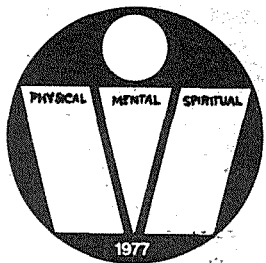


Our New Information Service Number is:

1-800-525-9191



Weimar

Bulletin



Address Correction Requested

Vol. 9 No. 5

Weimar Institute

Box 486 Weimar, CA 95736 July-August 1985

Meet Weimar's New President

"This is something I've wanted to do for a long time." Dick Winn, president of the Weimar Institute, refers to an upcoming two-year leave of absence to do graduate study. (See: I'm Not Saying "Goodbye", p.6) "It's a chance to refill the well", said Dick, who feels he needs a change after almost eight continuous years of pouring himself into the programs of the Institute.

One of Dick's greatest concerns was finding a replacement who could nurture the many growing programs, help establish new directions for growth, and provide continuity in dynamic leadership for the organization, while still remaining sensitive to the uniqueness of Weimar Institute's ministry.

Such a man is Dr. Herbert Douglass, currently a Vice-President of Pacific Press Publishing Association, and a long

time member of the Weimar Institute board of directors. His strong history of denominational service, solid educational background, and spirit of commitment are just the tools needed to help shape the future of a growing institution.

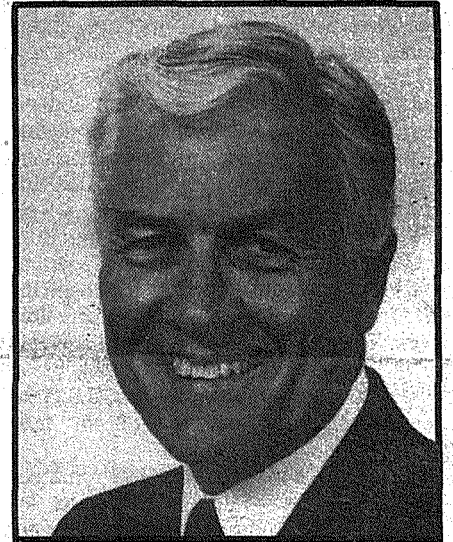
Dr. Douglass attended Atlantic Union College, later going on to graduate magna cum laude from Andrews University with a B.D. and an M.A. He also received a doctorate degree in theology from Pacific School of Religion in 1964.

A dedicated commitment to service is evident in Dr. Douglass' life. He began his career as a pastor in Illinois, later moving to California as a faculty member of Pacific Union College, a position he held through most of the 1950's. This was followed by several years serving Atlantic Union College as Chairman of the Religion

department, and later as Dean of the College. In 1967, he became President of the College, where he served until joining the Review and Herald as Associate Editor in 1970. Eight years later, he joined Pacific Press Publishing Association as Editor In Chief, and is currently the Vice President in charge of English Editorial.

Dr. Douglass is the author of many books, including, "Why Jesus Waits", and "How to Survive the 80s" (with Lew Walton). He has served on the Board of Trans-World Foundation, Life Ministries, and more recently on the board of Weimar Institute.

We look forward with eager anticipation to his arrival, and pray that God will guide him as he takes up his new responsibilities.



Second Mortgage Goes Up In Flames

By Bill Morelan
 Director of Public Relations



A clear, sunny morning in the Sierra foothills...a puff of smoke wafts on the breeze...a large crowd of excited people

gather. Another California brush fire? No, this time it's something much more moving to those standing by. The burning

of a simple sheet of paper, but a paper that represents years of struggling and sacrifice.

Back in June of 1977, a group of visionary pioneers took out two mortgages to purchase the property now known as Weimar Institute. The second mortgage amounted to just over five hundred forty thousand dollars. With interest, the payments were over nine thousand dollars per month.

Through a series of miracles, those first few payments were made, and then slowly, ever so slowly, the infant Institute began to try to meet this monthly obligation from its operating funds. Month by month, with solid, sensible business practice, and additional small miracles, this debt has been slowly shrinking. Fund-raising drives and individual donations have brought in close to one hundred and seventy-five thousand dollars, part of which went to reduce this second mortgage (the remainder going toward the first mortgage).

"The second mortgage is finally paid! No more nine thousand dollar payments!" Word spread like the flames of a brush fire on a recent July morning, and plans began

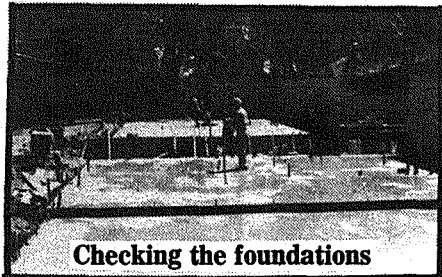
to take shape for a "mortgage burning" ceremony. Soon a group of dedicated Weimar Staff members, a handful of NEWSTART patients, and a few interested friends stood in the flagpole circle beneath the blue California sky and watched as Dr. Vernon Foster (representing the board of directors) and President Dick Winn (representing the staff) touched a match to a simple piece of paper that represented so much. And ascending with the smoke were prayers of thankfulness that yet another milestone had been passed in the growth of Weimar Institute.

As always in the Lord's work, there are
 (Continued on Page 2)

FEATURES

- Mission Builders At Weimar - p.2
- B12 & Total Vegetarians - p. 4
- Work Bee Special Coming - p. 7
- A Unique Experience - p. 8

Mission Church Builders Raise New Dorm



Checking the foundations

The Mission Church Builders*, led by Project Director, Gary Rusk of Napa, CA and Construction Superintendent, Dick Cornwell of Fresno, Ca., began arriving in their R.V.'s on July 17. By Monday, the 21st over 58 men and women volunteers began work finishing construction yet needed on the academy girl's dorm. (They did not begin immediately on the boy's dorm because of last minute delays encountered with the county building department.)

But soon the work commenced at the boy's dorm site. And out of Weimar's red dust began to rise plates, studs, walls, joists, trusses, sheeting at a steady constant pace. Day after day they poured themselves into the project with the help of as many Institute staff and students as could be released from other responsibilities. God gave a wonderful willingness, enthusiasm and perseverance to the builders.

The building totals nearly 11,000 square feet, has a full daylight basement under a dean's family apartment and two dormitory wings. Finishing of the dorm continues under the able direction of Institute contractor, Rob Sink.

Weimar Institute and especially academy boys of many future years will be continually grateful to God for inspiring the formation of such a group of volunteers. They have been His hands and feet behind the tools to do another herculean task in an impossibly brief time. (Look for final details and pictures in our next issue.)

