Establishes Value of Vegetarian Regime

SOME OF THE VOLUNTEERS who participated in recent controlled scientific experiments in nutrition research at Loma Linda University are pictured "at work" in the test kitchen. From left to right they are Nikiolo Ennen, SND’66; Gayle Flott.

Cholesterol 25% Lower

The researchers will report to the International Congress of Nutrition, meeting in Germany August 3 to 16, on a separate study in which the students demonstrated lowering of blood cholesterol levels by 25 per cent when high-fats animal products were eliminated from their diets for 27 days. The lowered cholesterol is significant because of the apparent relationship between high cholesterol levels and heart disease, notes Dr. Register.

Good Nitrogen Balance

Nitrogen balances studies, measuring nitrogen intake and nitrogen excretion, showed students on both meat and vegetarian diets maintained balances possible only when protein quality is adequate, he reports.

A nutrition research program under way at Loma Linda University for 15 years is now yielding significant scientific information about the comparative merits of meat and vegetarian diets. Laboratory animals and student volunteers have joined in tests which also bring to light new facts about the caffeine content of cocoa and chocolate bars, the role of proteins in cholesterol metabolism of the body, and the effects of dietary spices on the brain and nervous system, according to U. T. Register, PhD., associate professor of biochemistry.

Student Volunteers

The University’s human guinea pig comprised three groups of students who were fed, respectively, pure vegetarian, lacto-vegetarian, and meat diets in the first controlled scientific experiments comparing protein of commercial meat substitutes with those of meat, in human nutrition. In the vegetarian diets, entrees prepared by the Loma Linda Food Company were used in place of meat dishes.

Cholesterol and Nitrogen Relationships

The rats fed a healthy diet of preferred water, but rats given spoiled water and an alcoholic drink showed no difference in weight. American diet high in coffee, sugar, spices, and other non-nutritional foods seemed two to three per cent lower.

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The Wisdom Lost in Knowledge

The endless cycle of ideas and action, endless invention, endless experiment, brings knowledge of motion, but not of stillness; Knowledge of speech, but not of silence; Knowledge of words, and ignorance of the Word. . .
Where is the life we have lived in living?
Where is the wisdom we have lost in knowing?

These words by T. S. Eliot invite us at the close of a busy school year to a reminder of our accomplishments of the past year. We have learned much, but has the added information we have gained added up to knowledge? Do we possess any wisdom?

These questions involve our sense of values. What are the things we value most, the knowledge we most covet, and moral behavior, and basic religious concepts. Some nature’s secrets we have become very wise. Such is not to be individualists and revolt against conformism, drop can acknowledge our limitations with humility, and seek bodies. There is also much knowledge both physical and

Adventists won a unique position of admiration and res 

pect among his readers everywhere.

His like will not soon again appear.

The University©s present dean of students has accepted the position of Student Personnel Administrators.

Mr. Woods, his wife Phyllis, and their two children, Michael, 5, and Julie, 4, will arrive in Loma Linda at the end of June.

The University’s present dean of students, N. J. Woods, has accepted the position of dean of students at Union College.

His pen and voice often
greater contribution to the understanding of Seventh-day

The University SCOP E includes ads that target the readers of the University Scope. Advertisers are subject to acceptance of the University Scope Advertising Committee. The University Scope is published by the Southern Publishing Association, Loma Linda, California 92354. Call 796-0161, extension 283. (Area code 714.)

Published by Linda L. Nelson, vice president; Patricia E. Nelson, director; and William E. Tyn dall, representative to the Stu dent-Faculty Coordinating Council.

A Mighty Pen

With pen dipped in a rare flux of persuasive scholar ship, the pen was poised to deliver, but the pen, of the official organ of the world body of Seventh-day Adventists won a unique position of admiration and respect among his readers everywhere.

Perhaps no other denominational writer has made a greater contribution to the understanding of Seventh-day Adventist medical emphasis. His pen and voice often

Continued on page 3

By Godfrey T. Anderson, PhD, President

On June 3 the dauntless mentor of the Advent Review and Sabbath Herald laid down his pen for the last time. At a 1957 address to trustees, faculty, and alumni, he

said, which was as he wanted it.

N. J. Woods

An address at Loma Linda University, Ellens
court. At a meeting of the credentialing Committee, he

was assistant dean of boys at

Washington, for one year before moving to College Place.

Francis D. Niebel

Dr. Anderson was named a regular national Study effec
tive July 1, according to President T. A. Anderson.

