forward to the Second Coming of Christ. Students of Scripture know that His coming will be as lightning that shines from the east to the west and that every eye shall see Him. Students of prophecy are aware of various signs that will indicate the nearness of His return. Is it possible that some will be so caught up in describing how Jesus will come and in developing an expectation of certain

signs to pinpoint His coming that they will be oblivious to the real issues involved in determining when He will come?

I believe that before Jesus returns the issues will be the same as those the Jews faced. Do we know who God is? Do we understand the principles of His kingdom? Will we recognize Him when He comes? We know that Satan will impersonate Christ with such powerful delusions that even the elect will be challenged.

Only those who really know God will recognize the counterfeit. Everyone else will see Satan walk among them and will not recognize him. Instead they will attribute to him the characteristics of God and worship him. This constitutes rejection of God, and this rejection is final. Then Jesus will come for those who know Him. family, I invite you to join me in a renewed determination to know Him whose birth we honor. ✠

Van Ministry Still Alive!

The Van Ministry is alive and well at Weimar Institute. A study of other West Coast van programs, some revenue raising, and the arrival of a new RN/Secretary, Connie Hutson, have put us back on the road after a summer of non-activity. Exciting things are happening as little by little more people become aware of the Health Van services. More people are asking why we do this, and more people are asking what church we belong to, and more literature is leaving the van in the hands of people who are encouraged to apply God's principles of health and heart.

A strong, well-trained college team of 11 men and 4 women students is making a real impact on the Sacramento/Sierra area. We wish each one of you could take a day and ride with us. If that is impossible, we invite your support of this dynamic new ministry with your prayer power. Have a wonderful Holiday season!

Bev Lee
Director of Van Ministry

Health By Any Other Name is Life

By Dan Haines

Have you ever taken a close look at your hand? Seriously...have you noticed the intricate orchestrations of muscle, ligament, and bone which take place in even the simplest of finger movements? And how versatile the hand is. Anyone who has lost a hand, even temporarily, realizes its tremendous value — especially if it is your

right hand and you are right-handed. How much less valuable are the other parts of your body?

We are a society today of very health-conscious people. United States citizens spend more money for health care than any other country in the world — literally hundreds of billions of dollars! Yet, more Americans die of heart disease and cancer each year than all who have died in every war since and including the

American Revolution. How can it be that with such advanced medical technology, we are still dropping like flies? What is killing people and why is science, backed by billions of dollars, unable to do anything about it?

One problem could be our medical emphasis. How many people actually go to a physician before they get sick? Most people don't want to spend \$30-\$50 for an office call. But what if that one office call, or even two or three prevented a \$20,000 coronary by-pass surgery down the road?

The medical profession and the health consumer, according to total dollars spent, seem to be geared toward treating symptoms affected by the loss of health rather than supporting the cause of overall health promotion on a preventative basis. The bulk and types of products stacked on the local pharmacy shelves seem to bear this out. Instead of products designed to help keep one's health, you will find an over-the-counter symptom reliever to cover everything from losing weight to the common cold (usually containing similar ingredients such as: caffeine, antihistamines, aspirin, acetaminophen, and alcohol).

Certainly no one likes to suffer or remain incapacitated, but unfortunately a culprit that adds to our dilemma and to a symptom of our time is — a short memory. We realize all too well the agony and inconvenience of illness while we have it; but, shortly after fighting off the disease and our bodies are back to normal (we hope), treatment of the body is once again left to the whim and fancy of the average American lifestyle.

The average American rarely reaches a pulse rate for a duration long enough to be called exercise more than once a week, if that. The stress level is usually high and water intake is low. The average diet is high in fat, sugar, salt, and drugs. The average American is overweight, and may smoke and/or drink alcoholic beverages. As younger and younger people adopt this kind of lifestyle, younger and younger are the victims of heart disease and cancer.

In an editorial from the "Wash-

ington Post" dated June 19, 1982, the results of a study done by the National Academy of Sciences was released that indicated while one quarter of all cancer deaths are cigarette related, over 40 percent of cancers are caused by diet.

Could it be that the answer to such mass killers as cancer can be found in lifestyle rather than in the test tube? Is it possible that a person's attitude toward the cure of his or her body can have a visible effect on present and future health? A recent study from the Mayo Clinic suggests that 8 out of 10 illnesses originate in the mind. It is possible that one could promote health and even prolong life by intelligent disease prevention, scientific personal hygiene, and a common sense approach to lifestyle?

This approach might be more

ance and found wanting.

Some of us, with very good intentions, try to combine current lifestyle with the latest in fad diets, miracle potions, wide arrays of food supplements, and irregular visits to the spa or racquet ball court (any of which can in themselves be physically harmful). This approach may ease our conscience, but does it really treat our personal health needs where they lie?

If an average American with an active schedule wants to get healthy and stay that way without becoming a fanatic or join a religious cult, what can be done?

The discovery of an answer to any question of importance begins with research and understanding — not just theories but facts.

Observe that in the natural

"Certainly no one likes to suffer or remain incapacitated, but unfortunately a culprit that adds to our dilemma and to a symptom of our time is — a short memory."

time consuming, but the alternative is more life consuming. As the mechanic on the television says, "You can pay me now, or you can pay me later."

The difficulty seems to lie in the cost of change. Change for some is against their nature, and they count the cost too high. The adoption of new habits and attitudes is never easy. However, on the scale of priorities what can we place opposite health which would even balance, let alone outweigh it?

Substance abuse may imbue the short term feeling of well being and this method seems easier, more fun, and closer in line with the current lifestyle than other alternatives. But, if the nature of true health, the kind of health that gives serenity to the mind and life-giving vigor to the body, were experienced substance abuse (or any other abuse of the body) would probably be weighed in the bal-

World, corn chips and soda pop do not exist; but everything for optimum health and well-being are abundant. Take another look at your hand.

The facts are that:

— the nutrients that power your hand are at optimum level in foods in their natural state.

— exercise strengthens the hand and improves the efficiency of the system which carries to it the blood of life.

— the hand is 75% water and requires a supply that is being constantly replenished for the purpose of cleansing and a multitude of other chemical functions (6 to 8 — 8-oz. glasses of water per day is recommended).

— time in the sun helps the hand act out its part in producing the best source of Vitamin D as well as other side benefits.

— avoidance of harmful substances keeps the hand at optimal operating performance for years

Continued on page 8

Special 10-day NEWSTART for A.S.I.



ASI members who attended the condensed NEWSTART program.

Twenty-two individuals participated in Weimar Institute's special 10-day NEWSTART program for ASI members November 27-December 8. Since many members of ASI (Adventist-Laymen's Services and Industries) find it difficult to get away from their responsibilities for a full 25-day NEWSTART SESSION, the Pacific Union ASI chapter asked Weimar to provide a condensed program for their members.

Similar to the 10-day sessions provided for ministers and other conference employees the last three years, this ASI program included a thorough health assessment; medical lectures on topics such as Preventive Medicine, Degenerative Diseases, Cardio-vascular Risk Factors, Diabetes, Cancer, and Allergies; cooking demonstrations; nutritional information; instruction in home hydrotherapy treatments; and individualized exercise programs and dietary.

Weimar Institute has been a member of ASI for six years. Bob Fillman, president of Weimar Institute, serves as a vice-president of ASI. It was his privilege to join Tom Zapara, president of the Pacific Union ASI, his wife Vi, and the others in their NEWSTART session. All those present enjoyed good fellowship as well as adding to their knowledge of a healthful lifestyle.

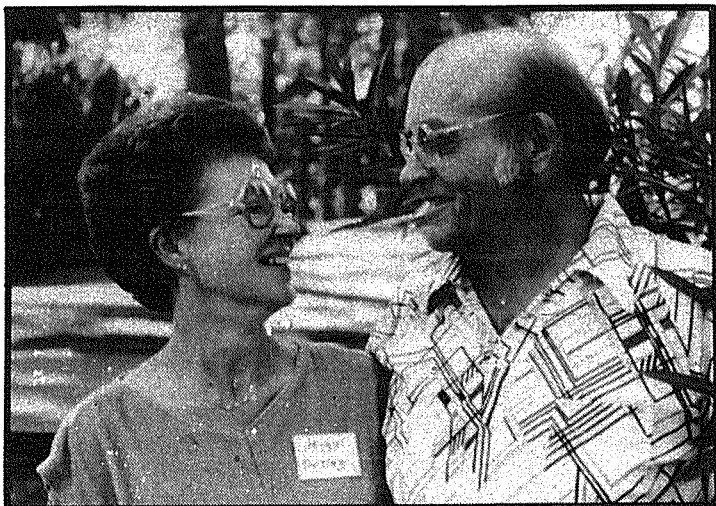
"...My chance of survival on the Operating Table was Nil"

By Merle and Peggy Owsley
NEWSTART Guests
Aug. 28-Sept. 22 Session, 1983
As told to Kelvin Clark

Nine years ago I had open-heart surgery. A year and a half ago I began having problems with angina. I went to the hospital in Salt Lake City, but they only gave me pills. My wife and I spent the winter in Arizona, yet the angina got worse. One night in June I woke up with bad pains, and so we rushed to the hospital. I spent 4 days there, but the doctors couldn't find anything. Since I hadn't had a heart attack, they sent me home again.

On July 4, we were watching the fireworks, and afterwards went into a coffee shop. I began feeling a heaviness again, and so we headed for the hospital. After arriving there we were told to go to another hospital which could handle my problem. On the way there I had bad pains, and so we stopped at a small hospital and they discovered that I had water on the lungs (partial pneumonia), and that I'd had a heart attack.

They stabilized me on I.V.'s with medication, and the next morning drove me by ambulance 300 miles to Salt Lake City. They



Peggy and Merle Owsley

told me my heart was so bad that only one artery was left that was not blocked. They wouldn't operate because my chance of survival on the operating table was nil. We didn't like to hear that, so we went home.

My neighbor is a Seventh-day Adventist and he came over a few times and talked. His pastor came by with a pamphlet from Weimar Institute. He asked if we would be offended, since we were Methodists. I said "No!" I was so

bad I couldn't even walk a block! Previously, I had talked to a lady who had been to Weimar in 1980, and she was very enthusiastic and encouraged me to go.