* (Mission Church Builders is a volunteer construction association made up of everyday people — many retired, many not — who want to help exciting ventures for God happen. Working within the Pacific Union Conference, they travel all over the states of California, Nevada, Utah, Arizona and Hawaii, giving free skilled labor to construction projects needed by church groups, schools and institutions. They are sponsored by A.S.I. (Adventist Services and Industries) with funds, tools and equipment.

Begun in 1980 they are 350 strong now and have saved organizations over 5 million dollars in labor costs the last five years.

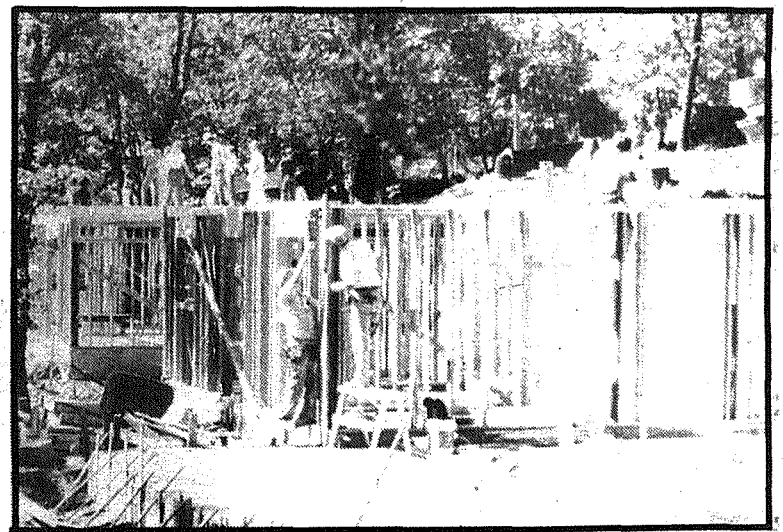
If you would like more information about this incredible volunteer program and how to join it send your request to: Mission Church Builders, c/o Jim Cunningham, 2686 Townsgate Road, Westlake Village, CA 91361.)

Mortgage/Flames

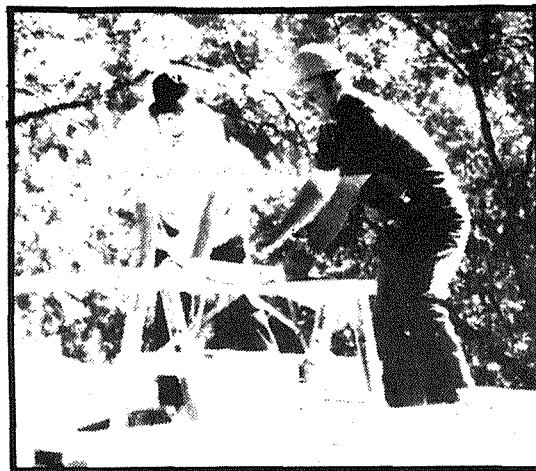
(Continued from Page 1) new challenges waiting just around the corner. There's an obligation of approximately three hundred sixty thousand dollars left on the first mortgage, and the payments, as you might imagine, are sizeable. But the Lord has blessed abundantly in the liquidation of the second mortgage and we have faith that He will continue to bless by leading in the dedicated efforts of our business staff, and by continuing to touch the hearts of generous donors. And we look forward in eager anticipation to the day when we can all rejoice together in a "debt free" Weimar Institute.



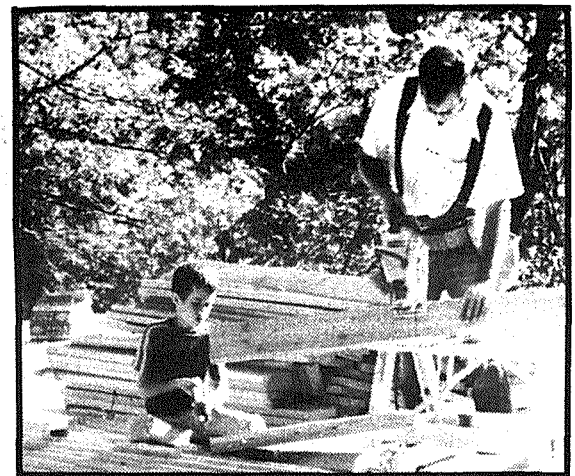
Blockwork in progress



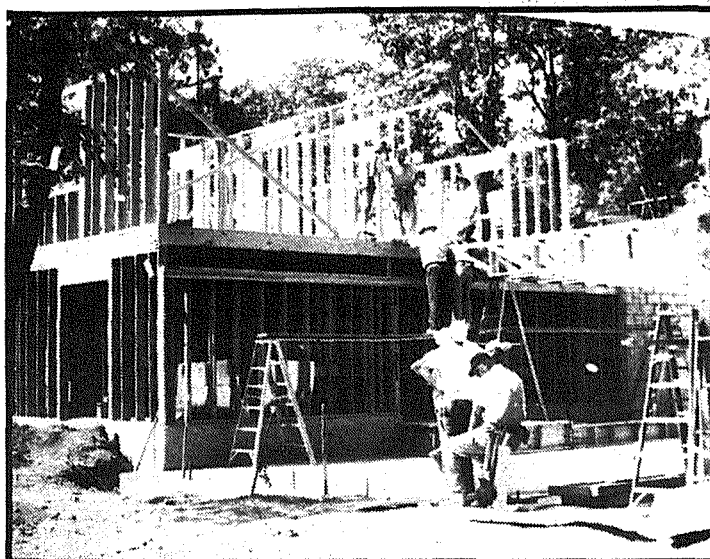
Studding going up



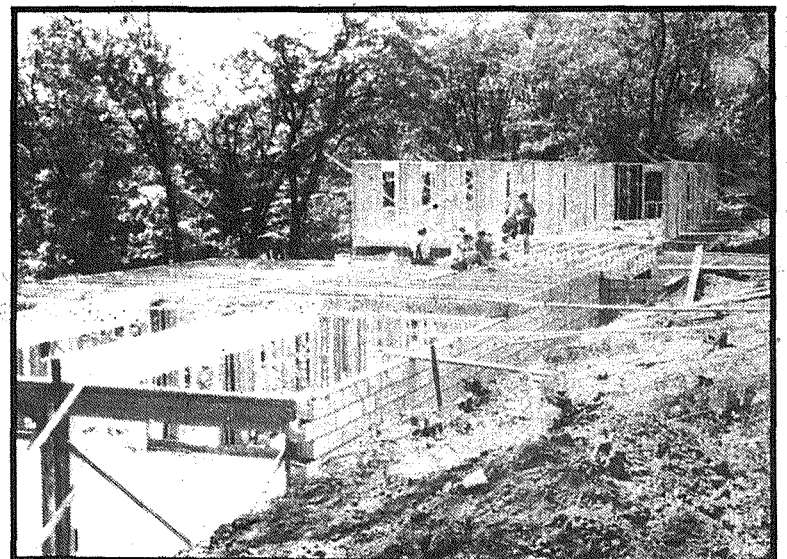
Cleo Rusch and Dick Cornwell consult the plans



Rob Sink and son, Joshua, at work



Starting the second story



Placing, nailing in trusses

Weimar Staff at General Conference

Weimar Institute was well represented at the recent world session of the Seventh-day Adventist church held in New Orleans, Louisiana. Dick Winn, the Institute's president, headed a delegation which included Paul Hawks, dean of Weimar College; Robert Hancock, director of spiritual ministries; Janet Hancock, a member of the medical staff; and Vernon Foster, M.D., member of the board and the director of development, and his wife Betty.

