



ir
By: Sharlene Thomas



And the LORD God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul. Genesis 2:7. Here we see, that from the beginning of time, air has been essential to life. Adam was formed from the dust of the ground but did not become a *living* soul until God breathed air into his lungs, thus. It is safe then to conclude that because air was essential to begin life then it is definitely essential to sustain it.

"Without air, man dies. Air is the most vital element for man and animals. One may live for weeks without food, or for days without water, but deprived of air he will perish within minutes." (Ferrell, 2008) Clean air contains oxygen, which is the life supporting element of air. Many take for granted the vital importance of breathing in clean, fresh air. "In order to have good blood, we must breathe well. Full, deep inspirations of pure air which fill the lungs with oxygen, purify the blood. They impart to it a bright color, and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound, refreshing sleep." (CH 59.2)

Clean air:

- ✓ Promotes proper digestion
- ✓ Rids the body of impurities
- ✓ Improves mood
- ✓ Improves blood pressure and heart rate
- ✓ Strengthens the immune system
- ✓ Cleans the lungs
- ✓ Increases energy
- ✓ Clearer, sharper mind
- ✓ Brings oxygen to your cells
- ✓ Promotes better sleep

These are just to name a few. Did you also know that air is a healer? Drs. Fredrick Kahn, Daniel Simmons, and Howard Weinberger of UCLA and the Los Angeles VA hospitals proposed that it was not the aspirin's pain killing properties that eased the pain of arthritic patients. They suggested that rather it was the "huffing and puffing" (deep breathing) that resulted from taking high doses of the aspirin, that controlled the aches and pains of the patients. This suggestion was confirmed by a study that the Los Angeles doctors conducted by putting arthritis patients in an iron lung and allowing them to over breathe without any aspirin. The reduced pain felt in the study conducted was the same as when the patients took the aspirin, but without the harmful side effects of the stomach bleeding internally.



In tuberculosis patients, large amounts of air is the most successful cure. (Ferrell, 2008). Wounds are more quickly healed when the exposed to pure air and sunlight, although there are times that dirt may enter a wound if it is not covered.

"Many families suffer with sore throat, lung diseases, and liver complaints, brought upon by them by their own course of action. Their sleeping rooms are small, unfit to sleep in for one night, but they occupy the same apartments for weeks, and months, and years..They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off form their bodies through the lungs and the pores of the skin..Those who thus abuse their health must suffer disease." (Healthful Living, 173)

Ways to promote the breathing in of fresh air:

- ✓ Practice deep breathing as opposed to shallow breathing
- ✓ Move to the country to eliminate the breathing in of polluted air
- ✓ Increase outdoor activity amid natural surroundings
- ✓ Clear shade trees and shrubbery from being too close and dense around the house
- ✓ Open the windows in the home and allow a free circulation of air throughout the rooms

God asks us to come to Him that we might breathe the fresh, pure air of heaven, expelling the impurities of sin and taking in his new air of life.

"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new." 2 Corinthians 5:17

References

Barker, K. L., & Burdick, D. W. (2002). Zondervan KJV study Bible: King James Version. Grand Rapids, MI: Zondervan.

White, E. G., & White, J. (1946). *Counsels on diet and foods*. Washington: Review and Herald Pub. Association.

White, E. G. (1976). *Healthful living*. Payson, AZ: Leaves-of-Autumn Books.

White, E. G. (1942). *The Ministry of Healing*. Mountain View, CA: Pacific Press Pub. Association.

