

# Open Air

## (#2 of 8 Health Promoting Principles)



The life giving **air** around us is a most precious blessing from Heaven. On the last day of Creation Week, God created man. Having formed him from the dust of the ground Adam lay before His maker inert and lifeless until he was vitalized by the **breath of life**. And moment by moment, you and I must have **fresh air** also.

“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...[If] an insufficient supply of **oxygen** is received, the blood moves sluggishly. The waste, poisonous matter, which should be thrown off in the exhalations from the lungs, is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes sallow, digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease.” {*The Ministry of Healing, p. 272-273*}.



**Fresh air** will prove far more beneficial to sick persons than medicine, and is far more essential to them than their food.....Thousands have died for want of pure water and **pure air** who might have lived.”  
{*Counsels on Health, p.55*}



“Every cell in your body must receive a constant supply of **oxygen** or they will weaken and die. That air must be fresh to help you the most. When we breathe stale, polluted air, the supply of **oxygen** is insufficient to keep the cells strong and healthy. Apart from oxygen from the **air** you breathe, they die within a few minutes.

“Air is the free blessing of heaven, calculated to electrify the whole system. Without it the system will be filled with disease and become dormant, languid, and feeble.” {1T 701}



Do you have difficulty in going to sleep at night? Try this simple remedy for sleeplessness; Make sure that there is a current of air coming into the room (best from a window). The room should be comfortable and not chilling, but with some fresh air circulating through it. Now relax, pray as you lie there and give your life anew into the hands of God, Then, slowly take several deep breaths, holding each one a moment before exhaling it. Let your mind slow down. Your thoughts are upon God, the peace of being with Him, and the need for deep, full breathing. Very soon you will be sound asleep.



“Those who have not had a free circulation of air in their rooms through the night, generally awake feeling exhausted, feverish, and know not the cause. It was air, vital air, that the whole system required, but which it could not obtain..... The windows should be opened, and the blinds fastened back, and the air left to circulate freely for several hours, if not all day, through the sleeping apartments. In this manner the bed and clothing will become thoroughly aired, and the impurities will be removed from the room.”  
*Spiritual Gifts, Vol. 4a, p.143*