I telephoned Dr. Milton Crane, and he said "You come down here right away; we can help you!" So here we are! When I arrived here I was taking 16 Inderal, 4 Diltiazem, and 3 nitro patches every day. Dr. Sidney Nixon, my physician here, took me slowly off this medication.

After 3 weeks I went off all medication, and I haven't taken any since. Now I'm walking 4 to 6 miles per day!

It's a complete lifestyle change. It will be challenging to return home because no one else follows this type of program, but we intend to stick with it because

it's my body and my life, and my wife and I would like to enjoy it together for a little longer!

We have enjoyed our stay here so much. The nice part was that my wife could attend also. The cooking classes have really given us direction in knowing how to follow this diet ourselves.

1983/84 NEWSTART Schedule

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

JANUARY 1-25

JANUARY 29-FEBRUARY 23

FEBRUARY 26-MARCH — Minister's 10 Day NEWSTART

MARCH 18-APRIL 12

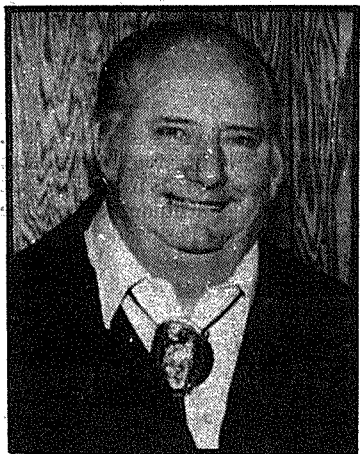
For further information contact: The Medical Director, Weimar Institute, P.O. Box A, Weimar, CA 95736.

"RENEWED LIFE AND FAITH"

by A. H. (Bill) Greene, Jr.
NEWSTART Guest,
Oct. 30 - Nov. 23, 1983

My wife and I arrived at Weimar on October 30, 1983. The next day we were introduced to the "Program."

Prior to this time, I had first heard of Weimar from a cousin who had been through the Weimar Health Program. Knowing the history of my family (overweight and diabetic), she wrote, called, and urged us to enter the Weimar program. My sisters, Ruth and Grace, decided to try Weimar and convinced Grace's daughter, Betty Jo, to attend the October session. I was urged to go with them, but I was skeptical, and declined. I told myself I was too busy and too important to another project I was



A.H. (Bill) Greene, Jr.

working on.

My health was diminishing, and my weight, blood pressure and blood sugar increasing. I learned later that everyone I knew was praying for me—

praying that I would change my lifestyle and praying that I would attend a session at Weimar. Whether or not it was their prayers, I am convinced that something told me I needed a change in my lifestyle, or else I would not be around for very long. I had the Weimar literature, and after a discussion with my wife, Evelyn, we agreed to go in for the Weimar program.

We have finished our 22nd day today, and we have only the highest praise to give for our experience here. The staff are such beautiful, dedicated people. It is hard to believe that their goal is to simply help one in the effort to gain a better life with better health, yet we see how this is true.

We were not aware on entering the program that a very large part of the emphasis was based upon a spiritual atmosphere and belief. I can now say that my faith in the Lord has been renewed, for He has helped me to make some difficult lifestyle changes.

The results of my stay here are best shown in graphic style as follows:

Arrival at Weimar 10-30-83

1. Fasting Blood Sugar:

10-31-83 - 310
by 11-9-83 - 80 to 120
11-22-83 - 84

2. Insulin:

10-31-83 - 75 units
11-5-83 - 50 units
11-8-83 - 40 units
11-17-83 - 35 units
11-19-83 - 25 units
11-22-83 - 20 units

3. Blood Pressure:

10-31-83 - 170/90 -
2 diazide
/day
11-7-83 - 134/72 -
No diazide
11-17-83 - 112/68 -
No diazide
11-22-83 - 124/70 -
No diazide

4. Walking:

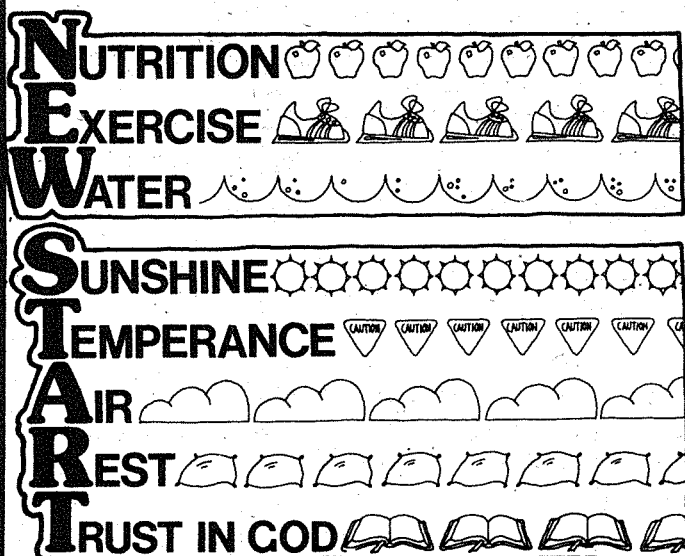
10-31-83 - 1 mile
11-5-83 - 6-1/2 miles
(Average 4-1/2 to
5 miles/day)

Continued on page 8

N-E-W S-T-A-R-T

— A Balanced Program —

God's 8 Natural Remedies equal Health



Reference: Ellen G. White, *Ministry of Healing*, p. 127 (published 1905)

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. We desire that the free gift of God's righteousness, as revealed in the person of His son Jesus Christ — our only source of salvation — shall become more believable to others because of this service to which we have been called.

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NEWSTART HEALTH CENTER

Milton Crane, MD.....Medical Director

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OFFICE HOURS

Monday through Thursday: 8:00 A.M.-5:00 P.M.
Friday: 8:00 A.M.-4:00 P.M.
Sabbath and Sunday Closed
Telephone: Business line (916) 637-4111 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.

May all receive God's
most precious Gift this holiday
Season

The Assurance of Salvation! *John 3:16*

A Message to Former NEWSTART Patients

By Dr. Milton Crane,
Medical Director

At this time of year, our thoughts turn to family and friends. The postman is weighed down with beautiful cards containing best wishes for a joyful Christmas and a Happy New Year. Some envelopes contain a letter of family news that update us for the year. These I always enjoy.

When the medical staff at Weimar Institute think of family, our minds go out to our "adopted" family members who have come to the NEWSTART program to recover a measure of health. As we look back over this

past year, we recall some of the heartaches and trials, but only briefly. What we remember with joy is the degree of recovery that most of them experienced in 25 days. For those with coronary arterial narrowing, anginal pain subsided; for the hypertensive, a return of blood pressure to normal; for the diabetics, an improved control of blood sugar on half as much insulin or none at all; for the overweight person, loss of weight without hunger. We were particularly happy to discover this year that the dreaded painful nemesis of diabetic neuropathy responds. The sharp burning, stabbing pains stop in the first week of the program. Yes, God's natural remedies are effective. You have helped prove that.

What a thrill it would be to have one giant Wednesday night graduation banquet with all of us together to relive old memories.

Perhaps some of you have become discouraged, and would like to regain lost ground. We should all remember that one of the key natural remedies in the NEWSTART acronym is "trust in divine power."

Two thousand years ago wise men brought to the baby Jesus three gifts: gold, frankincense, and myrrh. Now we see the three wisest Men in the universe, the Father, Son, and Holy Spirit, offer to you and to me three gifts. Gold — a faith that works by love and purifies us. Frankincense —

the fragrance of the life of Jesus that ascends with our prayers to make them presentable to heaven. Myrrh — balm of natural remedies to heal our diseases.

They have made provisions for all of us to be adopted into their royal family so that we may begin to claim our inheritance through the working of these three Wise Men in heaven. (See Ephesians 1:4-14.)

Thanks be to God for Their unspeakable Gifts!

Congrat

Look what h

NEV

No. of Pat

Age:

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Changes in



Holid
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Some New Lifestyle pr
recipes

PUMPKIN

SIMMER:

2/3-1 1/4 c. dates with 1/2 c.
BLEND date mixture wit
1 c. rice or almond milk (shew milk)
3 1/2 c. cooked pumpkin (or butternut squash)
2 1/2 T. whole wheat pastry
2 1/2 T. arrowroot
3/4 t. salt
1 t. coriander
1/4 t. cardamon
1 1/2 t. real vanilla
1/2 t. orange juice or oran
trate (can use a hint of
you can use 1/2 t. mapeline
nilla in place of the above
Make 2 crusts
Cook over low heat appro
Bake 1 hour at 350 degree

Dear BULLETIN Readers:

What an encouragement it has been to us to know that more than 22,000 homes are regularly receiving the Weimar Institute BULLETIN. It is also an awesome responsibility for us to prepare a publication each month which might bring hope, enlightenment and peace to those who search for the deepest levels of meaning in life.

At this time of year, much of the world gives attention to the One who alone is capable, and eager, to bring hope, enlightenment and peace--Jesus Christ. It is Him whom we wish to honor all year long. It is His Father whom we wish to extol as a wise, loving and reasonable God. It is His Spirit whom we wish to have dwelling in our hearts.

As you share gifts with those you love at Christmas, we hope you will meditate on the Gift of Life who offers both forgiveness and restoration.

And if you should think of returning a gift to Christ, remember the ministries of your church and those organizations through which you believe God is doing a significant work.

May the Gift of Life be yours today and eternally.

Paul N. Hawks
Paul N. Hawks
Director of Public Relations

In order for these programs to continue we invite your continued prayers and financial support. Please make checks payable to Weimar Institute, designating it to a specific program if you wish.

gratulations NEWSTART Alumni!

what happened!

