'How to survive in polluted environment' taught by SPH

How to purify your own environment, and keep it smelling sweetly, lessons in a new kind of pioneering, are being taught to graduate students in the Loma Linda University School of Public Health.

A temporary snack shop has been set up in the southeast corner of the campus to graduate students in the cafeteria serving about the same foods. Normal service will be available later next week.

The first week of the course was spent on the Loma Linda campus in an orientation program.

During the field trip, frequent informal discussions will be held with professional people in museums in Mexico City and other places.

The tin cans, rusted out, will be removed. The students have learned, for example, how to dispose of their own garbage. Saleve, Collonges, France, will be visited. The students will have learned, for example, how to make a garden over it and dig a trench. Eventually, when that ditch is full, you add iron to the soil. You do this instead of composting, and it will be the richest garden around.

In two years' time the buried garbage will be all rotted out. The tin cans, rusted out, will add iron to the soil. You do this instead of composting, and it will be the richest garden around.

Mr. Fischer talks with more than academic expertise, he spent four and a half years in Tanzania and China — as well as some years in Walla Walla, Washington, where he also planted flowers and vegetables over buried garbage.

The courses teaches are not really for ordinary householders. "Tropical Housing and Sanitation" is for people going to live in underdeveloped countries — missionaries, Peace Corps workers, and foreign government health officers. The current class includes postgraduate students from Ghana, Ethiopia, the Philippines, and Tanzania.

"General Environmental Health" is for careerists who will have industrial or public health responsibilities throughout the country.

But many of the lessons are solutions to problems we all want to solve. For example, one student was able to keep his almonds from going rancid.

The second anthropological summer field course sharpened up their tools at one of the University's "dry-labs" located near Loma Linda. The field trip will give the students an opportunity to study pre-Columbian archeology firsthand.

New association proposed for Adventist business educators

An association of Seventh-day Adventist administrators, businessmen, and business educators may be formed to promote management, accounting, and allied career choices for Adventist youth.

The proposal emerged from meetings last month of chairmen of departments of business administration from eight Adventist colleges and universities during the annual convention of the American Association of Colleges of Business. A committee of college presidents for the class of 1974 to 1980 was appointed.

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Adventists are trail blazers

By Ellis L. Spademan
Columnist, San Bernardino Telegram

PHILADELPHIA — The "Family Medical Practice" authors, published here, quote the distinguished Dr. Chapman as recommending the use of tobacco as a remedy for affections of the lungs.

The learned physician says the patient should "draw in the smoke freely, so that the internal surface of the air vessels may be exposed to the vapor."

I was even considering a substantial donation when the Loma Linda man spoiled it all by explaining that the "Family Medical Adviser" was published in 1845, and he proceeded to show what ridiculous notions persisted 125 years ago.

Twice before I have had unfortunate experiences with the Adventists — once upon the Amazan and once in darkest Africa.

In each instance, I thought I was treading a wild animal trail in untraveled and unexplored territory. In both cases the path led to a beautifully equipped adventist hospital.

It is disappointing to would-be explorers to always find that the Adventists have gotten there first and are quietly and efficiently spreading health through the jungle.

Many of us had the impression that Dr. Schweitzer had finally seen the light and taken a position on the side of smokers.

The award, presented through the Upjohn Company and Narcotics Education, was given to Dr. J. Robert Baker, chairman of the School of Medicine, for "Outstanding Education in the Fields of Drug Abuse Research and Treatment." The award was presented through the Upjohn Company and Narcotics Education.

Editor's note: The above editorial was reprinted with permission of the San Bernardino Sun-Telegram.

JMA wins second place award for being chapter of the year

The Loma Linda chapter of the Junior Medical Auxiliary was awarded second place in the nation as "Student Chapter of the Year," according to Julie A. Melineck, president of the Junior Medical Auxiliary.

Representing the Junior Medical Auxiliary at the national convention for the Women's Auxiliary to the Student Medical Association where the award was presented were Mrs. Anne Garcia, first woman president-elect of the auxiliary.

