

## The Importance of Air and Proper Breathing

**3 John 1:2** – Beloved, I wish above all things that thou mayest prosper and BE IN HEALTH, even as thy soul prospereth.

**“The HEALTH REFORM is an important part of the third angel's message; and as a people professing health reform, we should not retrograde, but make continual advancement...”** {ML 128.2}

**“THE IMPORTANCE OF FRESH AIR:** Without proper oxygen, cells in the brain can start to die within a matter of 3 minutes. Negative Ions are a must for proper health. The air in our homes, if not aired out daily, are the positive ions which lead to many unhealthful conditions. “sleeping apartments should be large and so arranged as to have a circulation of AIR through them day and night.” --H. to L., Chap. 4, p. 63. {HL 142.1}

### **WHY?**

“Rooms that are not freely ventilated daily, and bedding that has not been thoroughly dried and aired, are not fit for use. We feel confident that disease and great suffering are brought on by sleeping in rooms with closed and curtained windows, not admitting pure air and the rays of the sun...the room may not have had an airing for months, nor the advantages of a fire for weeks, if at all. It is dangerous to health and life to sleep in these rooms until the outside air shall have circulated through them for several hours and the bedding shall have been dried by the fire. Unless this precaution is taken, the rooms and bedding will be damp. Every room in the house should be thoroughly ventilated every day, and in damp weather should be warmed by fires...every room in your dwelling should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease...mildew and mold would be prevented. The confined air of unventilated rooms meets us with sickening odors of mildew and mold, and the impurities exhaled by its inmates...The emanations from damp, moldy rooms and clothing are poisonous to the system.” H. R. {HL 142.2}

“I have visited in families where it would have been a pleasure for me to remain over night; but I could not do this without endangering my health. They did not feel the importance of ventilation and sunlight. The dread of being obliged to occupy a sleeping apartment that had been closed for days, not admitting these necessary blessings, has led me frequently to deprive myself of the privilege of remaining with dear friends any length of time. Windows and blinds have been closed, keeping out air and sunshine, until I have felt DIZZY AND FAINT, wholly unfitted to benefit the family, or to receive benefit...” {HR, April 1, 1871 par. 7}

“Neglect of proper ventilation is responsible for much of the drowsiness and dullness that destroy the effect of many a sermon and make the teacher's work toilsome and ineffective.” {MH 274.2}

“Open windows even during the rainy and cold season: “during the raining season in california or anywhere else, when the sun does shine, we should make the most of it. Every room in our dwellings should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease...” {HR, February 1, 1874 par. 9}

“Many seem to think that if they exclude the air from their rooms because it is damp and foggy, they have an atmosphere in their houses perfectly safe to breathe. But we have to breathe in damp and foggy days as well as in pleasant, sunny weather. We must accept the air which God gives us, which is subject to atmospheric changes, sometimes dry and invigorating, while again it is damp, chill, and penetrating.

We must meet these changes as they come, and make provision best we can to guard ourselves from the effects of damp and chilly atmosphere, and not subject ourselves to a greater evil by breathing air over and over again that has lost its vital properties.” {HR, February 1, 1874 par. 7}

“Fresh air during the day--in storm as well as in sunshine. It is certainly more pleasurable to have days of sunshine than those that are damp and foggy. But we must breathe in damp, unpleasant weather as well as in sunshine. We should labor to have the air in our houses pure as possible. Even during the rainy season of California, I shall plead for fresh air...” {HR, February 1, 1874 par. 11}

“And when it does get cool and damp: “...You SHOULD so accustom yourself to the air that you will NOT be under the necessity of HAVING THE MERCURY HIGHER THAN SIXTY-FIVE DEGREES.” {1T 702.3}