NEWSTART Program

New Lifestyle Program

STATISTICS FOR THE GROUP IN 1983 SESSION X

No. of Patients:	Male — 8	
	Female — 14	
Age:	Range — 22-80 yrs (average 61.6)	
	No. of Patients	
Diseases: CHD	6	
Hypertension	9	
Overweight (10% plus)	16 (ave. wt. 201 lbs.)	
Obese (20% plus)	10	
Average blood pressure at end (no medication)	120/75	
Change in Treadmill Work Capacity (three weeks)	+35%	
Change in serum cholesterol (two weeks)	-29%	
Changes in serum triglycerides (two weeks)	-27%	

CLINIC PATIENTS	TPI-1	TPI-2	% DROP	CHOL-1	CHOL-2	% DROP
Guest #1	113	101	-10%	245	172	-30%
Guest #2	219	140	-35%	287	198	-31%
Guest #3	200	261	+31%	300	254	-15%
Guest #4	205	151	-26%	257	204	-21%

Average Drop	184	163	-10%	272	207	-24.5%
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Note: these are the first 4 to complete the entire program.

Triglyceride Loss

Newstart methods taught
8 days

Cholesterol Loss

This is your "NEW START." Don't let it end — we're praying for each and every one of you!

A Holiday Menu

(Recipes taken from new Weimar Cook Book)

Holiday Almond Loaf
Cranberry Relish
Mashed Potatoes
Garbanzo Gravy
Or Brown Vegetable Gravy (Printed below)
Sweet Potato Balls
Green Peas
Date Muffins
Raisin Apple Pie
Orange Pie Crust
(or Almond Pie Crust)

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PIE CRUST

MIX TOGETHER:

2 c. oat or barley flour
1/2 c. cashew or almond meal
3/4 c. water
1/4 c. sesame — blend well
1/2 t. salt

ROLL between wax paper, place in 9" pie pan. BAKE at 350 degrees for 30 minutes or fill and bake together.

APPLE CRISP

4 cups sliced apples
2 cups pineapple juice
1 cup raisins or chopped dates (optional)
1 cup granola (Crushed or whole)
3 T arrowroot
1/4 cup water

Put apple slices into pineapple juice. Add the arrowroot that has been mixed with water and stir in. Add raisins or dates if desired. Top with granola. Bake at 350 degrees until the top is browned and the apples are tender and the sauce is bubbling.

SQUASH OR PUMPKIN PIE

BLEND:

1 1/2 c. water with

1/2 c. nuts

1/2 c. cooked rice

POUR INTO BOWL AND ADD:

3 1/2 c. cooked squash or pumpkin

1/4 c. arrowroot powder

2/3 c. dates

1 T. vanilla

1 T. ground coriander

1/2 t. salt

BLEND all ingredients together and pour into pie shell and bake at 425 degrees for 15 minutes. Makes 2 large pies.

Alternate pie crust: Rollout bread dough very thin to use as pie crust. Let it rise somewhat around filling before baking.

VARIATION: May add 1-2 t. orange rind and 2 drops lemon extract.

BROWN VEGETABLE GRAVY

5 c. water

1 small potato

1 small onion

1 stalk celery

1/8 t. thyme

1/8 t. sage

1/8 t. garlic powder

4 T. soy sauce

1/2 c. mushrooms

COOK together until vegetables are done.

WHIZ in blender

ADD mushrooms

MIX arrowroot and small amount of water and add to gravy to thicken.

COOK over low heat 20 minutes.

New Lifestyle program

PUMPKIN PIE

es with 1/2 c. water.
mixture with:
mond milk (or oat, soy or ca-

pumpkin (may use part yams
squash)
wheat pastry flour
oat

n
illa
uice or orange juice concen-
e a hint of orange peel) OR
t. maple and 1/2 t. real va-
of the above 4 ingredients.

y heat approx. 15 minutes
t 350 degrees

From The Editor

"Being Good for Goodness' Sake"

By Steve Thulon

"He knows when you've been bad or good; so be good for goodness' sake."

Thinking back, I really can't recall my first introduction to the well-known "Santa Claus." I can't even remember when I first realized that he wasn't even a real person. But I do remember a little song that is still played in department stores all over the world during this time of year. It's called, "Santa Claus is Coming to Town."

Without undue emphasis on this cute little song I want to direct your attention to the phrase in the song that was probably an "accident." Or at least was not intended to be taken so seriously.

Being good is always appropriate. And more often than not the good thing to do is rather obvious — not necessarily easy, but

obvious. But the important thing is WHY we want to be good. To get presents at Christmas time from Santa? To win Mom and Dad's affection? To gain "brownie points" from the teacher? To be well thought of? To

want your love; I don't want your offerings — I want you to know Me."

Another author brings out God's desire for us to "renounce the selfishness that leads us to seek Him."² In our quest for

"For Christians it is easy to fall into a trap of good behavior because God wants one's behavior to be good."

make it easier for God to like us?

I suppose there are many reasons or motivations to prod one on to the task of "being good." For Christians it is easy to fall into a trap of good behavior because God wants one's behavior to be good. But really, why does God desire our good behavior?

It is certainly clear in Hosea that God wants more than mere obedience for us because we "need the discipline." He says, "I don't want your sacrifices — I

being good it is possible to see it as being merely a favor to God rather than an affirmation for the entire cause of good — for the

benefit of all involved.

Doing good is not a means to an end — it is an end in itself. In the little song about Santa this phrase about "being good for goodness' sake" is entirely out of context. The song centers around being good for the presents that Santa brings at Christmas, not for the inherent goodness that doing good unveils.

Someday Jesus is going to return. The Bible says that He'll have his presents with Him.³ This time of year we recall His first appearance on this earth when He demonstrated going about doing good. He loved to see the smile of joy come over the life of the recipients of that goodness.

During this Christmas season let our minds be turned away from the reward of heaven — or

"Doing good is not means to an end — it's an end in itself."

whatever is in it for us. Let us find the present inherent joys of doing good for our God and fellow man for the very sake of goodness.

¹Hosea 6:6 LB

²Conflict and Courage, P. 295

³Revelation 22:12

STAFF POSITIONS OPEN

The Personnel Office is accepting applications from dedicated, qualified Seventh-day Adventist Christians to fill the following needs at Weimar Institute.

Female physician

College English teacher (M.A. or Ph.D)

Write to Personnel Director
Weimar Institute
P.O. Box A
Weimar, CA 95736
or call (916) 637-4111

WHEN YOU FIND A GOOD THING....

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Many others have successfully used this program. One of them made this comment, "Today we completed our first of a series of

four Newstart Homestyle cooking classes.... All were highly pleased and strongly motivated to make important changes in their lifestyles."

And remember, teaching is one of the most effective ways to continue to learn. As you become a teacher, you will find the Newstart principles becoming more deeply ingrained in you. You may send for more information or order the NEWSTART HOMESTYLE kit by writing to us. (Please see our ad below.)

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Weimar Institute

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Natural Foods

Do your health food shopping from your own living room! Choose from our selection of nuts, seeds, grains, dates, and legumes. Or try our own bakery granola made without oil, honey, or refined sugar! Compare our prices and save! Send Self-addressed stamped envelope to Newstart Homestyle, Box A4, Weimar, CA 95736.

Special Programs

Ernest Christiansen, M.D., former Professor of Physical Medicine at LLU, will give a series of lectures and demonstrations on hydrotherapy and physical medicine — December 12 to 14 and December 19 to 21, 1983.

Paul Shakespeare, M.D., Health Educator, will give a series of illustrated lectures on scientific basis of conditioning programs — December 12 to 16, 1983.

Charles Tam, M.D., Cardiologist at St. Helena Hospital, will give an update on coronary heart disease on December 14, 1984.

If interested, call the office of the Medical Director, Weimar Institute, for further details.

“The Golden and Silver Fruit of Your Beneficence”

By Bob Puelz

Christmas...that glorious day which once a year manifests itself in so many ways, is closing in again. Never, since the beginning of time, has there been a day so enjoyed and celebrated, yet so commercialized.

I grew up anticipating Christmas, drinking it all in while it existed, and falling prey to the withdrawal pangs as it quickly passed. Before I became a Christian, I never really paid much attention to its Christ-related origin. What I did pay attention to was the spending of funds, the eating of good food and the giving and receiving of gifts — all of which was grossly overdone and quickly forgotten. Also, I spent many years in retail during my early adulthood and found the Christmas season to be a time of business economics and shattered nerves. Even to this day, I feel somewhat tired when I think of Christmas. However, I wish to share an idea with you. It's not original by any means, but one that needs to be resurrected.

First, let us properly classify Christmas. “The twenty-fifth of December is supposed to be the day of the birth of Jesus Christ...But yet there is no certainty that we are keeping the veritable day of our Saviour's birth. History gives us no certain assurance of this. The Bible does not give us a precise time. Had the Lord deemed this knowledge

essential to our salvation, He would have spoken through His prophets and apostles, that we might know all about the matter. But the silence of the Scriptures upon this point evidences to us that it is hidden from us for the wisest purposes...In His wisdom the Lord concealed the place where he buried Moses. God buried him, and God resurrected him and took him to heaven. This secrecy was to prevent idolatry. He against whom they rebelled while he was in active service, whom they provoked almost beyond human endurance, was almost worshipped as God after his separation from them by death. For the very same purpose He has concealed the precise day of Christ's birth, that the day should not receive the honor that should be given to Christ as the Redeemer of the world.” AH p.477

I am not suggesting that Christmas become a lost day. On the contrary. It is a season in which much good can be done. It is a time when children can be taught many lessons relative to Christ's character, especially the pleasure of giving. It can be a season filled with opportunities for sharing the wonderful love of Christ.