During the convention, many major projects were implemented. The first, "Expo '70," is a program designed to relieve the shortages in the health care system by recruiting qualified health professionals.

The second project, a joint effort with the Student American Medical Association, is designed to provide the foreign exchange medical students to the United States and introduced to the American way of life.

The Junior Auxiliary co-ordinator of the program in the Loma Linda area is Shirley Selldentecker.

Family life series features SMF pros

Loma Linda University Hospital student health service begins a six session family life series on July 9 from 1:30 to 3:30 p.m. each Thursday.

The first session, "How to be a successful family life counselor," will be followed by six other sections: "How to Be," "How to Live," and "How to Eat."

The program is sponsored by the Loma Linda University Hospital, through gift moneys, and is being conducted by the School of Public Health.

The program is scheduled to take 10 at 119th annual convention of the American Medical Association, held in New York City, Aug. 4-8.

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University leaders report at conference session

School of Medicine dean David B. Hinshaw, MD, told delegates attending the 51st quadrennial world conference of Seventh-day Adventists in Atlantic City, New Jersey, last week that the current shortage of physicians, nurses, and other paramedical personnel will precipitate further deterioration in health services.

Dr. Hinshaw recommended that professional people, health care administrators, and educators work together constructively and creatively for some significant breakthroughs in utilizing existing health personnel and facilities.

"While we must substantially increase the number of graduates in these professions," he states, "we must also find ways to make them more productive."

"The capabilities of physicians, for instance, can and must be improved through increased utilization of auxiliaries or medical assistants. Para-medical people with specialized training can relieve physicians of many duties now routinely expected of them."

Dr. Hinshaw also called on administrators of Seventh-day Adventist hospitals to cooperate with medical schools in developing residency training programs for family physicians.

Reporting to the delegates, Loma Linda University president David J. Bieber told that changes have taken place at the institution since the last quadrennial session. These include the consolidation of the School of Medicine on the Loma Linda campus; construction of the new hospital with its facilities for teaching, research, and patient care; and the merger with La Sierra College.

President Bieber also reported on the findings of the master planning committee to the delegates. "The first result of the planning committee was a conviction that we can best achieve our goals by continuing to develop a small, quality university. Only thus can we focus a broad spectrum of resources on the world objectives of the church."

The Loma Linda University exhibit at the General Conference session was manned by Oliver L. Jacques, director of University relations. The Loma Linda University Heart Surgery Team also had an exhibit staffed by Joan Coggin, MD, assistant professor of medicine; D. Larry Miller, SM'70; and Leonard L. Bailey, SM'69.

GENERAL CONFERENCE of Seventh-day Adventists delegates watch pictures at the exhibit jointly sponsored by Loma Linda University and Andrews University, Berrien Springs, Michigan.

LOMA LINDA UNIVERSITY president David J. Bieber visits with a future student. President Bieber reported to the delegates on the results of the Master Planning Council.

LOMA LINDA UNIVERSITY Heart Surgery Team members Joan Coggin, MD, assistant professor of medicine, (center, picture at left), and D. Larry Miller, SM'70, (center, picture at right), explain to General Conference delegates the work of the heart surgery team. Dr. Coggin is co-director of the traveling team along with Ellsworth E. Wareham, MD, professor of surgery. The team has made three trips abroad visiting Pakistan, India, Thailand, Republic of China, and Greece. On their most recent trip — to Athens, Greece, last November — the team performed 31 open heart surgeries.
Modern language workshop slated for La Sierra campus

A modern language workshop will be conducted August 13 on the La Sierra campus, according to Marguerite A. Hills, PhD, chairman of the Colleges of Arts and Sciences department of modern languages.

The workshop, carrying two semester units of graduate credit, will formulate general and specific objectives for language teaching in Seventh-day Adventist schools, coordinate language instruction and instruction from the elementary to the university level, and provide opportunity to regain conversational fluency.

Participating will be divided into French, German, and Spanish sections. Workshop business will be conducted in the language represented by each section.

