Breathe

Air. We tend to take it for granted, but it's the most crucial element to our survival. Without air, a human being can only live for about six minutes.

So why don't we give air much thought?

For one thing, because it's invisible. We don't pay much attention to the things we can't see.

And we don't see air except when it's full of pollution. (which is all too often).

But we also ignore it because there seems to be so much of it. We are immersed in a sea of air.

In fact, we even use the sky as a metaphor for things that are infinitely vast.



...all of its air would only be as thick as its skin.

So take a moment to breathe and appreciate the air around you. (And while you're at it, give some thanks for the plants — without them there wouldn't be any oxygen in the air to breathe)

Air: our most precious resource, our most delicate gift.