Norman Woods

Name New LLU Dean of Students

Loma Linda University has named a new dean of students effective July 1, according to President T. A. Anderson.

Norman J. Woods has been at Walla Walla College, College of Education Alumnus of the University for the past five years, assistant, and
dean of students.

A 1960 gradu ate

of the University of Calif ornia, Lincoln Nettelbeck, a Bachelor of Divinity, will continue in his capacity as Dean of Students.

In the months following the 1966 Adventists of Southern California Conference session in 1962, the Board of Trustees gave further study to the long-standing question of a consolidated medical center on the campus of the University on one campus. As a result of this study a decision was taken to consolidate the entire University at Loma Linda.

This action was the major event of the past quadrennial period, and its importance has been widely recognized since then.

The consolidation of the schools upon one campus has made necessary the erection of a new medical center to house the Schools of Medicine and Nursing, to provide for research activiti es, and to provide a 500-bed hospital for patient care.

The erection of this fine facility was one step in the process by which the Board of Trustees felt the need to continue to improve the University facilities and to meet the challenges that lay ahead.

The University SCOPE is published bi-weekly, except during examination periods.

Address for delivery of

the University SCOPE at Loma Linda University, Loma Lin da, California 92354.

in student per-

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ED. NOTE: Dr. Senneman is chairman of the University Board of Trustees development committee, and a practicing psychiatrist.

A comparison of the many mental health related statements of Mrs. Ellen G. White with similar concepts of modern writers in the field of psychiatry and neurology leads one to feel that while the scientific world of psychiatry has been groping in the dark forest of uncertainty, seventh-day Adventists have been blessed with instruction fresh from the intelligence of heaven.

Talents in Children

First, let us look at a facet of child psychiatry. This term was not used in bygone days. It is just now coming into its own as a specialty. On this particular subject, however, Mrs. White has written many helpful statements pinpointing the sources of emotional and mental traits in children. This one is written in 1905.

In the past generations, if mothers had informed themselves in regard to the laws of their being, they would have understood that their constitutional strength, as well as the tone of their morals, and their mental faculties, would in a great measure be represented by the temper of their offspring. Selected Messages, Vol. 2, page 431.

In 1908 she wrote: "What the parents are, that to a great extent the children will be. The physical condition of the body and the physical, emotional, and spiritual tendencies, are, to a greater or less degree, reproduced in their children." Ministry of Healing, page 371.

A publication quoting Ashley Montagu, MD, in 1964, said: "For years scientists have believed that your unborn baby lives an initiated existence, protected from all external influence, but this is not true. It is exciting news that you can control the development of your unborn child . . . The Fels Institute workers at Antioch College, Yellow Springs, Ohio, under the direction of Dr. L. H. Huesting, have found that mothers undergoing periods of severe emotional distress during pregnancy frequently have infants which exhibit evidence of irritable and hyperactive nervous systems."

Drugs and Impediment

In 1885 Mrs. White added, regarding the deleterious effects of certain drugs on the unborn:

"Physicians, by administering drugs to their drug-poisons, have done very much to increase the destruction of the race, physical, mental, and morally . . ."

Continued on page 5

Modern-Day Mental Health Concepts

In the Writings of Ellen G. White

By Laurence A. Senneman, M.D.

A large staff of efficient workers carries on the program of Public Relations and Development for the University. Mainly through their efforts our community neighbors are becoming acquainted with Loma Linda University, in keeping with its historic philosophy of the wholeness of man, can make significant contribution.

President's Report

Continued from page 2

been consolidated as a new 1904 Surgeon of Public Health, with a long-range goal of a School of Public Health.

A large staff of efficient workers carries on the program of Public Relations and Development for the University. Mainly through their efforts our community neighbors are becoming acquainted with Loma Linda University, in keeping with its historic philosophy of the wholeness of man, can make significant contribution.

Since the last General Conference session, fifty have completed the dietetic internship, entitling them to the printed American Dietetic Association certification. A majority of these have entered denominational work, and of the last class, all but one of the thirteen members have been denominationally employed.

In spite of the complicated roadblocks encountered in the transition period of the institution to a single campus, the financial operation has been commendably firm and stable. The basic support of the church, as well as increased student and tuition rates, has made this possible. An increasing awareness of the type of the institution has attracted financial support from individuals and corporations, and the body of the church has increased their gifts annually on the occasion of the Loma Linda University offering to all alumni and friends. For this we are deeply grateful.