University faculty teaching sections are Jacques Zenzakein, assistant professor of modern languages, and Ernest P. Delaporte, assistant professor of modern languages, French; Edward W. Noy, PhD, professor of modern languages, and Ralph S. Magi, PhD, professor of modern languages, German; and Leon Galbiotti, assistant professor of modern languages, and Fernando Salcido, assistant professor of modern languages, Spanish.

For further information write Loma Linda University College of Arts and Sciences department of modern languages, Riverside, California 92505.

Loma Linda plans new post office

Plans to acquire a new post office for Loma Linda were announced earlier this month by 3,7 and August 10-14. One hour of physical education credit may be obtained through Loma Linda University extension.

Plans to acquire a new postal facility will soon be underway. The workshop, carrying two semester units of graduate credit for use, and evening diving under Koko Head's cliffs, one evening there will be a cruise to Fei Fei Bay and the town of Waimanalo.

Cost of the trip is $55 not including scuba equipment rental, air, food, and transportation. Additional costs are for sleeping at the Hawaiian Missionary Academy, and $2 a night may be arranged.

Loma Linda is a member of the National Association of Underwater Professionals and has conducted similar trips to Hawaii in previous years.

Further information concerning the trip may be obtained by contacting Mr. Bieber at 5555 Peacock Lane, Riverside, California 92505.

Scuba diving trips planned for Hawaii

Two scuba diving trips in Hawaii are being planned by Donald O. Bieber, instructor in physical education, in August.

Divers will charter the "Bobby Belle" for use 3,7 and August 10-14. One hour of physical education credit may be arranged through Loma Linda University extension.

Highlights of the trip include dives at the Pearl Harbor pump out, the reefs off Waiholo Beach, and evening diving under Koko Head's cliffs. One evening there will be a cruise to Fei Fei Bay and the town of Waimanalo.

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Come With Me Love

by Evelyn J. Fox, SN©71

Come with me Love, Come join me in the search for freedom; Walk quietly by my trembling side . . . .

For I know not what will overpower my struggling soul. You may not believe all that I said —

You per chance will close your listening ears to my silent sighs — silent sighs of explanation of the unexplainable.

But I will hold you close to my sweet-scented pillow and together we will share the stillness of the night. I will give you sweet slips of the nectar of love; I will pour my cream of life to you. Together we shall drink of things imaginary. You will always be the one, who, when I think of living, and truly loving all life — will be closest in my memory of Love!

Come walk with me; I will discover every path and road of life leading to Joy, Ambivalence, Hatred, and ultimately Love. It won't always be easy; It won't always be hard; It won't always be comfortable; But oh, so realistic; It will show the true colors of Life!

Oh Sunshine, best down my burdened back, Just give me one little nigg which I can feel; One little golden ounces of warmth to keep my soul from destroying itself, so that I can take it and hold it very close to my heart, and eyes, and share it with one, who, like me, needs to feel thy beauty!

Colors of my Mind,

Try to cover my expanse of life; Yellow to feel the sunshine of your warm Heart; Green to become aware of the delicacies of God's Nature; Lavender to take away the fears of life; and White to show the Cleanliness of God's Holy Love for You and Me.

My fingers are small but determined to reach the very heartstrings of your heart.

As the lightly hit notes of music, A memory through the soul and being . . .

You will have me not. I know not why. All life is a mystery, I ask my personal heart — Will it matter to you if I go on dying note by note, Pounding my love out to you in melodies unheard? Is that the cost I pay for living, or should I be? Will it matter when the sun sets over the horizon, Will it matter when the sun sets over the horizon, Pounding my love out to you in melodies unheard? Will it matter when the sun sets over the horizon, Pounding my love out to you in melodies unheard? Pounding my love out to you in melodies unheard?

