

# Health Talks

## “The Battle for Your Mind”

### 07: God’s 8 Laws: Pure Air

“Pure air, sunlight, abstemiousness, [temperance] 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.” Ministry of Healing 127.

Notice in our list of God’s 8 Laws of Health that ‘Pure Air’ is the first one of all. As we explore in the writings of God’s Messenger, Ellen White, we see she says a lot about pure air and also the harm and danger of not having it! We will explore this subject today.

First I want to share a story from Barbara O’Neill. It shows how people can be surrounded by conditions that are the true cause of an illness, and they have their roots in lack of pure air, and yet be blaming some new germ for the problem, as if it just fell on someone for no reason at all, and they need to ‘fight this germ’ and all will be well. But will it? What do you think of this situation?

“A news item was saying that there are some cases of drug-resistant TB in an African village. So it shows the Health Worker going into a little village to meet one of the men that has this ‘drug-resistant TB’. So the journalist follows the health worker up the path. Awe! there are goats pulling out rubbish on the path! She gets up closer, Awe! there's a tin red, black and white shed there, Awe! Coca Cola for sale in an African village, they’re selling Coca Cola and sugar biscuits! [Most unhealthful indeed!]

“She goes closer and comes to the hut. She pulls the dirty rag aside [that's used for the door] and the stench nearly knocks her over. She steps into the hut on the dirt floor, and there’s the man suffering from drug-resistant TB! There’s absolutely no fresh air or sunshine coming into that hut either! I thought, Doesn’t anyone else see this? But the Health Worker just steps over the rubbish, and goes to the hut! If only the money spent on those drugs was spent on education! Yes educate the people in cleanliness! In sanitation!

“The big question that modern medicine nearly always fails to ask is “Why?” Why is this there? Why is this happening? That's what we should be investigating. Why is it there? But notice with the gene theory, and the germ theory, it's very easy to say, ‘Oh it's not me, It’s not all these unhealthy, filthy conditions, It’s not the harmful food, it's only the germ! Just this rare germ that fell out of the sky!’” Do you get the point?

You can’t have Pure Air in filthy conditions! “A neglect of cleanliness will induce disease. Sickness does not come without a cause. Violent Epidemics of fevers have occurred in villages and cities that were considered perfectly healthful, and these have resulted in death or broken constitutions. In many instances the premises of the very ones who fell victims to these epidemics contained the agents of destruction which sent forth deadly poison into the atmosphere, to be inhaled by the family and the neighborhood. It is astonishing to witness the prevailing ignorance relative to the effects which slackness and recklessness produce upon health.” AH 22. Now this was a hundred years ago but it seems people are not much wiser these days, doesn’t it?

Sick Children? “I have often seen children's beds in such a condition that the foul, poisonous odor constantly rising from them was to me unendurable. Keep everything the eyes of the children rest upon and that comes in contact with the body, night or day, clean and wholesome.” CG 109.

“Every form of uncleanliness tends to disease. Death-producing germs abound in dark, neglected corners, in decaying refuse [garbage], in dampness and mold and must. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. Nothing

unclean or decaying should be tolerated within the home. In towns or cities regarded perfectly healthful, many an epidemic of fever has been traced to decaying matter about the dwelling of some careless householder. Perfect cleanliness, plenty of sunlight, careful attention to sanitation in every detail of the home life, are essential to freedom from disease and to the cheerfulness and vigor of the inmates of the home." CG 108. So we see that to have Pure Air we must practice strict cleanliness in our homes and surroundings!

**Unseen Enemies in the Air? Understanding Oxygen: a science lesson.** The use of fires and lack of ventilation in our homes can be deadly; here's why. Oxygen has the symbol 'O2'. This is the element we most need to have to live. Without it we will die in only minutes! It is the most important part of our 'Pure Air' so we need to learn what can affect it, and the unseen enemies that can occur in our air. When we breathe we take in air that contains mostly O2, [Oxygen] and we give off air that contains mostly CO2. [Carbon Dioxide]

We can die if we sleep in a closed car or small closed room with a container of coals from a wood fire to keep warm. We need to study what can kill us and how to avoid this danger. In conditions like this there are 3 invisible enemies involved: 1. lack of O2 [Oxygen]; 2. the presence of too much CO2 [Carbon Dioxide] from our breathing; 3. the presence of CO: [Carbon Monoxide]. Other gasses could occur but these are the ones we need to know.

