

Quotes from Sister White on Air~

What type of air do 'mask wearers' breathe? Their own poisonous carbonic acid.

It is destructive to the health and life of young children for them to sit in the schoolroom, upon hard, ill-formed benches, from three to five hours a day, **inhaling the impure air caused by many breaths**. {RH August 1, 1899, Art. B, par. 5}

On an autumn evening we were once traveling in a crowded car, where **the atmosphere was rendered very impure by the mingling of so many breaths**. The exhalations from lungs and bodies caused a most sickening sensation to come over me. I raised my window and was enjoying the fresh air, when a lady, in earnest, imploring tones, cried out: "Do put down that window. You will take cold and be sick, for the night air is so unhealthy." I replied: "Madam, we have no other air, in this car or out of it, but night air. If you refuse to breathe night air, then you must stop breathing. God has provided for His creatures air to breathe for the day, and the same, made a little cooler, for the night. In the night it is not possible for you to breathe anything but night air. **The question is: Shall the night air we breathe be pure, or is it improved after it has been breathed over and over? Is it for our health to breathe the polluted night air of this car?** The exhalations thrown off by the lungs and bodies of men steeped in tobacco and alcohol, pollute the air and endanger health; and yet nearly all the passengers sit as indifferent as though inhaling the purest atmosphere. God has wisely provided for us, that in the night we should breathe night air, and in the day, the air of the day. If we fail to answer the plan of God, and the blood becomes impure, our wrong habits have made it thus. But the air of night, breathed in the night, will not of itself poison the current of human life." **Many are suffering from disease because they refuse to receive into their rooms at night the pure night air**. The free, pure air of heaven is one of the richest blessings we can enjoy. {2T 527.3}

I find it almost impossible to convince those who are accustomed to live in rooms from which the fresh air has been excluded, of the unhealthfulness of such rooms. Like faithful sentinels they guard windows and doors as if fearful the impure air would escape and fresh air take its place. When we enter such houses the confined air of unventilated rooms meets us with sickening odors of mildew and mold, and **the impurities exhaled from its inmates**. I could not live in such an atmosphere. It is painful for me to remain there even but a short time. {HR February 1, 1874, Art. A, par. 8}

The tenement we live in has not one particle of plastering on it. In the adjoining tenement they have all been sick with measles, and the mother is down with rheumatic fever. Now what means all this? They have no air in their home—the windows are never opened—the curtains seldom lifted, and **the impure air is breathed over and over again**—this is the custom. O, they need a voice lifted to teach them that **they are abusing themselves and putting out the lamp of life that God has given them!** {L125-1893.4}

In very many cases the attendants are ignorant of the needs of the system, and of the relation that the breathing of fresh air sustains to health, and of **the life-destroying influence of inhaling the impure air of a sick-room**. In this case the life of the sick is endangered, and the attendants themselves are liable to take on disease, and lose health, and perhaps life. {RH December 5, 1899, Art. B, par. 7}

If fevers enter a family, often more than one has the same disease. This need not be, if the habits of the family are correct. If their diet is as it should be, and they observe habits of cleanliness, and **realize the necessity of ventilation**, the fever need not extend to another member of the family. The reason of fevers prevailing in families, and exposing the attendants, is because the sick-room is not kept free from poisonous infection, by cleanliness and **proper ventilation**. {RH December 5, 1899, Art. B, par. 8}

Impure Air

254. **The effects produced by living in close, ill-ventilated rooms are these:** The system becomes weak and unhealthy, the circulation is depressed, the blood moves sluggishly through the system because it is not purified and vitalized by the pure, invigorating air of heaven. The mind becomes depressed and gloomy, while the whole system is enervated; and fevers and other acute diseases are liable to be generated.... The system is peculiarly sensitive to the influence of cold. A slight exposure produces serious diseases.—Testimonies for the Church 1:702. {HL 61.1}

But I am sure, from the light given me of God, the less excitement there is brought into childhood's life and experience, the better for the children. The custom of having little children attend morning religious services is not wisdom. The breath of the company assembled is [not] free of disease. The kissing of children should be strictly forbidden, for disease is communicated in this way. I have had these cautions given to me again and again. Their attending meetings very young, **the confinement, breathing impure air exhaled from the lungs and bodies**, is a tax to them and produces a hatred of the meetings in time. I decided to leave my children at home, under a wise instructor, for their present and future good. [I did] not compel them to travel to see many people and be brought to the notice of people, for all feel that they must give attention to little children, and they learn to love to be noticed, praised, and petted. {Lt12-1884.15}

We have come to this beautiful place from the Los Angeles camp-meeting, where I spoke six times in the large tent to a congregation of about two thousand. The last Sabbath of the meeting **the tent was especially crowded. In order to speak so that all could hear I was obliged to take very deep inspirations, and that night I suffered with severe pain in my chest and around my heart, caused by inhaling the impure air of the crowded tent.** {Lt251-1905.1}

And such halls are far from being suitable places for meeting at any season. The hall in which I spoke last Sabbath cannot be properly ventilated; it is completely surrounded by other rooms, and is lighted only from the roof. **The air was so impure as to be really sickening.** A curtain, stretched across the hall back of the platform, separates this apartment from the next, but there is such a draft that the speaker's stand has been removed from this platform and placed upon a lower one made for the purpose. Notwithstanding this precaution, **the draught was so strong that I had to keep a heavy shawl drawn close about my neck while speaking. Now my lips are swollen and painful from the effect of the cold and the foul air.** {Lt2c-1892.8}

290. Many suffer decayed vegetable matter to remain about their premises. They are not awake to the influence of these things. There is constantly arising from these decaying substances effluvia that is **poisoning the air. By inhaling the impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased.** Disease of almost every description will be caused by inhaling the atmosphere affected by these decaying substances.—Ibid. {HL 66.6}

Who knoweth not in all these that the hand of the LORD hath wrought this? In whose hand [is] **the soul of every living thing, and the breath of all mankind.** *Job 12:9, 10*

For the LORD will judge his people, and he will repent himself concerning his servants. The **idols** of the heathen [are] silver and gold, the work of men's hands. They have mouths, but they speak not; eyes have they, but they see not; They have ears, but they hear not; **neither is there [any] breath in their mouths. They that make them are like unto them: [so is] every one that trusteth in them.** *Ps 135:14-18*

Every man is brutish in [his] knowledge: every founder is confounded by the **graven image:** for his **molten image [is] falsehood,** and **[there is] no breath in them.** They [are] vanity, [and] **the work of errors:** in the time of their visitation they shall perish. *Jer. 10:14, 15*