Do you, fair maiden, have the heart to listen, Constantly listening to another story of love, acceptance and perseverance of self and others? And then asking thy truly self-seeking, loving heart — When does the stopping of Time's wheel bring love to you? Why must thy life and soulful heart be undermined, underestimated, unaccepted — when truly maybe there's a spiritual purpose to thy long waiting for love — if you could only take one peep into the vast unknown and see the very road of "destitution" property ahead. Thy tired, lonely footsteps that trod onto find that story of another's will be unbelievable reality for you, oh fair maiden — Do not give up thy search for light and love!

It will come, and then no words will be needed to convey those thoughts of confusion, only echo of silent love will be heard ringing in your heart, as the bells on an early Sunday morning ringing in your heart, as the bells on an early Sunday morning. Fair maiden, Do not give up thy search for light and love!

Let us walk my path — alone in a cold world. If you should offer your hand — how thankful I would be . . . .

But if you don't . . . . I'll just go my way alone . . . . unafraid . . . . without fear of the blind future ahead. Does your heart know the ache of hearing laughter in its ears — Does your heart know the ache of hearing laughter in its ears — Does your heart know the ache of hearing laughter in its ears —

Or is it that I just don't agree with it? Sometimes it is louder in ears, quieter, alliter, sadder, but what a symphony it should be. Each part contributing so much for the elusive sound of each other's record!

It is getting hard to understand — Life . . . nothing is real or, is not real? Is it or is it that I just don't agree with it? It is getting hard to understand — Life . . . nothing is real or, is not real? Is it or is it that I just don't agree with it?

Does your heart know the ache of hearing laughter in its ears without hearing thy own voice? Does your heart know the ache of hearing laughter in its ears without hearing thy own voice?

Does it know the great wish for better, brighter days ahead? Our life on this earth . . . . a record that never quits!

Do you know the unexplainable ache of listening, constantly listening to another story of love, acceptance and perseverance of self and others? And then asking thy truly self-seeking, loving heart — When does the stopping of Time's wheel bring love to you? Why must thy life and soulful heart be undermined, underestimated, unaccepted — when truly maybe there's a spiritual purpose to thy long waiting for love — if you could only take one peep into the vast unknown and see the very road of "destitution" property ahead. Thy tired, lonely footsteps that trod onto find that story of another's will be unbelievable reality for you, oh fair maiden — Do not give up thy search for light and love!

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School of Medicine receives study grant

Loma Linda University School of Medicine is the recipient of a grant from the California chapter of the Myasthenia Gravis Foundation.

The award is to be used for clinical study in the field of myasthenia gravis under the direction of Christian Herrman, Jr., M.D., professor of medicine at Loma Linda University.

Myasthenia gravis is a disease of extreme tiredness and malfunction of the muscles. Problems arising, crippling, always expensive, and sometimes fatal, the disease is no respecter of age or sex. Symptoms may include drooping eyelids; double vision; difficulty in speaking; difficulty in walking; and complete helplessness.

Currently there are some 4,200 known cases in California. It is believed that there are three undiagnosed cases for every one known to physicians.

The award was presented to Loma Linda University by the California Medical Association. This award is to be used for study under the direction of Clarence W. Oken, M.D., professor of neurology.

The disease is no respecter of age or sex. Symptoms may be in diagnosed cases for every one known to physicians.

Send a letter to North Vietnam

Right now hundreds of Americans are being held captive in North Vietnam. A few prisoners have made it back. They talk about bamboo cages. Vicious beatings. Malnutrition. Humiliation. But the North Vietnamese will tell us nothing. Their silence that makes our appeal more urgent.

For the families at home, there is no word on who’s alive. Who’s dead. Or even who’s being held. There is nothing. Except the anguish of not knowing.

Maybe you can change this. By writing to the one man who can change it: The President of North Vietnam.

Ask him to release the names of prisoners, allow them to write to their families, and let the Red Cross inspect the prisoners to insure proper medical treatment and living conditions.

Remind him that he is bound by the 1949 Geneva Convention which his country signed. And by the Istanbul resolution.

North Vietnamese leaders do care about American public opinion. And if they think they can gain something by bowing to it, they will.