To quote a very wise lady: “Thousands of dollars will be worse than thrown away upon the coming Christmas and New Years in needless indulgences. But it is our privilege to depart from the customs and practices of this degenerate age; and in-

stead of expending means merely for the gratification of the appetite or for needless ornaments or articles of clothing, we may make the coming holidays an occasion in which to honor and glorify God.” AH p.480

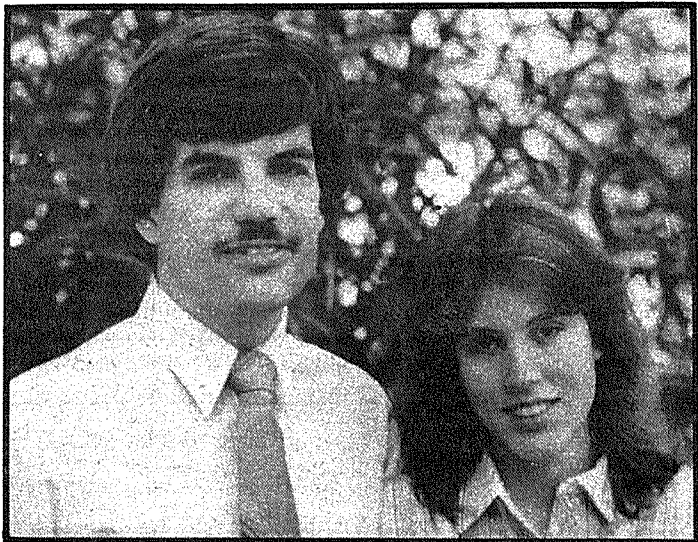
That idea I spoke of — a Christmas tree! Yes, a big fragrant evergreen tree placed in every one of our churches. Do you remember what Mrs. White said when asked “shall we have a

Christmas tree?” she answered: “God would be well pleased if on Christmas each church would have a Christmas tree on which shall be hung offerings, great and small, for these houses of worship...The tree may be as tall and its branches as wide as shall best suit the occasion; but let its boughs be laden with the golden and silver fruit of your beneficence, and present this to Him as your Christmas gift. Let your do-

nation be sanctified by prayer ” AH p. 482.

What a blessing it would be for the many traveling visitors coming into your church the day before Christmas to find a fragrant evergreen tree standing in the foyer laden with the “golden and silver fruit of your beneficence.” What a blessing, indeed! I'm beginning to feel better about Christmas already.

Introducing...



Rocco and Dorothea Sarli

Rocky and Dorothea Sarli both graduated from Weimar College with a B.S. in Health Science. During their senior year their

work-education included research and sales in the area of health promotion for business and industry. This emphasis led

to their present employment with Weimar Institute. Rocky and Dorothea are now putting all their energy into packaging marketable health programs. They are selling these programs to companies to help increase employee fitness levels and thus reduce insurance and health care costs.

Employers pay nearly half of the national health-care expenditure each year. The Sarlis want to challenge this appropriation to curative medicine by increasing the health awareness of business employees.

They also want to see students in the Weimar Health Science department working with this type of program. In the future they envision trained students leading out in this area.

The Sarlis are enthusiastic about the prospects of their work, and happy with the support that everyone is giving them, and are enjoying the stimulating environment at Weimar.



Randy Allen Family

Vickie and I with our two boys, Jeremy (6) and Zachary (2) joined Weimar a little over 3 years ago, mentally. But because of needful education in our own lives we believe the Lord providentially delayed our arrival until this past September.

Let me explain. During 1975-76 we received our diplomas from Southern Missionary College in Tennessee. Vickie took nursing and I majored in mathematics with a secondary education certification. After spending several years in the Southeast close to relatives I accepted an invitation to teach in Michigan on the Junior High level. One summer while attending summer school at Andrews University, God had a friend show me the book “Adventist Education at the Crossroads” by Dr. Raymond Moore. The book critiqued Adventist education in such a constructive way, showing how the physical side of a student's curriculum could be enhanced by a work program. And this balance of work and study answered the needs of my own conscience. This is when I joined Weimar in spirit, al-

though I didn't know much about Weimar.

It was after reading the Weimar BULLETIN as it was passed on to me by my parents, that I sent in a staff application. But at the time there were no openings at Weimar in my field. Since a balance of work and study not only benefits students but teachers too, I decided to go back to

school full time at Andrews University School of Technology. I took training in Auto Body Repair, believing this type of work would be an asset to a school with a work/study program.

Within a few short weeks after finishing my 1-year course I received a call from Weimar. This later turned out to be an invitation to join the Weimar staff teaching the Academy math class and helping in the Auto Body Department. This was too providential to turn down! So we headed West, arriving here September 1, 1983. We have met many new friends who have been a real blessing! We have also found that Weimar is full of smiling, energetic youth who are finding a purpose in life through a God-given balanced lifestyle. Not to say they do not have problems, but rather, they are looking for God-given answers. This is what brought our family to Weimar. It is a challenge and joy working with them as we grow together.

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FROM OUR CHAPLAIN

Nothing's as Simple as it Appears

By Dick Winn

“The Lord records as he registers the people, ‘This one was born there.’” And He records that, being born there, the man did not

“If the final judgment were simply to measure good deeds versus bad deeds, how simple it would be!”

know as much as the one who was born here. And He records what that man could know about God because of what his parents could show him, how his friends influenced him, the way his teachers related to him, and a thousand other subtle and intricate nuances. And am I ever glad that He does!

I was asked recently to perform the funeral services for a young father. Though funerals

are never joyful events, some — as for those full of years and settled in Jesus — can find smiles peeking through their tears. But this one was grim. A single parent. Not visibly connected with Christ. From some appearances, turning against the Christian values of his youth. And the unspoken question among the Christians in attendance: “What of his destiny?” What does one say, when the young man was killed on the way home from a bar?

It's never appropriate, during a funeral sermon, to try to make pronouncements about one's eternal destiny, or “preach a man into heaven” after his death. But I believe that it is appropriate to move the issue beyond the range of the simplistic, focus upon a God who is both able and willing to deal with the complex, and get on with the decisions which we, the living, must therefore make.

If the final judgment were simply to measure good deeds



Elder Dick Winn

versus bad deeds, how simple it would be! But as soon as one asks, “Why that good deed? Why that bad deed?” simple ap-

“No one's situation can be quickly appraised, with tidy little pieces of advice wrapped up neatly and guaranteed to solve all problems in the lives of those who are becoming whole, complex persons.”

proaches run out of steam. What one does is an expression of who the person is. And there is so much to be taken into account in understanding who a person

really is. What are the motives that move a person, the fears that inhibit, the perceptions of God which shape the learned responses to other people? Nothing's as simple as it appears!

There are many people who give advice about how to raise teenagers. I used to be among them. I'm finding now that I can't trust the advice of such persons unless they've raised one or more of their own...in which case they're not too inclined to give advice. For, by then, they have learned that nothing's as simple as it appears. No one's situation can be quickly appraised, with tidy little pieces of advice wrapped up neatly and guaranteed to solve all problems in the lives of those who are becoming whole, complex persons. We jump for the too-simple ste-

the desire — to comprehend the complexity of who another person really is. It's no wonder that God reads the heart!¹ Who else would have the sheer capacity to take into account the staggering array of little factors, the intricate interplay of events, which shape the hearts of men? Meanwhile, we fellow humans are stuck with reading the only thing our simple minds can compute: the outward appearances. And these, by contrast, aren't worth much more than the most tentative, and the most compassionate, observations.

Meanwhile, I trust the opinions of a veteran and caring Dealer with the hearts of men. He who has walked in a billion pair of moccasins; He whose empathy is so complete that His tears match my own, even when I weep for my own stupidity; He who rejects all stereotypes of male and female, free and slave, “Our People” and “Outsiders”; He who will take a thousand years to show the redeemed just how intricate His judgment decisions have been; He, and He alone, has my complete confidence.

In the meantime, I'm trying to learn to hold my tongue.

¹Psalm 87:6, RSV

²See I Samuel 16:7

³Galatians 3:18

Health continued

of unimpaired service.

— fresh air brings life-giving oxygen to every cell of the hand; the brain also benefits greatly from prolonged exposure to fresh air bringing clearness of thought, peace of mind, and quickness and agility to the hand.

— for the hand there is a time to work and a time to rest and this on a regular schedule for a healthful duration.

— and last but not least, this hand must trust. It must trust in another hand. The Hand which made it.

Who can better tell you how to care for your new car than the manufacturer? Since man really knows so little about the human-organism, who else can we turn to for sure answers?

Education and the search for a common sense lifestyle may be costly. Putting the elements of our lives in proper perspective, and priorities where they belong is often a main target for procrastination. But what could be some of the possible advantages of taking a little time to learn something about how the body functions and what makes it healthy and at the same time make our-

selves aware of the effects of those things which do it harm? And what benefits could be derived by taking a close look at the way we are living and comparing it with the lifestyles of those who are dying of disease and illness at a young age and with those who

“Could it be that the answer to such mass killers as cancer can be found in lifestyle rather than in the test tube?”

live long, healthful, productive lives?

Men take their machines to their highest potential. What about their bodies? Science and industry agree that the beauty of any method of machine is in its simplicity. So it is with the approach to health. The paths to true health are indeed simple ones.

Renewed continued

5. Weight:	
10-31-83	- 275 pounds
11-7-83	- 262 pounds
11-19-83	- 258 pounds
11-22-83	- 254 pounds

7. Cholesterol:	
10-31-83	- 202
11-22-83	- 146
8. Triglycerides:	
10-31-83	- 127
11-22-83	- 95

6. Have diabetic neuropathy affecting legs, ankles and feet;

numbness with needle-like pain, and very frequent shooting pains, in addition. Shooting pains left after 5th day and have not returned. Had cramps in legs and feet day and night; have had none since 5th day. Also my sinus drainage has stopped.

My belief now is that my stay at Weimar will add at least 15 years to my life.

I know that I am a better, healthier person for having been here at Weimar. I know also that God will be necessary in my life from now on so that I can live the life I should. I can only say I thank God for Weimar.

Spread Good Tidings!

NEUSTART WORSHIP TALKS — Elder Hollis Morel, our NEUSTART chaplain, presents the spiritual side of healing in a series of talks given morning and evening to our guests. Dr. Colin Standish complements this series with talks on the subject of mental health. Set of 9 tapes usually \$28 now on sale for \$18.