Loma Linda University continues to press toward its goal of global service to mankind in carrying forward the gospel commission. There is evidence that interest on the part of students and graduates in mission service is increasing. The physical condition of the body and the physical, emotional, and spiritual tendencies, are, to a greater or less degree, reproduced in their children.

Diet Research

Continued from page 1

three times as much alcohol. Further studies are under way to isolate the dietary factors which may create the craving for alcohol.

- Evaluation of Cocoa

Scientists have long disagreed about the true caffeine content of cocoa, which has been obscured by conflicting measurement techniques. Some reports claimed as much as 50 times more caffeine than other estimates. The caffeine content of a cup of hot cocoa at half the level of the same solid rate as those on an ideal diet free of either product, Dr. Register reports.

These and other nutritional studies are supported jointly by the Lassen Foundation, the Pacific Union Conference of Seventh-day Adventists, and the Loma Linda Food Company. Projects are directed by a committee comprising eight University staff members and two community representatives. During its first year the comprehensive research program cost over $60,000 according to Dr. Register.

Dietary Research

by Oliver L. Jacques
Director, University Relations

"Education is what remains after one has forgotten what he learned."

This "tongue-in-cheek" definition, made by a sage professor leads us to ask, "What does remain after one has forgotten what he learned?"

I asked a successful professional man and this is what he had to say: "While I probably fail exams I passed when in school, I shall never forget facts and concepts made relevant by experience and human need."

His response suggests the significance to Loma Linda University of its new medical center, scheduled for completion by mid 1967.

Too often pictured as a giant hospital, the new structure is primarily a complex for educational purposes. Its 2,050 class rooms, laboratories, offices, clinics, and patient rooms will bring together for the first time, facilities and activities widely separated for many years.

At long last, as we begin a new century of medical evangelism, clinical experience and human need will, from day to day, bring relevance to learning processes as students in many disciplines give themselves to study and research in an environment combining scientific inquiry with the art of healing.

Soon clearly, the new building aptly represents the church's divinely inspired, unforgettable commitment to healing, redemptive action.

AERIAL VIEW reveals recent street name changes in the area near the University campus, as drawn by an artist. Change was urged by the artist. Change is urged by the artist. Change is urged by the artist.

It's Hi-time to try the BEST!

Coffee versus Cocoa

Laboratory animals fed a complete diet containing 10 percent instant coffee grew poorly, studies showed, and most died within four weeks. Animals fed the same diet except for 10 percent cocoa instead of coffee showed the same growth rate as those on an ideal diet free of either product, Dr. Register reports.

These and other nutritional studies are supported jointly by the Lassen Foundation, the Pacific Union Conference of Seventh-day Adventists, and the Loma Linda Food Company.
Team Approach to Patients Shows Human Food May Be Bad For Dog

Dr. Walter C. Wilcox,
University of California, Los Angeles

Dog owners who supplement their own table dog food for their formulas. The study by dogs fed regular dog food do not the cholesterollowering properties of various forms are supplemented with human food.

The study revealed a high degree of "human-like" incidence of mild to extreme cho-

described. A test group of 160 house-

mists, a five-state area

in which all the

A study made by a group of medical and veterinary re-

and local pastors follow up the

of the patients begins a serious

study of the Bible while being

in a 12-week clinical training program for students of theology at

Three seminar students and one church pastor are taking a

of the Center.

EARLY BIRDS

In LLU Pastoral Clinic Course

of the poem I am sending to

Sincerely, Your very brother,

For tender, loving guidance

team that serves the thou-

As previously reported in the

36-70 in CIP. Its plan is to offer the clini-
In the general area of adolescent psychiatry, Mrs. White said: "If youth could be persuaded to associate with the pure, the thoughtful, and the amiable, the effect would be most salutary. If choice is made of companions who fear the Lord, the influence will lead to truth, to duty, and to holiness. A truly Christian life is a power for good... Those who associate with men and women of questionable morals, and bad principles and practices, will soon be walking in the same path." Counsellor on Health, page 44.

Doubtless the problem of juvenile delinquency could be reduced if we followed such suggestions as found in Counsels on Health, page 440: "Allow your children to form only such associations as have a right influence on their characters. Do not allow them to be in unsuitable company."