The Institute's purposes in sending this delegation were to broaden the church's acquaintance with Weimar Institute and its various ministries, to get a clearer un-

derstanding of the church's current emphases in ministry and to discover how Weimar Institute might meet some of the church's needs more effectively. The Weimar representatives were not official church delegates to the conference. A number of valuable contacts were made, including conversations with some of the church's key people in health and education.

Also attending the conference from Weimar were Lester and Liesel McSherry, Fred and Hazel Riley and the Hancock's son and daughter, Denise and Bob. As college and academy students, Denise and

Bob were given privileges of "youth observers," sitting on the main floor of the convention with the regular delegates, receiving all the official agenda materials and meeting with some of the leaders of the church, including General Conference President, Neal Wilson.

Those from Weimar who attended the church's world session felt that the trip was worthwhile. Each came from those meetings with a better understanding of the complexity of this world-wide church, and a renewed commitment to help the Seventh-day Adventist church fulfill its God-given mission to the world.

God Led Me Here

By Maude Puente,
NEWSTART guest April 28-May 23,
as told to Barry Kimbrough

I have always considered myself and my six children to be very healthy. But ten years ago my doctor discovered that I have a mitral heart valve problem. I promptly had an operation. It took me a year to begin feeling human again, but I rallied. A year ago, however, the same heart condition acted up again. My physician said I would need an artificial valve put in my heart. I was not comfortable with this option since an additional three or four operations would have been required. I did not want this unless it was absolutely necessary.

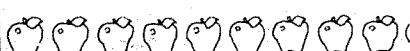
When I began to slow down my daily pace I felt much better. Spending much time in prayer helped also.


A miracle then took place. A total stranger dropped into my life who had had the same heart condition I did. She had been through NEWSTART six years ago, and she related how through this lifestyle she was able to bypass having artificial heart valve surgery. After hearing her experience, I decided NEWSTART was for me. Even if the lifestyle change could not prevent my need for the artificial mitral valve I would be in better shape for the operation by going through the program.

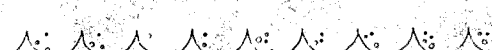
Before coming to NEWSTART I also learned that I have hypertension and am nearly a diabetic in need of insulin. My physical activity had come to almost a screeching halt. If I moved around too much I would become extremely exhausted and debilitated. But after being here for only two weeks I am convinced the program is effective. All my systems are running more smoothly. My blood pressure is down. I have already discontinued


KEYS TO HEALTH


God's Eight Natural Remedies


NUTRITION 


EXERCISE 

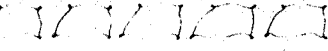
WATER 

SUNSHINE 

TEMPERANCE 

AIR 

REST 

TRUST IN GOD 

Acronym by Bill Dawson Design by Terry Zeyen

Reference: E. G. White. *The Ministry of Healing*, p. 127
(Pacific Press Publishing Association, Boise, Id. 1905)

Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative, there is one elementary truth, the ignorance of which kills countless ideas and endless plans:

That the moment one definitely commits one self, the Providence moves too.

All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would come his way.

Whatever you can do or dream you can, begin it. Boldness has genius, power, and magic in it.

Goethe

Physician's Observations

By Milton Crane, M.D.
NEWSTART Medical Director

Maude Puente obtained substantial improvement in her health during her 25-day stay here. Her cholesterol declined 18% from 238 mg%. Her triglycerides dropped 38% from 243 mg%. Her fasting blood sugar dropped from 170 mg% to 110 mg% or below without insulin or medication. All of this after three weeks on the program.

She entered the program on four pills a day for hypertension with a blood pressure of 170/96. In the third week, her blood pressure was running 120/80 to 146/88 on one

tablet per day. When she entered the program, she was able to walk only three minutes on the treadmill at our very lowest rate of 3.2 METS before reaching her maximum test pulse rate of 140/minute. On recheck three weeks later, she could walk nine minutes of the modified Bruce protocol and completed STAGE I (7.3 METS).

She may need to have her mitral valve replaced. Time will tell; but she is in much better general condition. Before she entered the program her intraocular (eye) pressure was 22 (near glaucoma level) in both eyes. After three weeks, it had dropped to 18 in both eyes.

using some medications, and walking is becoming much easier. I am gaining a great deal of knowledge about nutrition, and am convinced that the diet is doing the greatest amount of good. I am positive that I will be in better shape because of all this.

Regarding continuing this lifestyle at home, I will be cooking for my husband and son, so snack foods will be readily available; but I am going to resist reaching for a food that I am not supposed to eat.

I really feel God led me here.

1985 NEWSTART Program Dates and Details

NEWSTART Schedule

Aug. 4-Aug. 29
Sep. 8-Oct. 3
Oct. 6-Oct. 31
Nov. 3-Nov. 28
Dec. 1-Dec. 19 19-Day
Jan. 5-Jan. 30
Feb. 2-Feb. 27
Mar. 2-Mar. 20 19-Day
Mar. 30-Apr. 24
Apr. 27-May 22
May 25-Jun. 19
Jun. 22-Jun. 27 ALUMNI WEEK
Jun. 29-Jul. 10 12-Day

Sessions include:

Physician's examination & consultation
Full blood work
EKG and stress testing
Hydrotherapy treatments
Lectures, demonstrations, cooking classes

NEWSTART Costs

Full patient \$3,500
Spouse patient \$2,650
Spouse companion \$1,200

Reduced rate for short sessions.

We encourage the spouse to attend so he/she can help the patient continue the program at home.

Approximately 20%-30% of total cost can be covered by insurance if your policy pays for "outpatient costs."

We are covered under medicare B.

Reserve a place for me in the _____ dates _____ program.

My need is in this area:

- health education and disease prevention
- heart disease
- high cholesterol or triglycerides
- hypertension
- diabetes
- cerebrovascular disease
- Please call me, I need more information.