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- MH M2 Decision (part 2); Life & Health & Character; Acquainted with Him.
- MH M3 Time; Steps; Trust in God; Be of Good Courage.
- MH E1 Introduction; Personal Testimony; Power of Habit (part 1)
- MH E2 Power of Choice; Power of the Will
- MH E3 Motive; God's Life; Attitudes
- MH E4 Joy and Patience; Kindness, Gentleness, Faith, Meekness, Temperance; Power of Habit (part 2)
- SC F1 Love Your Enemies, Depression, Selfishness & Selflessness
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- N84 2 Lipids, Dr. Crane
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- N84 6 Cardiovascular Risk Factors, Dr. Lee
- N84 7 Rest, Dr. Foster; Credibility, Dr. DeVine
- N84 8 Carbohydrates and Fiber, Dr. Nixon
- N84 9 Sunshine, Dr. Lee
- N84 10 Meat, Dr. DeVine
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Let's Get Rid of...

Special Take-Out
Section — Cancer Emphasis

By Vernon W. Foster, M.D.

As a young physician just starting practice in suburban Los Angeles, I remember one of my first patients was a 42 year old man who came in complaining of a lump in his scalp. Most lumps in the scalp are caused by injury or are simple sebaceous cysts, the result of plugging of an oil gland that lubricates the hair. This case was neither. He had several lumps. They were painless, rather firm, and not tender. After infiltrating the skin with a local anesthetic, I clipped a small segment of the underlying tissue and sent it to the Lab. The report came back hypernephroma, a cancer that starts in the kidney and is well known for its invasion of the blood vessels and spread to other parts of the body. In spite of all the help I could get from consulting specialists, my patient was dead in three months.

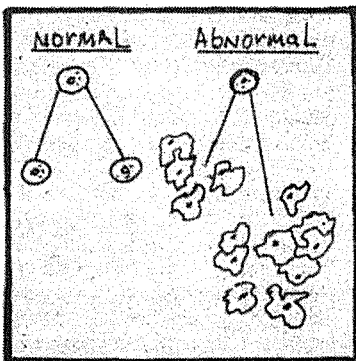
Cancer is the arch type of the degenerative diseases. It is not a single disease, but rather a cluster of diseases where the target of degeneration is a distortion of the normal reproductive capability of the cell.

The average person has about 100 trillion cells. These cells make up the tissues, organs and systems of the body. There is a constant replacement of worn-out or damaged cells in most tissues. The exception is the nervous system. Brain and nerve cells are not reproduced in healthy individuals. The life span of a cell may be weeks, months or years. Even the irreplaceable nerve cells undergo replacement of their molecules every few years. So you are an entirely different person from what you were five years ago. All this was accomplished by a healthy physiology and the orderly replacement of cells.

You can visualize your body as a fountain rather than a sculpture. New living tissues replace the old and in spite of this dramatic change your identity remains intact and you still have the same personality.

The secret of this renewal is hidden in narrow strands of DNA in the nucleus of the cell. DNA (deoxyribonucleic acid) is a specialized protein which the nucleus can duplicate for the formation of daughter cells. It can also transcribe genetic information into RNA (ribonucleic acid) which, in the matrix of the cell, produces the proteins programmed by the genes. There are 23 pairs of chromosomes in the human cell, packed with more than 100,000 genes. Their activity sustains life and insures the continuity of the species.

The genes are the operating manual for the cell. When a new cell is programmed, the chromosomes move away from the



Dr. Foster is presently Director of Professional Relations for the NEW-START health rehabilitation center of Weimar Institute, Weimar, CA. He has been a volunteer worker for the American Cancer Society for 27 years.



center after duplicating themselves and the cell divides down the middle producing two daughter cells, both an exact duplicate of the original.

In cancer, something goes wrong with this cell reproduction. Instead of two normal cells, there may be four or eight abnormal cells, frequently not completely separated. Nucleus control is lost and reproduction goes like wildfire. The beautiful cell created for service to the community of cells becomes asocial and destructive. It gets into the lymph and blood channels spreading to other parts of the body, destroying everything in its path. This is cancer.

The reason why cancer cells behave as they do is not clearly understood, but research in the last few years is helping unravel the enigma. The National Cancer Institute, the American Cancer Society, and teams all over the world are accelerating our knowledge of the cause and treatment of cancer.

Cancer must be eradicated because it is a killer disease. An American dies of it every 70 seconds, and it is the second cause of death in western civilization.

It took almost 200 years to get rid of small pox. In 1982 the World Health Organization announced that there was not a single case of small pox on planet earth. This

amazing feat was accomplished by research, a vaccine discovered by Jenner in 1798, and the cooperation of health authorities all over the world.

Cancer is a much more complicated problem. Smallpox is caused by a single virus or its variant. Cancer in animals is known to be caused by many different viruses (1). In humans the virus is also suspect. Years ago I heard Nobel Prize winning virologist Wendell Stanley make the statement that he believed most human cancer was caused by viruses. This still has to be proven.

The problem is complicated by many unknown variables both in the attacking agent and in the resistance of the body to the attacking forces. It is possible to have cancer virus, even cancer cells in the body without developing cancer. Healthy defenses in the body make abortion of the disease possible. Doctors call this defense mechanism, host resistance...more about that later.

Most authorities agree that cancer is caused by what are called cancer initiators and cancer promoters (or sustainers). It takes both the initiator and the promoter to produce cancer.

We know that smoking is responsible for more than 100,000 deaths from lung cancer in the United States each year. There

are at least six different carcinogens in the tar of tobacco smoke. To be technically correct we should call these cancer producing chemicals cancer promoters, because they are not the primary cause of this disease. The primary cause is an unknown "X" factor, probably a virus. Tobacco is the irritating factor that triggers the disease, possibly by lowering the local resistance.

A virus is a minigerm so tiny that it can only be seen through an electron microscope. Viruses were discovered before they could be seen. This was done by passing infected material through filters that remove ordinary germs and then by producing the specific diseases from an injection of an animal with the suspect filtrate.

Viruses were discovered by Iwanoski in 1882. The virus that causes chicken leukosis (cancer) was discovered in 1908. This virus was transmitted from one chicken to another in 1911. In 1936 Bittner produced tumors in newborn mice from the milk of mice with mammary tumors. Years later, in 1957, Stewart was able to grow the cancer virus in tissue culture and transmit it from the culture to other animals (2).

Other researchers demonstrated that it is possible to transmit the animal cancer virus to humans, producing tumors

similar to cancer (3). Human tumor viruses transmitted to mice in 1960 produced various types of cancer in the animals (4). In 1961 isolation and propagation of viruses from human leukemia was done in tissue culture (5). Virus particles may be seen in cow's milk from animals having lymphosarcoma, but not in those not having cancer (6). In 1978 it was found that the virus that causes sarcoma in chickens has four genes only. One of these genes is the direct cause of chicken cancer (7).

It is possible that most cancers may be infectious in origin with a virus being the primary initiator and chronic irritation from chemical and physical agents being the sustaining or promoting factors. It is widely accepted that Burkitt's lymphoma, a cancer first described by British Surgeon Dennis Burkitt in East Africa, is caused by a virus. Cancer of the cervix in women is associated with one of the herpes viruses, which may be its primary cause. There are many other cancers in which viruses are suspect.

The final proof of the viral cause of cancer must await further research. If the human cancer virus can be isolated and grown in culture then the next step would be a vaccine or, more correctly, vaccines because there are specific viruses for specific

cancers. Such a discovery would be a major breakthrough in our quest to get rid of cancer.

Cancer may affect any cell in the body, including nerve cells which under normal conditions do not duplicate themselves. Cancer of the white blood cells is called leukemia. Lymphomas are close cousin affecting the cells in the lymph channels and lymph nodes. Cancer of the red blood cells is called polycythemia vera. Sarcoma is cancer of the connective tissues and bone. When the lining cells of the body such as skin, mucous membranes, and glands are involved the cancer is called carcinoma.

The present medical management of cancer centers around early diagnosis and treatment. Every lay person should be aware of the danger signals of cancer. These are: (1) Any change in bowel or bladder habits. (2) A sore that does not heal (skin or mouth). (3) Unusual bleeding or discharge (uterus, bowel, nipple). (4) Thickening in the breast or a lump elsewhere. (5) Indigestion or difficulty in swallowing. (6) Obvious change in a mole or wart. (7) Persistent cough or hoarseness. If you have any of these signs or symptoms you should consult your physician immediately.

Current treatment for cancer involves surgery, radiation therapy, chemotherapy, hormones and immunotherapy. Newer surgical techniques have made this treatment more dramatic and more effective than what it was ten years ago.

Spectacular advances made in nuclear medicine since World War II have made radiation another effective tool in the treatment of cancer, especially the lymphomas. It is now possible to cure many cases that just a few years ago were doomed to die.

Chemotherapy has also made great strides in the treatment of cancer. We now have more than fifty drugs that are effective in curing the disease or at least slowing it down. New techniques have made these toxic drugs less harmful.

Cancer management must be increasingly individualized and may involve using a combination of surgery, radiation, and chemotherapy. Hormones are helpful as antagonists in tumors that produce or depend on the opposing hormone, e.g.: estrogen in cancer of the prostate.

Immunotherapy is being used with moderate success, but the ultimate will be the development of a cancer vaccine for prevention of the disease.

Interferon, a natural body substance found in white cells, is being used in breast, kidney and brain cancer. Interferon is thought to be the body's best defense against viral infections. Four years ago most interferon used was from natural sources which is difficult to isolate from human cells. Production was very slow and the cost of producing enough interferon to treat one case was more than \$150,000.