**FRESH AIR IN THE NIGHT TIME:** “I plead for fresh air in the night...” {HR, February 1, 1874 par. 11}

“The idea that night air is unhealthful and must be excluded from our sleeping apartments, is a mistake. in the night, God designed that WE SHOULD BREATHE NIGHT AIR, for we have no other. Our creator would not make night air dangerous to health and yet compel us to breathe it. Night air is as health for us to breathe in the night as day air is in the day.” {HR, February 1, 1874 par. 10}

**Do not sit under a draft. If your bed is directly under the window then open a window in an adjoining room.**

#### **NEED TO KNOW HOW TO PROPERLY BREATHE:**

“PURE AIR, sunlight, abstemiousness, rest, exercise, proper diet, the use of water, trust in divine power--these are the true remedies. Every person should have a knowledge of nature's remedial agencies and how to apply them...” (MH 127.2)

“Nature will want some assistance to bring things to their proper condition, which may be found in the simplest remedies, ESPECIALLY in the use of nature's own furnished remedies--pure air, and with a precious knowledge of how to breathe.” --Medical Ministry, pp. 223, 224 (Manuscript 22, 1887) {2SM 287.4}

#### **HOW TO PROPERLY BREATHE:**

“The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed...” {VSS 191.2}

“The ill effects of the practice so common, especially in sedentary pursuits, of stooping at one's work. In this position it is impossible to breathe deeply. Superficial breathing soon becomes a habit, and the lungs lose their power to expand. A similar effects is produced by tight lacing. Sufficient room is not given to the lower part of the chest; the abdominal muscles, which were designed to aid in breathing, do not have full play, and the lungs are restricted in their action.” {VSS 191.2}

**Leviticus 17:11 – “for the life of the flesh is in the blood....”** “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.” {MH 272.1}

#### **WE MUST HAVE PROPER POSTURE FOR PROPER BREATHING:**

“It is a great thing to ensure health by placing ourselves in right relations to the laws of life.” {ML 128.2}

**“Among the first things to be aimed at should be a CORRECT POSITION (posture), both in sitting and standing.** God made man upright, and He desires him to possess not only the physical but the mental and moral benefit, the grace and dignity and self-possession, the courage and self-reliance, which an erect bearing so greatly tends to promote.” {ML 128.3}

**“The one who sits and stands erect is more likely than others to breathe properly.** The one who sits and stands erect is more likely than others to breathe properly.... **Impress...the importance of deep breathing...and while the importance of deep breathing is shown, the practice should be insisted upon.** Let exercises be given which will promote this, and see that the habit becomes established.” {Ed 198.4}

#### **WHAT DEEP BREATHING DOES FOR THE BODY:**

“Show how the healthy action of the respiratory organs, assisting the circulation of the blood, **invigorates the whole system,** excites the appetite, promotes digestion, and **induces sound, sweet sleep,** thus not only **refreshing the body,** but **soothing and tranquilizing the mind.**” {Ed 198.4}

#### **SOMETHING TO KEEP IN MIND:**

**“Every law governing the human system is to be strictly regarded; for it is as truly a law of God as is the word of holy writ;** and every willful deviation from obedience to this law is as certainly sin as a violation of the moral law...” {RH, October 18, 1881 par. 8}

**“It is as truly a sin to violate the laws of our being as it is to break the Ten Commandments. To do either is to break God's laws. Those who transgress the law of God in their physical organism, will be inclined to violate the law of God spoken from Sinai.”** {CD 17.3}

**“...TO NEGLECT** to let into every room in the house God's **PURE AIR** and sunshine, **SHOWS A LACK OF FAITH IN HIM.**” {MM 262.2}

#### **SOP ABBREVIATIONS:**

**1T** = Testimonies to the Churches, Volume 1

**2SM** = Selected Messages, Volume 2

**HL** = Healthful Living

**HR** = Health Reformer

**MH** = Ministry of Healing

**ML** = My Life Today

**VSS** = The Voice in Speech and Song

#### **My blog link:**

<http://ravishingrecipesandhealthfacts.blogspot.com/2017/11/the-importance-of-air-and-proper.html>