

Thought for the Week

Fresh Air Addiction

A *COMMON BELIEF* in the 1800s was that fresh air was harmful to one's health. Windows were shut tight at night, and the sick were kept indoors. That's when Ellen White, inspired by God, started debunking many of the "health" practices of her day. She wrote: "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, feeble" (*Testimonies for the Church, vol. 1, p. 701*).

"The Lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air....To live in close, ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system" (*The Ministry of Healing, p. 701*).

I believe it is vital to be exposed to oxygen-laden air even at night, summer and winter. It's amazing how quickly the air in a room becomes "electrified" when a window is open just a crack.

Without fresh air our bodies would be filled with disease and become dormant, languid, and feeble. Why? Impure air, in which the ions are positively charged, restricts the absorption of oxygen, so essential to life. Without oxygen not a cell of our bodies can live. Without it we cannot have healthy blood, clear thinking, or good circulation.

An excess of positive ions causes overproduction of a stress hormone, serotonin. Too much of it in the bloodstream causes anxiety, insomnia, migraine headaches, and sudden mood changes. Recently it has been discovered that a lack of oxygen in the blood causes the platelets to stick together, which can contribute to heart attacks. Pure air is the first of the eight laws of health written about by Ellen White.

Is it any wonder that man's first home was outdoors, where life-giving oxygen, the gift of our Creator, was free and abundant? Since the earth is always negatively charged, it is good to live away from inner cities, and to have health resorts located near waterfalls, seashores, forests, and mountains. Even a small concentration of negative ions can kill airborne bacteria that cause colds, flu, and other respiratory problems. Daily exposure to pure fresh air will supply the oxygen so vital to radiant health. It's one of heaven's richest blessings.

Have you breathed deeply of God's good fresh air today?

Taken from the book, *Fit For Ever*