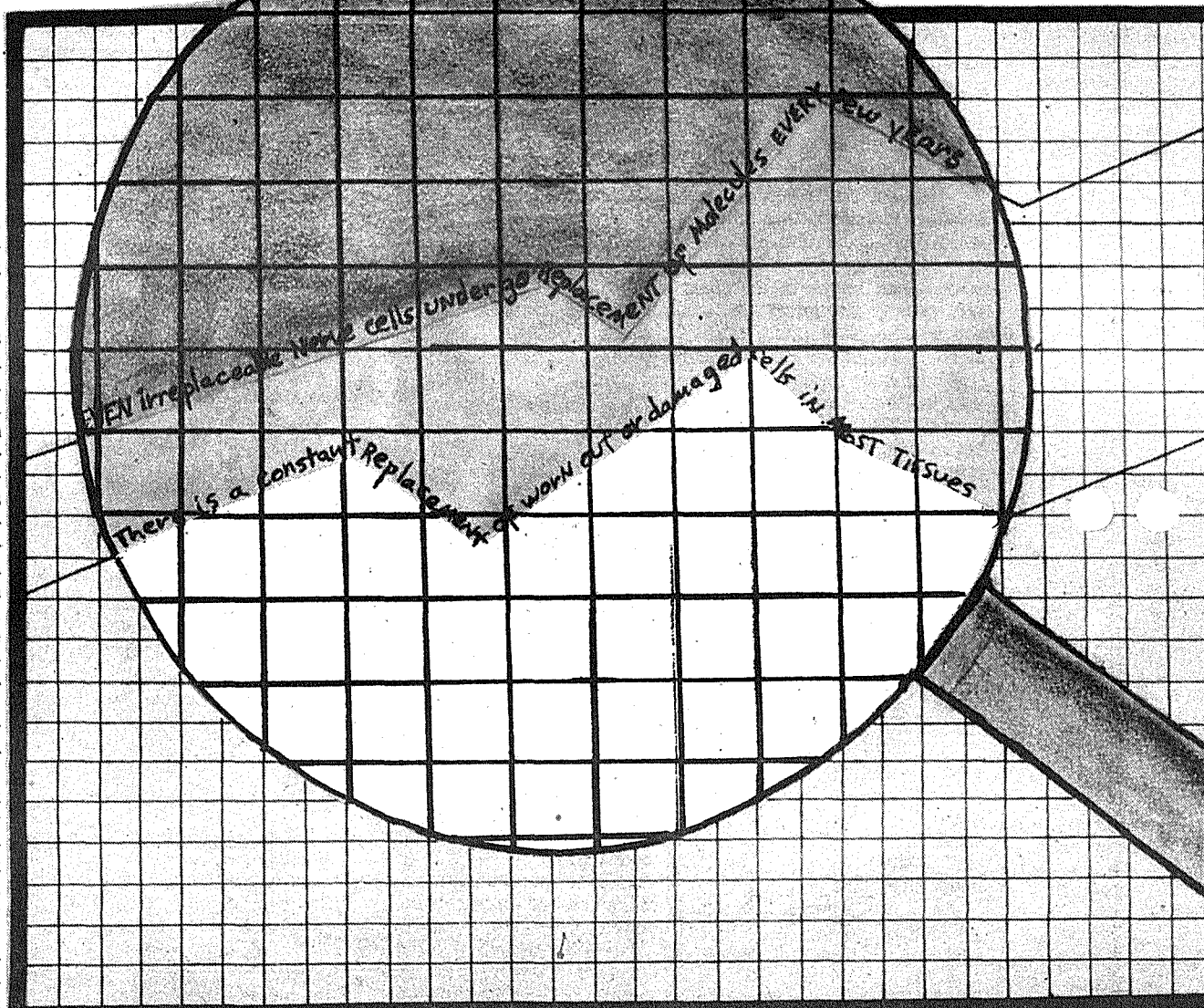
Then came the breakthrough. Using bio-engineering techniques developed by Stanley Cohen and Henry Boyer, human interferon gene was attached to the DNA ring of a bacterial cell and each little organism became a production center for interferon. Further efficiency of production was achieved by Dr. Ronald Hitzeman, a researcher at Genentech, a biotechnology firm located in California. Hitzeman grafted the human interferon gene to yeast DNA and now the treatment dose is no more expensive than a medical office appointment (8).

Let's turn and take a look now at how the body wages its personal war against cancer.

Our first and most important consideration is to have a healthy body with its cells, tissues, organs and system functioning at optimal efficiency. In most cases this can be achieved if we follow some simple health principles. We must get exercise on a regular basis. The body needs a minimum of six hours of sleep plus other short rest periods to replace reserves used up during a day's activity. Sunlight, fresh air, proper breathing, a balanced diet and a generous use of pure water are also essential for health. Adaptation to stress through trust and self-control will give emotional health and avoid the traps of drug use.

If we are willing to orient our life style toward a goal of optimal health, then our body defenses will have a fighting chance to ward off foreign invaders — be it bacteria, viruses, or even toxins. With this discipline we can also live out our genetic clock, avoiding most of the degenerative diseases such as heart attack, stroke, cancer or diabetes.

We are surrounded by an infinity of micro organisms, many of them friendly and harmless. Some, however are dangerous and life-threatening. Viruses are a particular menace. The reserve of viruses throughout the animal kingdom is beyond comprehension. Then we have fungi, mold, yeast and larger parasites. One specific wag estimates that the



The average person has about 100 trillion cells. These cells make up the tissues, organs and systems of the b

average adult person has more living creatures on his skin than planet earth has human inhabitants. This being the case, one can see the rational basis of personal hygiene and the reason surgeons scrub their hands for 15 minutes before an operation.

The body's first line of defense is the skin and the mucous membrane lining the respiratory, intestinal, and genito-urinary tracts. The respiratory and genital tubes have specialized cells with hair-like structures called cilia. The cilia wave back and forth propelling a layer of mucus which helps cleanse the tissues of the bronchial tubes and the vagina.

The second line of defense is the lymphatic system with its lymph channels and lymph nodes. Specialized white cells of various types attack invaders and keep them out of the blood stream. The third line of defense is the blood and what is called the immune system.

We know of three major forms

of defense that specialized cells in the immune system give us. The first is called antibody response. This response is produced by small white blood cells called lymphocytes. They are known as "B" cells. When a potential harmful substance is detected in the body, these cells produce antibody, a substance that attaches itself to the harmful material (antigen) making or rendering it harmless or at least slowing its progress.

The next immune response is produced by another small white cell natured in the thymus and called "T" cells. The thymus is a lymphatic gland in the upper chest located just under the thyroid gland and behind the breast bone. The function of "T" cells is to destroy offending cells or organisms on contact. This action is the most effective defense against cancer.

A third immune response is the natural killer cell (NK cell). This is a recent discovery and was first found in animals which have a natural resistance to tumor formation. The NK cell is different from the "B" and "T" cells. It is primarily stimulated by viral infection, possibly through the production of interferon (9).

Cancer occurs and develops by suppressing or depressing the immune system of the body. Vaccines build up the immune system through the activity of "B" cells in producing antibodies. So far no effective vaccine has been developed for cancer. We hope for such a breakthrough to occur in the not too distant future. However, it must wait the isolation and culture of cancer viruses. When this is done, specific vaccine will no doubt be developed for specific cancers.

In the meantime there are certain general measures that can be taken to enhance our resistance to cancer. We have epidemiological (population study) evidence pointing in that direction. We also have information about cellular physiology and chemistry that will help us in the quest. First, let us look at the evidence from epidemiology.

**Africans have very little cancer of the colon and rectum. I observed this personally during

four years I spent as director of ten mission hospitals in central and southern Africa. Dr. Dennis Burkitt, well-known British surgeon who has spent most of his professional life in Africa, ascribes this phenomenon to the native diet which is high in fiber, low meat, and low fat. Dr. Burkitt is an accurate scientific observer having first observed and described a cancer that bears his name (Burkitt lymphoma). That this is not a genetic or racial advantage is evidenced by the fact that the black American has a higher rate of colon cancer than the white American (10).

**Seventh-day Adventists in California have lower incidence of all types of cancer than do the rest of the population of California. This is especially true of lung cancer because they do not smoke. It is also true of breast, stomach, and colon cancer.

The dietary habits of Seventh-day Adventists have been carefully analyzed. Most are vegetarians. In spite of their use of eggs and dairy products (only about 10% are pure vegetarians) they consume less fat in their diet than the average person (11).

**Colon and breast cancer are low among Japanese. Stomach cancer is high. The migrant Japanese that move first to Hawaii and then to the Mainland U.S. show a reversal of this incidence. After two generations in the U.S. they have a high colon and breast cancer and a lower incidence of stomach cancer, — the same as other Americans. One might question the influence of environment on this shift; however food contamination is very similar in Japan and the U.S. The variable factor is the change in diet (12).

There exists a worldwide correlation between fat consumption and cancer of the bowel. There is also a correlation of colon cancer and low dietary fiber. It naturally follows that meat, especially beef, is also related to colon cancer. Meat has no fiber and between 50 and 80% of the food calories of meat come from fat. Countries that consume large quantities of meat such as the U.S., Scotland, and Canada have a high rate of colon cancer. Japan, Mexico, and many Af-

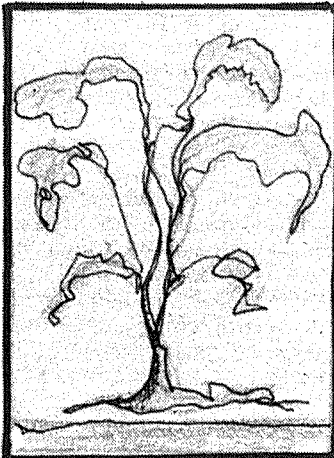
The Anti-Cancer Bush — Right in Your Kitchen

By Dr. Fred Riley, Ph.D

Parsley — you can grow it right in a sunny spot in your kitchen. A handy place to grab it and sprinkle it in soups and a multitude of other savory dishes. I speak of parsley not as a garnish, but as a food.

Obtain a container, preferably with some small holes in the bottom, put in about an inch of pebbles, then 4 to 5 inches of potting soil. Obtain at a nursery 3 or 4 clumps of parsley. Or simply plant the seed in the damp soil. Keep the soil damp but not too wet. Put in a sunny place and as the crop produces, harvest when needed. There is no need to buy parsley and then throw a lot away because it spoils in the refrigerator — just pick it fresh when needed. This way you have retained all of its vitamins and minerals in their maximum amounts.

Is parsley that important a food? Yes it is!