...
A Panorama of Career Opportunities

DENTAL HYGIENE

MEDICAL RECORD ADMINISTRATION

OCCUPATIONAL THERAPY

DENTAL ASSISTING

DENTISTRY
Specialty areas:
- Dental Materials
- Oral Surgery
- Orthodontics
- Periodontics
- Prosthodontics
- Restorative Dentistry

PUBLIC HEALTH
Specialty areas:
- Public Health Education
- Public Health Nutrition
- Tropical Public Health

RESEARCH
- Anatomy
- Biochemistry
- Biology
- Chemistry
- Microbiology
- Nutrition
- Pathology
- Pharmacology
- Physiology/Biophysics
- Sociology/Anthropology
Schools of Community Health Services and Physical Medicine at Loma Linda University

**MEDICAL TECHNOLOGY**

**RADIOLOGIC TECHNOLOGY**

**NURSING**
Specialty areas:
- Medical and Surgical Nursing
- Mother and Child Nursing
- Public Health Nursing

**PHYSICAL THERAPY**

**NUTRITION & DIETETICS**
Specialty areas:
- Nutrition
- Institution Management
- Dietetics

**MEDICINE**

**TEACHING**
- Anatomy
- Biochemistry
- Biology
- Chemistry
- English
- History
- Microbiology
- Nursing
- Physiology/Biophysics
- Sociology/Anthropology
Physical Therapists

SOUTH BEND:

PORT ANGELES: Male applicant preferred, age thirty to forty five. Year salary, plus a one year internship at the hospital.

DENTAL PATHWAY:

CATHEDRAL CITY: Rare opportunity to open a dental office in a small, friendly community. Salary with availability of over 200 kinds of work opportunities, one of which will challenge your talents in your career.

LAKESIDE, SOUTH CAROLINA:

BARTON FLATS: RN needed with an educational program offering instruction involving both a diploma and a baccalaureate degree.

SAN JOSE: Partnership practice available in the San Jose area. Step into a full practice and enjoy a partnership arrangement.

SAN DIEGO:

BAY: Dental practice available. Free rent for three years. Two operatory. Excellent location.

URGENT CARE:

MANITOBA: Fully staffed 13 bed hospital, well equipped office. Practice available with or without new home. Leaving to take the load off another RJ.

Best regards to everyone.

Contact Van McGrath, Admin.
istrator.

Page 8
IDAHO
Placement
KENTUCKY
MISSOURI
Hospital. Hospital district serves retiring_______________
WYNAKD: Growing town of 2000
neering physician in this scenic
PEWEE VALLEY: Need GP with
ed. 400 bed city owned hospital,
school 21 miles __ _____
experience preferred. Two physi
retirement age. 30 bed hospital,
MOUNTAIN GROVE: Only one
Office available___________
ST. MARYS: Physician needed
ing for GP. Nineteen bed fully
equipped hospital, with plans un
WINNEMUCCA: Only three phy-
slcians in this community of
terested________________

Continued from page 8

DEDICATED TO WORLDWIDE SERVICE

V-8 ^W Wagon
Windshield washer, etc. Savings on all models.
Brand New Jfr^Jl
Padded dash. Outside mirror, Back up lamps,
Price includes: Hydramatic, Power Steering, Tinted
glass all around. Radio, Heater, Smog device,
1966

400 Denominational Workers
1400 Graduates
350 Self-Supporting Workers
125 Foreign Missionaries

WALLEN PONTIAC WILL PAY YOUR WAY. JUST ORDER YOUR
NEW PONTIAC HERE AND TAKE DELIVERY AT THE FACTORY.

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• Flushing Agricultural Areas
• Cultural, Professional, Recreational Centers
• A Progressive, Growing Conference

HOME OF • KETERING MEDICAL CENTER
HARDING HOSPITAL, INC.
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You are cordially invited to find your place in Service to
suffering mankind, in this beautiful populous state of Ohio.
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glass all around, Radio, Heater, Snog device,
Fadded dash, Outside mirror, Back up lamps,
Windshield washer, etc. Savings on all models.

FLY FREE to the
General Conference
DETROIT

WALLEN PONTIAC WILL TAKE YOUR PAY. JUST ORDER YOUR
NEW PONTIAC HERE AND TAKE DELIVERY AT THE FACTORY.
SCHOOL OF NURSING student missionaries Janice L. Wilson (left) and Cheryl J. Reinhard, both 57, will work in the Port-of-Spain Community Hospital, Trinidad, this summer. They will leave the island on May 31.