My age _____

- cancer
- kidney disease
- arthritis
- allergies
- obesity
- other

Best time to Call: _____

Name _____ Phone (____) _____
Street _____ area _____
City _____ State _____ Zip _____

Mail this today!

The Medical Director
WEIMAR INSTITUTE
P.O. Box 486
Weimar CA 95736
Ph. (916) 637-4111 Ext. 401

Solving The B12 Problem

by Milton G. Crane, M.D.

Weimar Institute Director of Medical Services, formerly Research Professor of Medicine, Loma Linda University.

It is a good thing for several health reasons to stop using all animal products in the diet, but such a change may cause a problem that many have failed or refused to recognize. There is one vitamin which is critically essential for health and function, a chemical that our bodies cannot make and that is not reliably present in adequate amounts in plants. Vitamin B12 is found in dairy products, eggs, and animal flesh, but only occasionally in vegetable products. Actually, neither the cows, chickens, nor other animals can make B12! Nor is it in the food that they eat!

Without vitamin B12, red blood cells (RBC) and white blood cells (WBC) are not properly formed, and the nerve tissue — the brain and spinal cord — is damaged so that it cannot work properly.

Where does B12 come from? How does it get into milk, eggs, and meat so plentifully? Friendly bacteria are the answer. These bacteria are present in large quantities in the stomachs of cud-chewing animals like cows and in the intestines of all mammals and birds. Although bacteria in the intestines of human beings form plenty of B12, it cannot be readily absorbed because it has to be combined with **Intrinsic Factor**, a body chemical made by special cells in the walls of our stomachs. Once the B12 is combined with intrinsic factor in the stomach, it can then be guided across the wall of the small intestines and into the blood. This happens mainly in the last eight feet or so of the small bowel. Once it is inside the blood vessels it can be used by the body cells, and the excess stored in the liver.

Although bacteria in the bowel form plenty of B12, this source is not available to us since it is made beyond the stomach where the intrinsic factor is made. People who do not ingest adequate B12 in their food as well as those who have lost their ability to make intrinsic factor may have severe anemia and a problem with their nervous system. Those who cannot make intrinsic factor have "pernicious anemia" and must take their B12 by injection.

In any event, whether the diet lacks B12 or the person cannot make intrinsic factor, the person does not absorb enough B12. They gradually use up the vitamin stored in the body until the blood level is too low to supply body needs.

What Does B12 Do In The Body?

Every cell in our bodies needs vitamin B12 to make nucleic acids, such as RNA and DNA. These are protein strands, present in the cells, that determine our heredity and what work the cells will do. Together RNA and DNA enable cells to multiply, and they direct the work of the cells. Without adequate B12 then, the cells cannot multiply properly, nor work effectively. B12 deficiency shows up first in places like the cells of the bone marrow which ordinarily multiply rapidly. In B12 deficiency the marrow makes fewer red and white blood cells, and those that are made are larger and less mature than normal.

Vitamin B12 is also involved in the body's use of protein.^{1,2,3} Animals fed a low protein diet do not require as much B12 as do those on a high protein diet. On the other hand, a low-fat diet requires more B12 than ordinary to prevent retardation of growth.³

Folacin, another B vitamin, may partially substitute for B12 in the bone marrow, but it cannot substitute for B12 in the formation of nerve sheath, which preserves nerve function. This becomes important in total vegetarians (vegans), those who eat no animal products, because they may get plenty of folacin for bone marrow function from their green leafy vegetables, live yeast, legumes, citrus fruit, and whole wheat products, but not B12. This adequate level of folacin would prevent or delay the development of the anemia of B12 deficiency, but it would not prevent the nerve damage which may become serious and may be permanent. (see Symptoms and Signs Section).

The evidence for a vitamin B12 deficiency is slow to develop because of the large liver storage of the vitamin and the varying dietary intake. It is estimated that about 3000 micrograms (mcg) are stored in an adult, and about 30-50 mcg. are stored in an infant or child.⁴ Persons who completely give up animal products may go three to ten years before they need to seek medical advice for symptoms of a deficiency.

Vegans With Adequate B12 Levels

But in spite of the B12 deficient people that we have mentioned above, many, in fact most, vegans have normal B12 levels. Why? Nutritionists and other scientists are trying to answer this. Some have suggested that vegans may absorb enough B12 from what is produced by bacteria in their intestinal tracts without intrinsic factor from their stomachs.^{21,22} If this is the case, what effect does modern antibiotic therapy, which destroys the normal bacteria in the bowel for a while, have on this B12 source? Some have suggested that if conditions are such that a very large amount of B12 is being formed by bacteria in vegans, it may be absorbed without the need for intrinsic factor.²¹ Others suggest that vegetarians may have a "coenzyme-B12" which can serve as an intrinsic factor and guide the vitamin B12 through the wall of the intestines.^{22,23}

Some water supplies may be a source of B12. However, so many people are becoming concerned about pollutants in the water that routine filter systems are being installed. Filters would remove this source of B12. We must recognize that vitamin B12 is not consistently present in our plants because of irrigation, fertilization, and insecticide practices of growers.

Symptoms and Signs of B12 Lack

Vegans usually have no clinical symptoms or objective signs of a low serum B12 level. The evidence is quite conclusive that the patients who develop bone marrow and neurological changes from B12 deficiency come from the group who have prolonged serum levels of B12 below 150ng/L. It would be very wise to have a serum B12 level determined if you are avoiding all animal products in the diet.

Early manifestations of B12 deficiency are excessive fatigue, indigestion, loss of appetite, nausea, and absence of menstruation in a woman. A striking change in behavior, along with nervousness, numbness and tingling of the hands and feet may develop. Rarely, mild depression, or even a persecution complex may occur. The spinal cord (dorsal column) begins to be involved so that one cannot sense vibration or tell where his toes or fingers are without looking. As a consequence, he staggers. Unless it is corrected, the condition will progress to stiffness of arms and legs and overactive reflexes.

Some people develop a fever of unknown origin. If anemia should be treated with folic acid alone, the neurological problems may actually get worse.²⁴ Neurological damage may require weeks and months for recovery if they recover at all.

Factors that contribute to B12 Deficiency

We should be alert for conditions or factors that may bring out obvious vitamin B12 deficiency in persons on a total vegetarian diet. A complete list is not possible, but the following ones should be remembered:⁷

1. Insufficient intrinsic factor from the stomach in pernicious anemia, gastritis, or partial removal of the stomach by surgery.

2. Defective absorption of specific nutrients from the small intestines, due to one or more of several factors — inadequate amounts of certain digestive enzymes, the presence of alcohol or poisons, worms, or inadequate intestinal absorptive area, particularly in the last six feet of the small intestines.

3. Inadequate B12 in the diet because of food selection and possibly from excessive washing or cooking of the food or discarding the cooking fluid.