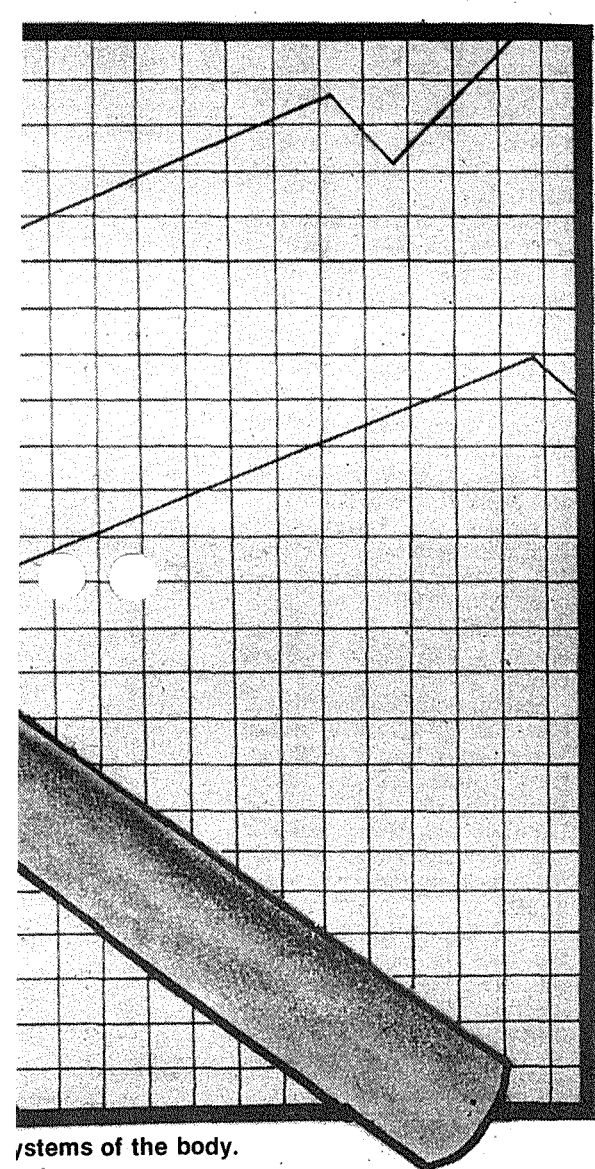
"When certain cancer causing agents (carcinogens) are added to cultures of prostate tissue from mice, their usual damage to the cells can be prevented by adding

vitamin A at the same time. The vitamin can even reverse the damage when it is added to the culture after the carcinogen has begun its destruction."

One cup of cooked spinach can supply over 14,000 units of vitamin A, but raw or cooked parsley can supply at least a thousand more units and there is no oxalic acid to adversely affect your urinary system. Parsley also contains twice as much calcium, more phosphorous, and one third more potassium than an equivalent amount of spinach.

After your plant is established feed it a solution of fish emulsion for plants. (I do not like fish but plants thrive on it.) Start an herb garden right in your kitchen and start with parsley; it may add years to your life.

¹The Complete Book of Vitamins, Rodale Press, p.147.
²Ibid, p.151.



/stems of the body.

rican countries which are low consumers of meat, have a low incidence of colon cancer.

A possible explanation for the relationship of colon cancer and heavy beef consumption may be found in the transit time of food in the intestinal tract. Normally transit time should be somewhat less than 30 hours. Fiber helps keep the transit time normal or below. Beef may increase the transit time in some cases up to 90 hours.

Bile, a product of the liver and an essential for the emulsification and digestion of fat, is increased in quantity when there is fat in the food eaten. In certain cases intestinal bacteria change bile constituents to estrogen-like substances which may be cancer producing. The longer these threatening chemicals stay in contact with the bowel wall, the greater the chance of cancer. That is why transit time is so important. Eat more fiber and less meat.

Now let's look at a few things we know happen within the cell. Recent discoveries help us understand how cancer develops and even what we can do about it. Further understanding may give us a key on how to get rid of cancer.

The cell is the basic structural and functioning unit of the body. Skin cells are similar in appearance. Each organ has its colony of similar cells all rendering a specialized service to the body. As mentioned before, there are a hundred trillion of them in your body. All normal cells with the exception of nerve cells, produce duplicate cells in an orderly fashion. This situation changes when a cancer initiator such as a virus invades the cell.

When this happens even nerve cells go wild and reproduce, invading other tissues like other cancers do.

Looking at a normal cell we find first of all a cell membrane. This membrane is a double layer of modified fat molecules and fat-like substances such as cholesterol. The cell membrane provides the outline of the outer limits of the cell and it also acts as a barrier keeping unwanted substances out.

When there is the proper mix of fat-like molecules in the cell membrane, the cell is flexible. Through intricate little locks called receptors it can pick out the materials it needs from the blood filtrate for the production of energy and the manufacture of whatever the body has assigned it to produce. Liver cells produce serum proteins and bile. Certain cells in the pancreas produce insulin. All of this is determined by the genes of the cell.

If the cell membrane has too many saturated fats, cholesterol, or trans fats it becomes rigid and its function is impaired. The receptors and channels leading into the cell do not function properly. Oxygen and glucose may have difficulty getting into the cell. Too much sodium (salt) gets into the cell. Cancer producing substances also find it easier to get into the cell. The natural cis isomers of fatty acids, as in plant products, produce flexible cell membranes. The proper fats are the keys that unlock the gates into the cell.

But before we identify what are good fat molecules and what are the ones that give us trouble, let's return to our diagram of the cell. In the center is the nucleus which contains six feet of DNA strands loaded with thousands of genes. This is the communication center of the cell and directs its normal activity.

The mitochondria are the cell factories. They are cigar-shaped structures also enclosed by a double-layered membrane. The cell product is made here. Here also the basic chemical reaction of burning body fuel (glucose) takes place. It is like the cylinder of a car with its fuel, oxygen, and spark producing energy and the exhaust of carbon dioxide and water. Remember what you learned in school chemistry: glucose plus oxygen yields carbon dioxide plus water plus energy.

On paper the formula seems simple, but in the cell it is much more sophisticated. There are 15 to 20 steps in the process, and certain specific enzymes, vitamins, and minerals must be present in the cell. Most important of all is oxygen. If there is insufficient oxygen instead of carbon dioxide, water and energy, the cell mitochondria produces lactic acid which interferes with the nucleus control center, including the computerized gene instructions. This is thought to be one of the mechanisms in the production of cancer.

Too much cholesterol, saturated fats, and trans-fats in the cell membrane keep oxygen availability down two ways. First, thickened walls of the red blood cells transporting oxygen from the lungs make release of this oxygen more difficult. Secondly, thickened walls of the recipient cells act as a barrier limiting the entrance of oxygen.

The fat found in the body comes from our diet, ingested as fat or sugar. Excess sugar is converted to saturated fat in the body. Too much fat and overloading the body with sugar can be a factor in the production of cancer.

Natural fat as found in cereals, grains, and nuts is unsaturated and comes with molecules having a U shape. This is called a Cis fat. These U-shaped molecules are the ideal ones for making healthy cell membranes and other vital control chemicals of the body such as prostoglandins, thromboxanes, and lymphokines.

Take the natural oil found in corn. This is Cis fat with U-shaped molecules. When oil is extracted from corn and processed, the fat still remains unsaturated, but the molecules may be twisted so that they are stretched out in a Z shape. This is called a trans fat. Trans-fats make poor cell membranes and interfere with the

chemistry of prostoglandins, thromboxanes, and lymphokines.

It takes about 15 ears of corn to make one tablespoonful of oil. Most refined oils contain between 1 and 19% trans-fats. Modern technology then comes along and hydrogenates or partially hydrogenates these oils. This increases the distortion of the molecules and makes even more trans-fats. Polyunsaturated margarine contains about one-third of its weight in trans-fats. Any fat labeled partially hydrogenated fat may have as much as 60% of the provoking trans-fats.

Another possible link between unsaturated fats and cancer is the problem of free radicals. When oil or processed unsaturated fats are stored for periods of time, they may become rancid. The chemical process involved is an atom of oxygen attaching itself where one of the double bonds of the unsaturated fat is located. When this occurs, one of the electrons is displaced; and the resulting free radical is unstable and may damage the cell control mechanism. Thus the reproduction of the cell is altered.

Free-radicals may be formed from oils in the tissue of the body when exposed to injury such as sunburn, chemical burns, or radiation injury. Some researchers even report free-radical formation from oil sunscreens used on the skin.

The prevention of free-radical formation in natural foods is made possible by anti-oxidants that are found frequently in nature. Wheat oil is protected by the anti-oxidant vitamin E. Other anti-oxidants are vitamin A, vitamin C. A trace mineral, Selenium, is found to prevent damage from free-radicals once they are formed in the body. Here again is underlined the importance of diet. A good diet can protect you from cancer. A poor diet can initiate processes in your body that set you up to be a victim of cancer. Whole grains and legumes are a good source of trace elements. These along with fruits furnish good calories with the cis-fats and natural antioxidants present.

"A good diet can protect you from cancer. A poor diet can initiate processes in your body that set you up to be a victim of cancer."

Smoked fish or smoke-cured meats predispose to cancer. This may be due to the formation of benzopyrenes, the carcinogen in tobacco smoke.

A charcoal-broiled steak is another hazard. The fat dripping down on the hot coals is transformed chemically and evaporates up into the meat saturating it with benzo(a)pyrene, the cancer promoter of tobacco. It is estimated that eating one pound of charcoal broiled steak is the cancer equivalent of smoking 300 cigarettes (13).

Moldy cheese and other spoiled food is dangerous to eat. Overripe or spoiled fruit contain dangerous aflatoxins that can produce cancer. Nitrites used in the preservation of meat have proven to be carcinogenic. An outbreak of cancer of the liver in Africa was traced to toxins in moldy peanuts.

Coffee use is one of the main drug problems in America. Every year Americans consume more than 2 million tons of coffee—50 million cups everyday, if you please. You may not have thought of it in this way, but the health consequences of coffee use may be greater than that of some of the hard drugs. One of the problems is caffeine which is a mind altering drug. Recently it has been found to be a factor in the development of cancer of the

pancreas (14). Even before this fact was uncovered, the industry has attempted to improve the product by de-caffeination. Unfortunately the chemical used in extracting caffeine in the most widely advertised brands is also a cancer producing agent. So how can you win?