LA LOMA

CAKE MIX

Made with pure
Vegetable Shortening

Yellow, Spice, Devil's Food
White and Gingerbread

Finally...
A superior Cake Mix, made with all vegetable shortening especially formulated according to our specifications. It may be purchased at most SDA centers. If not sold at your local College Market, these mixes may be made available wherever the demand warrants. Write to Loma Linda Market for particulars.

La Loma also features:

FROSTING MIX
White and Fudge

BRAN MUFFIN MIX

PIE CRUST MIX

ALLE  ITEMS  SOLD AT COMPETITIVE PRICES

Loma Linda Market

STORE HOURS

Sun. - Wed. 8 - 7
Thurs. 7 - 8 Friday 8 - 3

SOUTH AMERICAN DIVISION

KWAHU HOSPITAL, Ghana — The hospital is an 80-bed facility owned by the government. The need is for a general practitioner.

BRAN MUFFIN MIX

ALL ITEMS SOLD AT COMPETITIVE PRICES

Loma Linda Market

STORAGE HOURS

Sun. - Wed. 8 - 7
Thurs. 7 - 8 Friday 8 - 3

MR. W. N. TAYLOR, 26, will work in the Port-of-Spain Community Hospital, Trinidad, this summer. He will leave the island on May 31.
Go on a "cooks' tour" of Worthington Foods

Student Nurses Dedicate Yearbook to SN Professor

The 1966 Epione, yearbook of the Associated Students of Nursing, is dedicated to Lucile Lewis, associate professor of nursing, and was presented to her and to students recently.

The natural and black burlap-covered book was edited by Lo-Ann K. McAlvin, ©66, Virginia L. Fowler, ©66, and assistants W. Marlene Good, ©68, and Anita L. Riddle, ©67.

The theme of the yearbook, "Dimensions of Dialogue," was carried out through text by literary editor Audrey H. Ching, ©66, and through design by art and layout editor Shari A. Excell, ©66.

The yearbook was presented to Lewis and to students in ceremonies recently. The theme of the yearbook, "Dimensions of Dialogue," was

AN INVESTMENT IN LIVING
REDLANDS OASIS

AN INVESTMENT IN LIVING

REDLANDS OASIS

These unusual apartments are just 7 minutes from La- ma Linda and offer many luxury features.

Refrigerated air conditioning and heating in every room.

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Furnished living rooms.

Walk-in closets. Carpet, drapes.

Dishwasher, stove, private patio.

Separate adult and family pools.

Putting green. Recreation room.

Quiet area. Shuffleboard, horseshoes, net and basketball court.

Friendly but private. 1, 2, 3 bedrooms. Two baths.

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University SCOPIC, Page 11
Friday, June 17, 1966

Try All These Protein-Rich, Delicious, Nutritious Vegetarian Foods

WORTHINGTON FOODS INC.
WORTHINGTON, OHIO

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Phone 792-5211
Redlands Sun Days 8-8 appointments.
Junior Student of Medicine
In His Psychiatric Clerkship

Summer is here, but it brings no vacation for junior and senior medical students. Juniors (class of 1968) continue their program of combined lectures and clinic work until they take part one of the National Board Examinations in August. Seniors likewise experience no interruption in their schedule of clerkships on the various hospital services.

Trucks and toys help junior student Nathaniel G. Rose (above) establish a friendly, pleasant relationship with his five-year-old psychiatric patient. Nat sees the boy for weekly two-hour sessions, and after ward discloses his observations to small conferences with several of his classmates and Theodore J. Lukens, M.D., assistant clinical professor of psychiatry (left above). Possessor to take notes, the 24-year-old student listens intently to a Thursday morning lecture in the pathology amphitheater (left below). Also on his schedule are hospital rounds and other assignments on the hospital units.

Nat is a native of West Falmouth, Massachusetts, and is a graduate of Atlantic Union College. For the last four years he has received a medical scholarship from the Commonwealth of Massachusetts, and was recently awarded $1,000 from the National Medical Fellowship, Inc., a corporation which this year is supporting with fellowships 90 Negro medical students.

And even medical school has a lighter side. Nat is the newly-elected director of social activities for his class and he sings in the recently-organized men’s chorus of his class.

Mental Health

Continued from page 5 in the evening unless you know where they are and what they are doing.”

I believe that today we are seeing an upsurge in immorality due to the lack of application of principles such as these, expressed by Mrs. White so long ago.

Editor’s Note—Dr. Senseman’s article on Mental Health and the Spirit of Prophecy will be concluded in the next issue.

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