4. Inadequate amounts of a protein in the blood which binds B12 such as occurs in certain liver or kidney diseases.

5. Tobacco smoking.

6. A deficiency of vitamin B6 or of iron.

7. Certain diseases such as an overactive or underactive thyroid gland.

8. The use of certain drugs such as oral contraceptives and antibiotics, particularly neomycin.

Some scientists believe that the rarity of B12 deficiency among people of less developed nations may result from their habits and life styles that promote bacterial growth in food, on cooking and eating utensils, and in the mouth. In civilized nations we may be so fastidious in our cleansing activities that we also avoid the good things that germs make such as B12. With our frequent brushing of teeth, thorough sterilization of eating utensils, marketing of well-washed produce, avoidance of spoiled food, and the routine refrigeration of much of our food, we face a situation which contributes to a decline in the availability of B12 in our food. Cleanliness is

something that we would not desire to give up if, indeed, these factors are involved. Therefore, we must plan to get the vitamin B12 in other ways.

How Much B12 Do We Need?

This vitamin is extremely potent. Just one microgram, a millionth of a gram, per day is enough, when given by injection, to relieve the symptoms of pernicious anemia! A gram is about one fourth of a teaspoonful of water. Several scientists have found that one mcg. per day by mouth caused a prompt response in anemic vegan patients.^{5,6,7} Even monkeys develop a dietary deficiency after seven to twelve months on a low B12 diet.⁸ Mor in another research study⁹ developed nerve problems (neurological lesions resembling subacute combined degeneration of the spinal cord) after fourteen months of B12 restriction, with low blood levels.

Studies on Vegans

Actually, for the last thirty years, articles about B12 deficiency in vegans have been appearing in medical journals.¹⁰ From these we learn that there are several facts that are quite well established. (1) Low serum B12 levels occur too commonly in vegans. Occasionally a lacto-ovo-vegetarian, a person who uses dairy products and eggs but no meat, may also have a low serum B12 level.¹¹ (2) Some, but not all, of those with a low serum B12 (below 150 nanograms per liter) may have large immature RBC which disappear with orally given or injected B12. An occasional vegan patient may also develop additional indications of B12 deficiency which is corrected by the vitamin. Lacto-ovo-vegetarians are less likely to develop these indications of a lack. (3) It requires three to ten years for the development of the RBC changes in people with low B12 and up to twenty years for the development of the more serious digestive and nervous system evidences of B12 deficiency. (4) there are some special situations in which a vegan or a lacto-ovo-vegetarian is more likely to develop the serious signs of vitamin deficiency. These include pregnancy, chronic loss of blood, defective absorption of nutrients by the intestines, use of certain drugs, smoking, concomitant deficiency of Vitamin B6 or iron, and an overactive as well as an underactive thyroid gland.

(Continued on Page 6)

A FAVORITE RECIPE



PEACH-BARLEY CASSEROLE

2C rolled barley
2C sliced peaches, fresh
or canned
1/2C raisins
1/4C coconut
1/4C chopped nuts
1T vanilla
1t salt
1/8t coriander
1 pinch cardamom
4C water

COMBINE all ingredients in 2 qt. casserole dish, arranging the peaches nicely on top. BAKE uncovered at 350 degrees for 1 hour.

SERVES 6.

NOTE: The barley is interchangeable with rolled oats.

Consider a New Beginning For Your Life — One Week at a Time —

Did you know Weimar Institute presents its NEWSTART lifestyle program also on a one-day-a-week-schedule for super busy people?

Every Tuesday, from 8:00 a.m. until 4 p.m., people within easy driving distance attend the NEWSTART **OUTPATIENT LIFESTYLE CLINIC** on the campus of Weimar Institute. This innovative approach to lifestyle medicine has several attractive features:

1) The clinic spreads the NEWSTART plan out over eight consecutive Tuesdays. This is a good alternative for people who cannot afford to be away for a 25-day session.

2) After each session, the enrollees leave to put into immediate practice the techniques learned "right where the battle is." There is less "culture shock" and the effective transition is more gradual.

3) The physical results compare well with those received in the 25-day live-in program. Triglycerides and cholesterols are brought down into the normal range. Blood sugar and blood pressure drop into a safe range. The need for medications is reduced if not eliminated. Body weight is controlled.

4) A high spirit of camaraderie develops in the group going through the program. This gives the warm emotional support which is so crucial during the time of lifestyle reorganization.

If you are an alumnus of the NEWSTART OUTPATIENT or INPATIENT program, you are welcome to attend a Tuesday session, take in the physicians' lectures, and have a noon meal with us. The cost is small: only \$15 per person per session. Please call (916) 637-4111. (ext. 265) for arrangements. This is a good way to refresh your understanding and peak your memory of the lectures. Our next Newstart Outpatient Lifestyle Clinic begins on Tuesday, August 27. Plan now to attend.

New Video Series Available

Eight Pictures of God

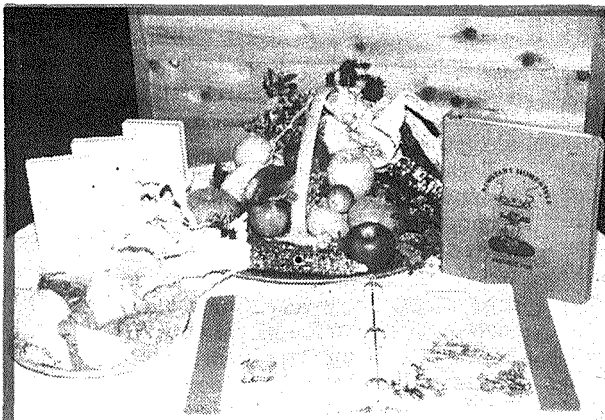
A new series of video cassettes, "Eight Pictures of God", is being released in conjunction with the popular "NEWSTART Homestyle" lessons. This series of thoughtful conversations about God features Elder Dick Winn, and presents 30-minute "portraits" from Scripture of our loving heavenly Father.

As with the other "NEWSTART Homestyle" lessons, these are designed to be shared in a casual home setting. Four presentations are recorded on each of two VHS cassettes, and come complete with thought-provoking booklets for taking notes and guiding a discussion.

The "NEWSTART Homestyle" series begins with four nutrition classes — complete with recipes, lesson materials, and necessary food supplies. To date more than 130 of these sets are being used by homemakers across North America to introduce the principles of tasty, wholesome nutrition to their very receptive neighbors. This series is then followed by eight video programs, presented by Weimar's NEWSTART physicians, on each of eight natural therapies which people can easily incorporate into their own lives.

The eighth, the super-natural therapy, "trust in divine power", is a natural bridge leading into the Pictures of God series. People who have learned to trust the practical wisdom presented in the health presentations will find it easier to establish trust in the God who has authored this wisdom.