But one letter won’t do it. Or a thousand. Maybe it will take millions. So we’ve got to write now. All of us. And often.

Write a letter tonight. And send it to: Office of the President, Democratic Republic of Vietnam, Hanoi, North Vietnam.

It’ll cost you a quarter. But it might save a life.

THE AMERICAN RED CROSS

Maybe they’ll open it.
Adventures in Cures and Hidden Enemy of Health

Why?

Why, after reading it, did an MD buy five books?

Why, after reading it, did an SDA dentist buy three books?

Why, after reading it, did a research foundation, after buying and reading one, buy 25 more books?

Why has Desert Arthritis Foundation bought several hundred?

Why did a member of the National Health Foundation write, "You are absolutely right, I must own this book"?

Almon J. Balkins, MD

(plus 25 cents tax in California)

to the author,

Why?

The unzoo zoo

Lion Country Safari opens in 'darkest' Orange County

Lion Country Safari is a 500-acre African wildlife preserve where animals have the right-of-way and man is caged in his car.

Located near Irvine, Lion Country Safari is contoured to resemble Africa's wild so animals won't get homesick. As they roam the grassy hills or walk slowly down the road, humans are allowed on their terms.

Visitors travel along an eight-mile safari trail where 800 animals and birds reside in settings very similar to their native habitat. The road winds through large expanses of shaggy grass, thousands of newly planted shrubs, and mature palm trees, some just recovering from the shock of transplanting.

As you enter, a large sign says, "No trespassing. Violators will be eaten!" Driving through eight of the African named preserve sections which are divided by fencells, you look eye-to-eye with pride of lions which occupy five of the sections. There are no bears. Centrally feeding in the shade or crunching on a bank of roots, they look as harmless as household cats.

However, officials have reported that in the first week of operation, one lion took his fangs into someone's tire. Other lions have taken slices at windshield wiper blades. That may be the reason game reserve rangers are constantly surveying cars from their zebra-striped safari vehicle giving instructions to "Keep your windows completely closed."

In other sections, visitors may drive among zebras, giraffes, ostriches, and a wide variety of African antelopes, including eland, wildebeest, gazelle, oryx, sitatunga, klipspringer, impala, and many other harem-horned ruminants.

Visiting from the roadway, but separated by landscaped roads are elephants, race white rhinos, and chimpanzees.

No conversions

Convertibles are not permitted to enter the preserve. They must be exchanged for rental vehicles at the main gate.

While the lions look contented, the cheetahs watch passing motorists with challenging glances. Because of their quickness and ability to run 60 miles per hour, a special two-gate enclosure marks the exit from their section.

Many of Lion Country's animals are endangered species. The owners want to save them from poachers and hunters. Also, cheetahs and the white rhinos haven't bred in captivity. Zoologists hope that once they live in a temperature not unlike their homeland they will be relaxed enough to raise families.

Besides the game preserve, there is a 30,000-square-foot African Village featuring such rides as the Zambezi River Cruise, with 35-foot boats sailing among live hippos and other animals living along the river banks.

Tickets for the wildlife preserve include free admission to the camp. Main gate prices are $3.25 for adults and $1.50 for children; children $2.25 for adults and 50 cents for children. Parking is free.

Also included in the admission price is the Jungle Jungle, where lion cubs and scores of other baby animals play; the African Village, featuring scale replicas of villages of the Zulu, Ndebele, and Nkobe tribes; and the 500-seat open-air arena featuring stage presentations.

Authentic African artifacts, ranging from tools to native weapons, are available at Trader Robbie's in the main compound.

Lion Country Safari will be open every day of the year, starting at 8 a.m. with the entrance gates into the preserve closing one hour before sunset. It is located on the San Diego Freeway at the Valencia Avenue off-ramp, just one exit south of Laguna Freeway.

The only place we know with an animal population exceeding 1000, with a variety of exotic plants, providing outdoor entertainment which is safe for children, educational for adults.

