

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.--MH 272

159. The influence of pure, fresh air is to cause *the blood* to circulate healthfully through the system. It refreshes the body, and tends to render it strong and healthy, while at the same time its influence is decidedly felt upon the mind, imparting a degree of composure and serenity. It excites the appetite, and renders the digestion of food more perfect, and induces sound and sweet sleep. 1T 702

The strength of the system is, in a great degree, dependent upon the amount of pure fresh air breathed. {FEBHR11877 par. 5}

255. Stomach, liver, lungs, and brain are suffering for want of deep, full inspirations of air.
--T., V. II, p. 67. {HL 61.2}

Fresh air will purify *the blood*, refresh the body, and help to make it strong and healthy. The invigoration produced will be reflected upon the mind, imparting to it tone and clearness, as well as a degree of composure and serenity. It gives a healthful stimulus to the appetite, renders the digestion of food more perfect, and induces sound, sweet sleep. Living in close, ill-ventilated rooms, weakens the system, makes the mind gloomy, the skin sallow, and the circulation feeble; the blood moves sluggishly, digestion is retarded, and the system is rendered peculiarly sensitive to cold. One should so accustom himself to fresh, cool air that he will not be affected by slight changes of temperature. Of course he should be careful not to sit in a draft or in a cold room when weary, or when in a perspiration. {CTBH 104.2}

It is essential to health that the chest have room to expand to its fullest extent, so that the lungs may be enabled to take full inspirations. Compression, by making it impossible to take a full breath, leads to the injurious habit of breathing with a part of the lungs only. When the lungs are restricted, the quantity of oxygen received into them is lessened. *The blood* is not properly vitalized, and the waste, poisonous matter which should be thrown off through the lungs, is retained. {MAYPHJ11905 par. 7}

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 peculiarly sensitive to the influence of cold, and a slight exposure induces disease. {MH 274.1}

Many persons confine themselves in ill-ventilated rooms, where the air is not charged with its appropriate supply of oxygen. In expiration we are constantly throwing off from the lungs impurities that defile the air, and there is positive necessity of having a constant supply of pure air. Many breathe air that is poisoned, and *the blood* is not purified in the lungs, and passes into the body without being vitalized by a fresh current of air. {STSEP 301897 - 1}

184. Fresh air is the free blessing of Heaven, calculated to electrify the whole system.--T., V. I, p. 701.