The Eight Pictures of God series, which will include participant lessons in notebook form, is selling at a special introductory price of \$149 until December 31. More information can be obtained by writing NEWSTART Homestyle, Box 486, Weimar, CA 95736, or by telephoning 1-800-525-9191.



NEWSTART HOMESTYLE

The Easy Answer To Better Health Education For Homes or Seminars

KIT CONTENTS

- * Half-hour VHS video lectures by NEWSTART physicians
- * Ten personal control books in 3-ring hardback binders
- * Lesson Dividers
- * Instructor's Manual
- * Well-illustrated handouts
- * Printed recipes on card stock

It's EFFECTIVE!

"People have really learned and become excited about the principles of healthful diet and lifestyle changes. They leave the classes more excited about healthful living than when they began." — Len Tatom, Eugene, OR

It's SIMPLE!

"Today I began my first NEWSTART HOMESTYLE PROGRAM with 7 ladies in a friend's home and want to say how much I enjoyed sharing it with them." — Mary Grieve, Australia.

ORDER FORM

Yes, Please send the following:

BASIC KIT I, Cooking School (Lessons 1 through 4).....	\$160 \$
...KIT I REFILL, 10 personal control books.....	80 \$
BASIC KIT II, Eight Natural Remedies (Lessons 5 through 12).....	275 \$
...KIT II REFILL, 10 personal control books.....	120 \$
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Weimar Bulletin

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, 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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Solving B12

(Continued from Page 4)

We must not overlook the fact that it is in the vegan group that not infrequently patients are seen who have well advanced symptoms and objective evidence of dietary B12 deficiency.¹² Campbell and associates report that ten Rastafarian* men¹³ had been total vegetarians for from two to twenty years before they sought medical care for digestive and nervous system problems typical of B12 deficiency. While they did respond to B12 therapy, their nerve deficits were so pronounced that they persisted even after months of treatment.

A patient who had been a lacto-ovo-vegetarian, using milk and eggs, for forty years stopped using the milk and eggs in order to help relieve his angina heart pain. After four years on the more restricted diet, he developed macrocytosis (large, immature red cells) with mild anemia which responded to oral B12.¹⁴

B12 deficiency in pregnancy is important. Three hundred twenty-two Indian vegans were investigated during their pregnancy.⁴ Thirty-five percent showed B12 levels below normal, but only one had obvious megaloblastic anemia. Another study¹⁵ involving blood and bone marrow levels of B12 and folate, indicated that it is quite likely that persons with low B12 levels have lost enough stored B12 to cause the bone marrow to put out abnormal red cells into the circulation, but not enough to produce a detectable anemia.

The health of infants from vegan mothers should be a concern. Even though the mother may not have evident signs of B12 deficiency, her child may not receive adequate stores of the vitamin from the mother. Such infants may develop the vitamin deficiency syndrome called "maringo-encephalic syndrome" if they are breast fed.¹⁶ Babies with this syndrome have apathy, developmental regression, writhing movements, especially of the hands, lethargy, severe anemia, and excessive darkening of the skin.¹⁷ Fortunately, this syndrome does not occur frequently, probably because the placenta preferentially transfers B12 from the mother to the baby when the vitamin is in short supply.¹⁸

Some investigators from India^{19,20} have reported that their "vegetarian" patients were "clinically healthy," but essentially all of them were taking small amounts of milk (50-100 ml) daily. This would provide very minimal amounts of B12, probably enough to prevent clinical detection of a deficiency state.¹⁰

There are three groups of reliable vegetarian food sources of B12. These are the fermented soybean products such as tempeh, natto, and miso; the single celled microorganism such as the algae spirulina, chlorella, and scenedesmus; and the seaweed vegetables such as kombu and wakame. A typical serving of any of these would give from two to fourteen times as much B12 as a typical serving of milk or cottage cheese. Three ounces of tempeh would give three times as much B12 as a cup of milk. Natto and miso have about one-tenth as much B12 per gram as does tempeh. The disadvantage of these foods is the possible presence of by-products of mold growth which is undesirable in patients with allergies. In rare instances there may be the presence of aflatoxin, a cancer-causing chemical, from bacteria that are sometimes used to make miso. The seaweed vegetables are excellent sources of B12, but they are not ordinarily included in the usual American vegetarian menus.^{10,25} Some vegetables such as turnip greens grown at the Burwell Experimental Station in Georgia have had useful

amounts of B12, but vegetables grown on other soils could not deliver B12 to the plants.²⁶ Obviously, more needs to be done along this line.

Because of the seriousness of the low vitamin B12 levels and the fact that it takes months and years for the stealthy symptoms and signs of deficiency to appear, it would be wise to measure the serum B12 level about once a year. One could either include an adequate amount of the above items in the diet or take a pill supplement of 50 to 100 micrograms of the vitamin by mouth once a week. A blood level could be drawn to verify that the dietary changes or supplements were sufficient.

Watch Out For These Problems

Here are a few words of caution. The laboratory test used to check vitamin B12 should be the "bioassay" method rather than the "radioimmunoassay (RIA)" method because the RIA method may actually measure, along with the B12, some substances that are really anti-B12. This would give a falsely high level. Eggs cannot be considered a consistent source of B12 because modern methods of feeding laying hens, which prevents their eating their own droppings may also keep them from getting the B12 in their diet. Multivitamin pills, especially those with minerals, may not be a source of B12 because the minerals that are present may act as catalysts and cause the conversion of B12 into anti-B12 products. This could cause a B12 deficiency.

What About Vegetarianism

Because of the marked increase in disease in animals, it is wise for us to change from animal products to a dietary of fruit, grains, vegetables, nuts, greens, and tubers. These should be simply prepared from the best produce that we can obtain from our own gardens and from a variety of growing areas. Because they are deficient in so many nutrients, refined foods should be avoided. We should make this change in diet step by step, increasing the use of non-animal foods and decreasing the animal ones until the change-over is complete. This helps the body to adapt and avoids distaste.

The hazards of including animal products in our diet far outweigh the dangers of omitting them. Foods that are high in B12 should be included when you go on an exclusively vegetarian diet, especially if you are pregnant or nursing a child. An adequate intake of calcium and vitamin D, as well as adequate amounts of vitamin D, can be obtained by natural means, but we must make it a definite point to do so. In our current artificial society, we dare not trust to appetite or to chance to provide us with proper nutrition.

Calcium can be obtained very easily in foods from many sources, but especially from green leafy vegetables such as mustard greens, radish greens, turnip greens, kale, broccoli, and collard. Spinach, chard, and beet tops are a good source of some nutrients, but most of the calcium is tied up with oxalate in those greens.