A car, or small room, with all windows closed has little or no circulation of air. People breathing the air in any enclosed fairly small place, will soon use up the available O2 and the place will be full of CO2 which cannot keep us alive. So if you are sleeping in a car or any small enclosed space, you must make sure you have a window open a little or some outside air able to enter the place. The more people in the room, the more dangerous it is and the more important to have fresh air coming in.

Now even worse are the invisible enemies that come from fire! Here is a report on what is in wood smoke. Be aware that fumes from oil, petrol, or coal are even more dangerous. "When wood is burned, the combustion reaction produces heat and emissions in the form of water, organic vapors, gases, and particulates. The emissions of most concern are carbon monoxide (CO), carbon dioxide (CO2), sulfur oxides (SOx), and nitrogen oxides (NOx)." Even the hot coals from a fire can give off this deadly gas as well. "Hot and cooling ashes can be a fire and carbon monoxide hazard."

We should never have a fire, or hot coals of a fire, in a closed room that has no outside air coming into it. First off, the fire will burn up the O2 even faster than the people's breathing, leaving them with no O2 to sustain their lives. This is bad enough, but, as we see, there is an even worse enemy given off by fire that we must guard against, and that is CO, Carbon Monoxide and that is deadly! Why? Let's learn about CO.

CO Carbon monoxide poisoning typically occurs from breathing in carbon monoxide at excessive levels. Symptoms are often described as "flu-like" and commonly include headache, dizziness, weakness, vomiting, chest pain, and confusion. Large exposures can result in loss of consciousness, arrhythmias, seizures, or death. What happens? "Carbon monoxide binds to hemoglobin in blood stronger than oxygen does and does not dissolve quickly enough to allow oxygen to bind. As a result there is not enough oxygen available in blood and the organism is suffocating on cellular level. The CO binds to your hemoglobin and has a stronger bond than oxygen. Your body produces CO2 but can not pick up oxygen to replace the Carbon Dioxide. You become hypoxic [low O2] then anoxic [no O2] and then you die unless the CO can be displaced with oxygen.

1st Aid: What to do if you find someone overcome by CO? Get the Person to Fresh Air; Move the person

away from carbon monoxide area; If the person is unconscious, check for injuries before moving; Turn off carbon monoxide source if you can do so safely. Use CPR if person is alive but not breathing. Medical treatment will give pure O<sub>2</sub> to gradually force out the CO. But even if they are rescued and no medical treatment available, encourage them to breathe deeply in fresh air, and after a while they will recover.

By grabbing on to the Red Blood Cells tightly it prevents them from bonding with oxygen in a person's blood and it kills them by lack of oxygen, even if they are fully breathing! If a person has been exposed to it, it tends to stay in the blood. People can have lower levels of this in their blood and just think they have the flu or are tired, or something. Smokers always have some of this in their blood! Do not smoke tobacco, cannabis or anything else!

Gasoline engines can give this off as well. This is a way some have been known to commit suicide. The person goes into their car and runs it in a closed garage with the car windows open and they can die within a short time from Carbon Monoxide poisoning! But sometimes people do it by accident by using an oil or gas burning stove in a closed tent or closed room. A while back in Canada the power was off for a long while in a big city in the cold winter and some people tried to stay warm that way and there were tragic deaths of entire families.

We have reports from areas in Africa of people sleeping in an enclosed cooking room with a fire burning and are found dead in the morning. The tendency was to accuse witches and say they had been bewitched and killed. But the invisible enemy was CO<sub>2</sub> and CO!

