

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. The lungs should be allowed the greatest freedom possible. Their capacity is developed by free action; it diminishes if they are cramped and compressed. Hence 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. . . . Thus 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 lungs are constantly throwing off impurities, and they need to be constantly supplied with fresh air. Impure air does not afford the necessary supply of oxygen, and the blood passes to the brain and other organs without being vitalized. Hence the necessity of thorough ventilation. To live in close ill-ventilated rooms, where the air is dead and vitiated, weakens the entire system. It becomes pecu-

liarily sensitive to the influence of cold, and a slight exposure induces disease. ELLEN G. WHITE—The Ministry of Healing, pp. 272-275- . . .Vigor declines as years advance, leaving less vitality with which to resist unhealthy influences; hence the greater necessity for the aged to have plenty of sunlight, and fresh, pure air. Ibid. p. 275

Let there be a current of air and an abundance of light in every room in the house. Ibid. p. 274

Throw open the window, take five deep slow breaths of fresh air by expanding your diaphragm, not just lifting your chest . . . and praise the Lord! Wow! It feels good, doesn't it?

Victory in Christ is our goal -
Health of body, mind, and soul.
Come and travel with us.

Natural Remedies

1. Pure air—open up your home and breath deeply
2. Sunlight—has a healing effect on body and home; a dark home breeds disease
3. Moderation—in all things
4. Rest—with regularity of times to rise and go to bed
5. Exercise—regularly but with moderation
6. Proper diet—wide variety of natural foods prepared simply, with few condiments
7. Water—is the best beverage. It should replace most other drinks.
8. Trust in Divine Power—brings peace and health

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**Victoria Seventh-day
Adventist Church**
1860 Mountain View Ave.
(1 Block North of I-10)
P.O. Box 863
Loma Linda, CA 92354
Phone (909) 796 7869
pastor@victoriaadventist.org
www.victoriaadventist.org

Wednesdays 7-8:30 P.M.
Saturdays 9:00 A.M. to Noon

HEALTH TIPS!

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Breath of Life

And God said, Let there be a firmament [the expanse of the sky] in the midst of the waters, and let it separate the waters [below] from the waters [above].
Gen. 1:6, Amplified.