Vitamin D can be readily manufactured in the body by the action of sunlight on cholesterol naturally present in the skin, although this may be a problem in places where the exposure to sunlight is deficient or impossible to get because of fog, smog, or inadequate sunshine.

*Worshippers of Ras Tafari Malconnen, Haile Selassie, former Emperor of Ethiopia. They are among other things, total vegetarians, eating only natural foods, and avoiding bleached flour and dairy products.

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'I'm Not Saying 'Goodbye!'

— A personal message from Dick Winn —



sions about my career: Do I want to become a qualified administrator, or develop my teaching and writing gifts? And I voted for the latter.

After spending so many years, however, in helping to start a project of this magnitude, I am feeling an intense need, before returning full time to the classroom, to make sure there is adequate water in the well. And so the Board has graciously decided to grant my request for a two-year study leave. And am I ever excited!

We will be living in our same home. My precious kids, Julie and Jeff, will be continuing at their favorite school, Weimar Academy. My wife will continue to be involved with the Institute. And I will be commuting to a not very distant graduate school. If all goes as planned, I should be ready to re-join the religion faculty of Weimar College in about two years. Meanwhile, I'll probably be around home on weekends more during these next few years than I have during the last four!

Weimar Institute is very dear to my heart. And so it is with confident joy that I place its earthly leadership into the hands of my good friend and trusted colleague, Dr. Herbert Douglas. I am confident that God has prepared his heart with a sense of sacred adventure, to take on the leadership of this uniquely demanding project, for I know of no one more qualified to move it forward under the blessings of continued obedience.

And may I say a very special word of large gratitude to the thousands of you who are reading this Bulletin, for your steady and affirming support all these hard years. I hope the day will soon come when you will be able to see — from heaven's perspective — the full benefits of your gifts of love, prayer, and generosity. Meanwhile, please don't you say "goodbye" to Weimar, either! The most challenging, the most exciting days, are just ahead.

It was just about 99 months ago that my family and I moved onto the grounds of the old Weimar Medical Center, ready to help create a new institution. And it has been — without question — the most satisfying, challenging, and stretching eight years of my life. Even more than I did then, I believe in the principles and purposes for which Weimar Institute exists. They look even better in reality than they did "on paper" in our early (idealistic) statements!

This past year, serving as President of this beloved project, has been a good year. I have known the joy of working with a very supportive team. I have witnessed solid leadership developing in every department of the Institute. The name "Weimar" is coming to enjoy a refreshingly positive image in various circles. I am confident that we are in a very secure posture to experience a major change in leadership.

The year has also brought its share of personal discoveries. I have become convinced that I cannot be both a responsible administrator and an adequate teacher. At age 43, I have had to make some long-range deci-

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Van Visits State Capitol

That Wednesday was an exciting day for the Weimar Institute Health Van Ministry Team. We drove up the tree-lined walk to the State Capitol in Sacramento and maneuvered the van parallel to the wide front steps. Before the driver could turn off the

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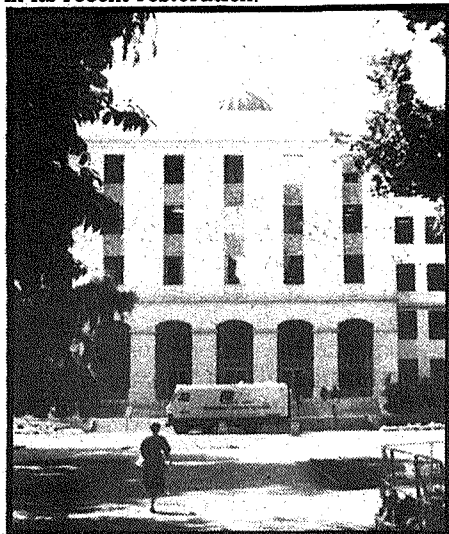
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motor, security guards were at the door to find out what we were doing there. Speaking with them for a few moments and waiting for a radioed verification of our permit to be there, we were happy to feel the atmosphere change to one of welcome and support. Later in the day we would be taking the blood pressure of these same men and giving them literature they would request to take home.

If April showers bring May flowers, they must have given a special touch to the Capitol grounds. The lawns were the color of Spring's choicest green punctuated with the gentle colors of pastel rose beds, parades of brilliant reds and the flambouyant cannas. The orange trees were heavy with fruit and the giant magnolia trees leisurely spread out an awesome blossom here and there. Throughout the grounds of the California State Capitol trees from all around the world flourish, standing like dignified diplomats at their assigned posts. The Capitol building itself gleamed, resplendent in its recent restoration.



This was our setting for what would prove to be our busiest day since the van began its ministry. It was a day and a site that had been prayed for since last fall...with specific request for a day the legislature would be in session. Providentially, while clearance was received last winter, we were not able to follow through until May...coincidentally, right in the middle of National High Blood Pressure Control month...on the very day the Sacramento-Sierra Hypertension Council was taking blood pressures up on the fifth floor of the Capitol building...and the Legislature was in session!

There were posters in the main corridors announcing free blood pressure checks up in the medical emergency room, so there was a lot of awareness about hypertension within the Capitol. But what goes in must also come out and as people approached the big glass exit doors, the Weimar health van was framed by the outer pillars. The open door of the van at the bottom of the steps and the colorful signs of invitation seemed to compel the people to come in. And come they did. In just a few hours 172 people were tested and counseled. Our students (we call them "vanguards") received an education they could have experienced no other way as they saw many of the legislators and lobbyists coming in for a 5 minute check and staying on for extended visits. More pieces of health related literature were requested and the greatest number of "POWER TO COPE" study guides dealing with stress from a Biblical viewpoint were asked for than on any other day in 2½ years the Van has been out.

When the time came to "wrap up" and leave, we received strong encouragement from one of the legislators and an invitation to call in anytime we wanted to come

back and they would arrange for clearance. The security guards came down to say goodbye and thanked us for the service we had given that day. As we rolled along highway I-80 to our campus 50 miles away, three "vanguards" were soon fast asleep, joyfully "spent" in reaching out and giving all they had to give.

As this Bulletin goes to press, preparations are being made to answer an invitation by the California State Board of Education to bring our van and a team up to Fort Bragg for a first-of-its-kind conference for California teachers for health awareness, with emphasis on changing life-style to maximize the body's harmony with good health. This will be the farthest the van has ever traveled. It will be a real joy to share the simple health plan of a great and generous God with these educators. May your prayers go with us.