Well there is a way of winning. Probably 80% of cancer can be prevented—perhaps more, by changing our eating habits. Reliable conservative studies show that this is so, even with our limited knowledge. Taking the cue from only one controllable factor, diet, it may be possible to prevent more than half the cancers in men (15). If we take into consideration some of the other factors we have just discussed, one can see that there is reason for optimism—if we are willing to pay the price of a change in life-style.

You can take the first step toward getting rid of cancer by taking control of your personal ecology. You can change much of our personal environment by deciding for good health habits that will increase your resistance to cancer initiators whether they be viruses or other agents still unknown. This can be done as follows: (1) Establish a regular exercise program based on known principles of aerobic exercise. Your doctor can design a tailor-made program especially for you, or you can read the classics on exercise by Cooper and others. (2) Get plenty of fresh air, free from smog, tobacco smoke and other contaminants. You may have to install air filters in your home or office. If you are a smoker, quit smoking. (3) Use water freely both internally and externally. You should be sure of a good water source. If water is contaminated with nitrites, lead, arsenic or other heavy metals, you should use deionized or distilled water for drinking. If you are in good health, drink 6-8 glasses per day, preferably between meals. Use the tonic effect of a hot and cold shower every day. (4) Get enough rest. If your work is stressful, take frequent breaks or a change of activity. Don't drink any coffee, tea, or

transition, you will enjoy food even more than if you were addicted to the refined foods of a gourmet restaurant. Your choice will pay dividends in the length and quality of life.

The first step of the cancer prevention diet is in the avoiding of excess nutrient and caloric consumption. Cut down on your calories and don't depend on the pharmacy for your vitamin supplies. Get a good book on nutrition and find what foods have the vitamins you need. If you are eating fresh whole grains, fresh fruits, and vegetables, along with a limited amount of seeds and nuts, you will not have to worry about insufficient nutrients. On this type of diet you will get plenty of protein without the use of flesh foods, eggs or fat-containing dairy products.

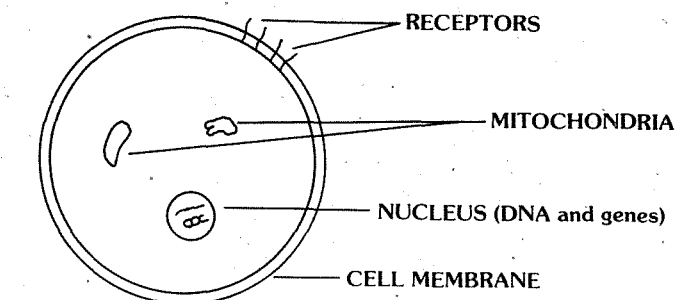
High fat and high protein diets are carcinogenic. If you must have some meat, limit it to small quantities of the white meat of chicken or white meat of fish that have scales. No lobster, oysters, or white meat of fish that have cheese or yogurt unless it be the non-fat type. If you like milk, use only non-fat milk, preferably after it has been boiled.

Bile acids and bile salts are made in the liver, concentrated in the gall bladder and emptied into the small bowel upon demand to digest fat in the food. An excess of bile in the intestine is thought to be related to bowel cancer (see above). Limiting the fat in the diet reduces the amount of bile produced and secreted into the intestine.

There are certain enzymes outside the body cells in tissue fluids that interfere with digestion of protein. These are called protease enzymes. By various means they may promote tumor formation and abnormal cell growth. Some of these substances may filter through all the way into the cells and interfere with gene activation. Certain seed foods such as sunflower seeds and beans are rich natural sources of protease enzyme inhibitors. This may explain in part the low incidence of cancer among vegetarian population (16).

The importance of antioxidants has already been mentioned. Some of these occur naturally in food and are important in cancer prevention. Vitamin E is found in whole grains, fresh vegetables, nuts, and seeds. Vitamin C is abundant in citrus fruit, strawberries, tomatoes, and dark green leafy vegetables. Vitamin A precursors are found in carrots, sweet potatoes, melons, squash, apricots, peaches, corn, bananas, pumpkin, and dark green leafy vegetables. Vitamin B1, involved in oxygen utilization of the cell, is found in whole grains, wheat germ, brewers yeast and green vegetables. Selenium destroys free radicals in the body and it is needed, yet only in minute quantities. The more vitamin E that is available, the less selenium is needed. This trace element is found in the soil and thus transmitted to natural foods. In areas deficient in selenium, it should be added to the soil, but not to human food because it is very toxic.

There are certain chemicals found in food which have no apparent nutritive value, but re-



cently some of these have been found to protect against cancer. Plants of the Cruciferae genus such as brussel sprouts, cabbage, broccoli, and cauliflower, contain chemicals called indoles which protect against breast cancer, stomach cancer, and other tumors (17).

Fiber is an important aspect of the cancer prevention diet. A fiber deficient diet is just as harmful as a protein or vitamin deficient diet, if not more so. If we could all eat whole grains, fruits, vegetables, and the legumes as grown in our gardens and orchards and not add oil, margarine, sugar, or syrup, we would never worry about adequate fiber. When even small amounts of refined foods are used, fiber such as wheat bran or alfalfa should be added. Most people could add a little cancer insurance to their portfolio if they took two teaspoons of unprocessed miller's bran at each meal. (7) Stress control is another life-style skill that can help prevent cancer. Stress affects the chemistry and function of every body system. Stress depresses the immune system and increases the susceptibility to

every type of disease, including cancer.

The answer to stress is what the Greeks call egkrateia—self-control. Self control involves discipline and will power, but it also involves personal awareness, self worth, and the establishment of realistic goals in life. It takes into consideration the value of life and the worth of our fellow humans. It reaches out in selfless service and respect for others, even those who may appear in an adversary position. Self control enables us to reach out in faith to a Divine Providence that gives meaning to the cosmos and to life. A loving God wants to give us self control if we will but ask Him for it. With that posture, stress can be conquered.

The life-style change that we have discussed is not an impossible dream, but it does involve a new start. It is almost like being born again and going through the discovery stage of childhood. If followed, it can lead to a mature and healthful life largely avoiding cancer and the epidemic of degenerative diseases we have all around us.

Getting rid of cancer, however,

involves more than a life-style change. To repeat, most people are not willing to pay the price. Getting rid of cancer involves the total mobilization of the healing arts with special emphasis on predictive and preventive medicine. We have the technology and diagnostic ability to screen masses of our population and can predict who is likely to develop cancer.

In the war against cancer, food technologists and the food industry must play key roles. Although sudden changes in production and marketing may not be feasible, education and the sharing of the information that

research has uncovered is bound to bring about a greater commitment to good health for the public.

Also involved is our continued support and commitment to organizations and institutions that are in the front line of the battle. The American Cancer Society, the Cancer Institute, our public health agencies, and the thousands of research and treatment centers throughout the land deserve our support.

Getting rid of cancer may involve a thousand mile journey, but as the Chinese sage said, "A long journey starts with one step."

FOOTNOTES

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NOTE: Oat Bran more effective in reducing cholesterol than wheat bran.

THE PARABLE OF THE AUTO MANUFACTURER

by Vernon Putz,
Physical Therapist

The Auto Manufacturer took great pride in producing the finest, most efficient automobiles. He went to great length to assure that his productions would last a long time. One method he used to achieve long serviceability was to give each owner a very extensive and all-inclusive Owner's Manual. Not only did it contain instructions in how to care for the car, but gave many references about those who in the past either took good care of their cars or who didn't and suffered the results.

The manufacturer used to achieve serviceability was to establish a "hot line" between the owner and the factory. The owners were given instructions to call the factory regularly for instructions and advice.

As time went on many owners became careless and rarely read the manual or called the factory. They figured they knew all they needed to know to keep their own cars running fine. As a result many problems began to develop and the junk dealer began to haul in the business.

The Manufacturer, seeing this problem, sent out factory representatives from time to time to instruct the owners to study their Manuals and service their cars carefully. At times the representatives were able to repair the worn-out and broken parts. All the while the junk dealer claimed that repairs were impossible and that the autos really weren't that good anyway. And so his business grew.

After seeing the devastating results of not caring for their cars, the Manufacturer decided to go out Himself and teach the owners how to care for their cars. As He went from town to town he explained the instructions in detail, became personally acquainted with the owners, and even repaired many autos. Some of the owners were grateful for this and began a new organization to promote turning back to the Owner's Manual.

For a time things seemed to improve, but then the junk dealer, in

order to increase his business, began to entice the owners to try new products in their cars — products that guaranteed better performance, but which ultimately caused the engines to wear out prematurely. Many even began to add smoke to the air intake "to keep it running smoother," they said.

Others put all kinds of chemicals in the gas tank — some chemicals to speed up the car and others to slow it down. Almost every one was putting in very poor gasoline. In fact, the gasoline dealers claimed it to be what the engine really needed. The gasoline was so bad that it clogged up the gas lines and corroded the exhaust system.

The Manufacturer gave repeated warning to read and follow the Manual, but no one seemed to care. And then another problem developed. The junk dealer hired a bunch of phoney mechanics who claimed to be able to repair the cars. The junk dealer would pull a few wires loose and then when the phoney mechanic arrived he would hook them up again and claim a "miracle cure."

All this brought a lot of excitement and everyone took their cars in for the "miracle cure." The problem was that no one gave any more heed to the Owner's Manual and said, "Our mechanics can always fix it so why bother with the instructions."

Instead of trying to repair all the cars, the Manufacturer decided to promote a preventative program and to encourage the owners to follow the Owner's Manual. He sent out numerous representatives to show the true facts and statistics. Some people listened and some did not.

As time has passed many have refused to listen to the Manufacturer's warnings and have suffered the results. A few have followed the Owner's Manual and have depended on the manufacturer.

Soon the Manufacturer intends to stop by and pick up those cars whose owners have believed the Manufacturer and have followed the Owner's Manual. They will be His classics to keep forever.