The most important thing to remember is NEVER sleep in a closed area with a fire, or an oil or gas stove, or a car or machine with engine running. CO cannot be smelled or tasted, so a person would not spot it, but where those kinds of fires are, there is always some. Also Carbon dioxide can kill also just by there being so much of it from a fire burning up the oxygen. Also avoid sleeping in a closed car or small room even without a fire, if there is no air coming into it! If one is traveling and sleep in a car, keep a window a bit open or make sure the vents in the car are open. As long as there is air circulation it is safe, like a window a bit open or something like that.

Keeping Warm: A trick the people use to do in winter years ago is to warm some bricks or smooth stones by an outside fire or one with a chimney, wrap them in heavy paper, remember to not have them hot enough to burn the paper, then people would put them into their beds to warm their feet on! You possibly could also get a metal bucket or 'mbaura' of hot rocks and bring them in, they give off warmth for a while, as long as coals would. Just don't burn your hands on the rocks or hot bucket. It has no fire in it, just hot rocks! No danger at all from gasses! Also if you can, get a 'hot water bottle' made of rubber, hot water can be put into it and the lid put on tightly and it can be taken to bed to help with warmth.

Ellen White had a lot to say about another form of impure air that can cause illness. She wrote: "Impure air is a frequent cause of disease. Above all other places, houses of worship and school buildings should be thoroughly ventilated. . . Unless there is most thorough ventilation, these impurities [from people's breathing] will be taken into the lungs, and then into the blood, and thus endanger health and even life."

Our homes and yards: "A yard beautified with scattering trees and some shrubbery, at a proper distance from the house, has a happy influence upon the family, and, if well taken care of, will prove no injury to the health. But shade trees and shrubbery close and dense around a house, make it unhealthy; for they prevent the free circulation of air, and shut out the rays of the sun. In consequence, a dampness gathers in the house, especially in wet seasons. Those who occupy the sleeping-rooms are troubled with

rheumatism, neuralgia, and lung complaints. Then the great quantities of fallen leaves, if not removed immediately, decay, and poison the atmosphere. Dwellings, if possible, should be built on high ground. If a house is built where the water will settle around it, remaining for a time and slowly drying away, there is a poisonous mist continually rising from the damp ground, which breeds sore throat, fevers, ague [flu], or lung diseases.” CTBH 107. So we need to do our part to make sure we have Pure Air!

Now we will continue by looking at the effects of Pure Air with plenty of Oxygen on our bodies and health. There are four vital elements needed for life, number one is oxygen, number two is water number three is sodium, and number four is potassium. Here we look at oxygen and the effect of oxygen in the human body. When the cell has adequate oxygen it can produce 36 units of energy, much more than if it does not.

First, a list of the effects of oxygen on the body. Oxygen vitalizes, oxygen invigorates, and makes an incredible difference in the energy pathways in the cells. Oxygen electrifies, that's how you will feel when every cell in your body is running on oxygen. Oxygen does something else too, oxygen soothes the nerves, and we need nerve soothers. So this is what oxygen does.

What are the symptoms of lack of oxygen? Medicine calls it hypoxia, which basically means lack of oxygen. First, fatigue; the person feels like they've climbed a mountain and all they've done is got out of bed. Then Lethargy, they can't even get out of bed; Nausea, it's not the only cause of nausea but it is one of the symptoms of hypoxia. Headache, not the only cause of a headache but it is one of the symptoms of hypoxia. The most severe signs of hypoxia are bluish top lip. When blood goes through the lungs, it picks up oxygen like a little parcel and it gives the blood a bright red color. So when the person is lacking oxygen, their blood actually has a bluish color, showing in the blue top lip and bluish fingertips and nails.

Many people today are drifting in the haze that lies between sickness and ideal health, they're not actually jumping out of their skin with energy, and yet, they're not actually bedridden. They're in the middle. One of the reasons is simply a lack of oxygen.

Let's have a look at the things that influence oxygen going into our body. One is the quality of the air that we're breathing. Have you heard of negative ions? Negative ions are electrically charged oxygen molecules. Where do you find negative ions? You'll find negative ions wherever you find moisture, movement, and air. Water droplets pass through the air giving off negative ions. Where do we find water or moisture and air movement? The thunderstorm is one, we know how the air can feel fresh after a thunderstorm.