Beverly Lee, director
Connie Hutson, RN

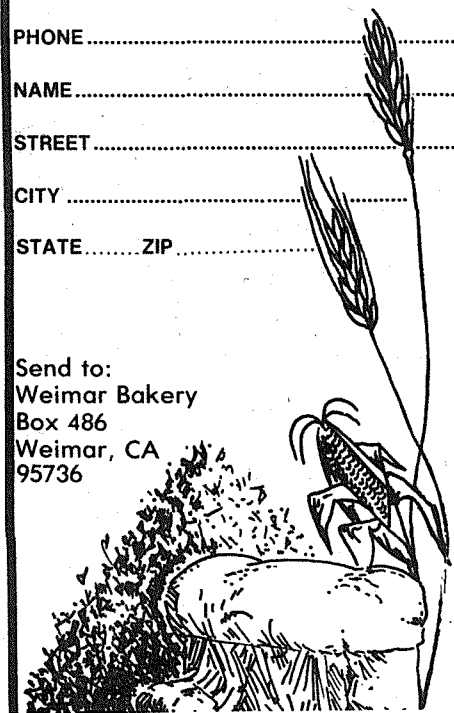
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Coming!

SEPT. 15-20

Special Work Bee/Retreat

Would you like the opportunity to become part of the Weimar team for a short time...a chance to work, learn, and pray with us? We're issuing a special invitation to each of you to join us September fifteen through twenty, to help us get ready for the coming school year.

Work will include cleaning the construction sites of the new academy dormitories, some general "sprucing up" jobs, and a small amount of additional new construction. Tools are somewhat limited, so if you have items you feel would be handy (saws, rakes, hammers) be sure to bring them along.

Mornings will start with a special devotional, and each day will close with a program designed to give you the opportunity to learn more about those areas of health, education, and spiritual commitment which are part of Weimar Institute's unique ministry.

Meals will be a time for fellowship with the staff in the cafeteria, and lodging will also be provided by the Institute.

No attendance fee is required, of course, but in order to help us plan effectively, we are asking for a \$20 deposit for each person (or couple) with the application. This will be refunded when you arrive.

Remember to bring bedding, and plan for an enjoyable week as part of the Weimar team.

WEIMAR WORKBEE/RETREAT APPLICATION

**Yes! Count me/us in for your Work Bee/Retreat.
Sept. 15-20**

Name.....
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Number in party.....

Include your \$20 refundable deposit with this application.

Send off immediately.

**Send to: Weimar Institute
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P.O. Box 486
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***Bring your own tools and bedding.**

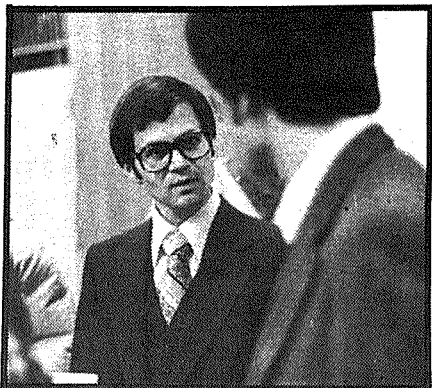
Opportunities For Service

The personnel director announces the following openings for dedicated, qualified, Seventh-day Adventist Christians: Send or call for an application from the Personnel Director, Weimar Institute, P.O. Box 486, Weimar, CA 95736 (916) 637-4111.

**Experienced Farmer
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**Science Teacher
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Weimar College — A Unique Experience



Dr. Paul Hawks, Dean of Weimar College, answers questions for prospective students.

this especially on the spiritual level and this is a very definite part of the experience of Weimar — the spiritual closeness and fellowship of students and teachers.

Dr. Hawks, couldn't Weimar provide more courses in its curriculum like the other colleges do? Why not "get into the competition" and try to attract your "fair share" of students by a full academic program with many majors and degrees?

If we did that we would not achieve our real purpose. It is not our purpose to compete with other colleges. Realistically we could never do that in facilities or staff. But our priority is to provide unique opportunities to minister, not just do college work or get a career, but learn how to minister through one's life work. For this we provide a variety of unique courses but with unique emphasis, methods, concepts and applications so as to enhance the students' missions for Christian service.

As a student at Weimar College then, Dr. Hawks, what would my daily or weekly schedule look like?

We have two distinctive requirements outside of regular classes each week. Every student attends classes for half a day and then the other half of the day he spends in a work education program or outreach activity. In this way students receive training in practical application along with mental studies. They develop a sense of responsibility to support themselves and not be a drain to society or the church. They develop positive attitudes and efficiency in work. They also are exposed to skills with which they could find employment in the future.

So, that's the first requirement — participation in the Work Education Program. The second requirement is a weekly commitment to community service. Here stu-

dents devote at least one-half a day a week to actually meeting other's needs in the church and in the surrounding communities. We provide opportunities for them to apply what they're learning in classes to society's needs around them. This increases their motivation for study while it helps them see that their studies are for the purpose of Christian service.

We feel students and teachers need to share in these two activities together. And so we're working harder than ever before to free the teachers to involve themselves in the work and outreach programs side-by-side with the students.

A real "plus" to the college student program here is that although we maintain high academic standards, the course work is somewhat lighter and the student receives credit hours for the time and effort he spends in work education and community service.

Dr. Hawks, what does the work education program at Weimar have to do with my college expenses?

As a student you would receive course credit for your work instead of tuition credit or money. However, because the Institute benefits from the students' labor, the college is able to offer a lower rate of tuition to you than other private colleges. And if you must work extra hours beyond the 16 per week, you'll receive a work scholarship credit on your tuition. Also, there are no separate charges made for room and board.

Dr. Hawks, what about social privileges at Weimar? Do students carry on the usual dating habits current in most other schools?

I'm glad you asked that for there are misconceptions in some people's minds about this subject at Weimar.

We encourage students and staff at Weimar to develop socially by enjoying deep and enduring Christian friendships. Our work and service opportunities together provide worthwhile activities ideal for getting to really know many different students and staff. Perhaps, because of this, many do not feel a need for entertainment-type dating situations. In fact, we encourage students to mix freely with members of both sexes but to avoid developing exclusive relationships especially during the first two college years. And after that then, to move very slowly in seeking such a relationship as it may interfere with the completion of their college goals. We have found that, for the most part, heavy involvement in a serious relationship with one of the opposite sex makes it nearly impossible to carry on one's college course to a successful conclusion.

We want students to have the freedom and time during their college years to mature personally, develop a sense of mission for their lives, learn how to judge character in a life partner, gain emotional control and postpone courtship until it is feasible for both the young man and young woman to fully take on life's responsibilities together. These things usually do not "come together" until the final stages of one's educational course are reached.

Thank you very much, Dr. Hawks, for answering these student questions for us. But we have more. Could we plan on you're addressing a few more in our next issue?

I'd be happy to!

Several More Openings For Students Available:

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Office of Admissions, P.O. B. 486, Weimar, CA 95736

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