Lion Country Safari is self-sustaining with 800 animals living on 200 acres of land. On the sale of admission tickets, the owners are able to support the park in a comprehensive manner.

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The unzoo zoo

Lion Country Safari opens in 'darkest' Orange County

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Loma Linda Market installs complete bread making service

The Loma Linda Market Bakery has installed a complete bread making service including a dough divider, dough ball rounder, an intermediate proofing system, and a bread moulder, according to Fred W. Black, manager.

The complete system will be operable by one man and will give more uniformity to the handling of doughs and make-up in the final finished product, Mr. Black says.

Every loaf will be exact in weight, shape, and will be made up under identical time, temperature, and conditions best suited for the stability of the product.

Production capacity of the new equipment is 600 to 1,500 one and one half pound loaves per hour. The time cycle of bread is reduced to approximately 30 minutes.

The bakery also makes a wide variety of other items including danish, cookies, cakes, pies, bread sticks, pastries, hamburgers and hot dog rolls, and special items made to order.

**Pollution**

Continued from page 1

"Tropical Housing" lecture and demonstration teaches how to make structurally strong bricks with common subsoil, water, a little cement, and a portable block press. In a remote or primitive country, where building materials could be expensive, enough of these homemade bricks to build a four-room house would cost about $50. The block press itself is $175. Building materials are pretty expensive in this country, too—undoubtedly why Mr. Fischer has received inquiries from would-be home builders in California, Arizona, and Mexico.

His classes in "Tropical Housing" teach several other lessons in self reliance that would be handy here, including the general principles of plumbing and wiring, how to make a house cool without air conditioning, how to purify water wherever you find it, and how to pasteurize milk in your home kitchen.

As an expert in environmental health, he works with the Clean Air Now legislative committee, and has offered suggestions to American housewives on how they, too, can help reduce pollution: Use biodegradable containers, such as paper and cardboard, he urges, rather than glass, plastic or aluminum which will never disintegrate when buried or thrown away.

Don't use disposable diapers, dresses, etc., or detergents containing ABS (alkyl benzene sulfonate), for the same reason.

He is for the salvage and reuse of old materials. Don't burn newspapers, magazines, or rags; they should be recycled in the paper industry. Pesticides and detergents, Mr. Fischer says, are used in far greater quantities than needed. Don't drown the bug; spray it once and it will expire as fast.

But 80 percent of air pollution is from automobile exhaust, and his strongest suggestions are that Americans use smaller cars and learn to accelerate and decelerate smoothly, which burns less gas.
OUR MONTHLY SPECIALS FOR JULY 1970

Come any time and purchase these specials in addition to our regular weekly specials. Shop and save all month at the Loma Linda Market.

LOMA LINDA MARKET
Anderson at Prospect

Sunday — Thursday 8 to 8
Friday — Saturday 8 to 5

Our Natural Food Department features quality dried fruits, nuts, whole grains and stone ground flours.

<table>
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<tr>
<th>MONTHLY SPECIALS</th>
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<td>SANDWICH BUNS</td>
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- Our Natural Food Department features quality dried fruits, nuts, whole grains and stone ground flours.

MADE WITH PURE SOYBEAN OIL AND LEMON JUICE

LA LOMA — QUART
BLUE GINGHAM BLUE LAKES — 15% OZ.
GREEN BEANS — 2 FOR 31 C.
HOLLYWOOD — 15 OZ.
SOY BEANS — 2 FOR 39 C.
SUN VISTA — 15 OZ.
REFRIED BEANS — 2 FOR 35 C.

NOTICE: OUR NEW CRACKERS HAVE ARRIVED.
Specially baked with pure vegetable shortening to serve our special customers. A.B.C. Brand — Oven Fresh Saltines — Ocean Crisps — Oven Fresh Honey Grahams and Whole Wheat Fig Bars.

Please note: All products that we carry have been carefully screened so that you do not have to read labels to be sure that they do not contain objectionable products, such as lard, animal gelatins, etc.

Plan your shopping trip and save on case prices.