Also near waterfalls you'll find negative ions. By the sea, where the ocean waves are also creating negative ions. We can all identify the fresh, invigorating smell in these areas.

You'll also find negative ions in forests. Negative ions are given off by trees, every leaf is always giving off oxygen and always a little bit of moisture. If you look in the early morning in the bush, you may see mist rising up out of the valleys, given off from the trees.

Now we also have positive ions. Positive ions have more carbon dioxide in their molecule than oxygen. Where do you find the positive ions? You find positive ions before a thunderstorm when the air feels heavy and oppressive. We often say, 'I can feel a storm coming, the air is heavy.' People often suffer from respiratory symptoms before the thunderstorm.

You'll also find positive ions in the city, where you have a lot of people all breathing out carbon dioxide; also some people are smoking and that gives off another gas as we saw above, carbon monoxide.

Carbon monoxide is a dangerous gas for humans because carbon monoxide competes with oxygen on the red blood cell. Again, here's how it works. The Red Blood cell picks up oxygen to carry and it's an 'unstable union'. It's an unstable union so that it can be dropped again quickly, maybe in my toes, in my brain, in my pancreas as the blood circulates. Whereas when carbon monoxide is breathed in, it forms a very tight union inhibiting or preventing the uptake of oxygen by that cell. This is another reason we should never smoke!

You'll also find carbon monoxide coming out of cars; so car exhaust fumes contain carbon monoxide, making it common in the air in busy cities. You also find carbon monoxide wherever you find mold; mold lives very well with no oxygen. It's called an anaerobic organism, living without Oxygen. So one has to be very cautious of any mold in the house, or any mold in their work area. It contributes to all chronic diseases. Most people are unaware of how dangerous exposure to mold is!

You'll also find positive ions coming out of some heaters. The heaters that are the most dangerous are the heaters that rob the air of oxygen or give off fumes. If you are running such a heater always have a window open a little. You can do much to improve the oxygen content of your body by being mindful of the air that you're breathing.

There's another thing that you can be mindful of, that will influence the oxygen uptake in your body and that is hydration, drinking enough water. Not having enough water causes our blood cell to clump together and they can't pass through very tiny blood vessels to feed the cells!

Now when that clumped up blood goes through the lungs how much oxygen is it picking up compared to when well hydrated blood goes through the lungs? So much of the surface area has been lost purely because of dehydration.

A microbiologist said, "We have done research on this, and one cup of coffee requires five cups of water to accommodate for the dehydrating agents in the coffee." Wow! How many people are having coffee, coke, or caffeine tea instead of water? And how many people do we meet today who are always tired? They may not have exposure to mold; they may not have problems with a heater; they could simply be dehydrated! That's easy fixed, isn't it? The best way to hydrate the body is take in water, little by little, over the day, by the end of the day, the condition will be improved.

Another way that a person can limit the amount of oxygen going into their body is by how they breathe. Our body was designed so that the abdominal muscles are used in the breathing process. To breathe well, our abdominal muscles must be used in the breathing process. Many times that is not possible because of bad posture. Slumping and hunching over makes it impossible to use your abdominal muscles right.

Tight clothes around the waist inhibits the abdominal muscles being able to breathe. So these are some of the things that can influence the oxygen uptake in our blood. Our body was not designed to only use the chest to breathe, but also the abdomen, and when someone is just a high chest breather, they can actually be losing out on gas exchange at the bottom of the lungs. So be very mindful of the way that you're breathing, because that absolutely can influence the oxygen uptake in your body. Learn to be mindful of all the factors that can influence our intake of Pure Air.

"Encourage people to breathe the fresh air. Teach them to breathe deeply, and in breathing and speaking to exercise the abdominal muscles. This is an education that will be invaluable to them. Exercise in the open air should be prescribed as a life-giving necessity. And for such exercises there is nothing better than the cultivation of the soil." MH 264.