

# The Encourager

Churches Helping Churches and People Helping People

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## What is *The Encourager*?

*The Encourager* is a publication giving words of encouragement and hope to the community in these difficult times.

The world has been impacted by COVID-19 in a way that could

not be envisioned.

As people adjust to cope with major life changes, the articles in *The Encourager* will share relevant information to use.

Scriptures will be included to

provide encouragement, hope, and comfort.

If you are interested in additional copies, or if you would like to contribute articles, please submit them to the editor.

## COVID-19 BOOSTING THE IMMUNE SYSTEM

The first issue of *The Encourager* included information about a number of time-tested practices that can help with disinfecting and personal habits to strengthen our immune system.

Some habits mentioned included the following:

**Fresh air** Boosts your immune system. Help to fight them off with the power of fresh air. ... It also supplies your immune system with the oxygen it needs to kill and destroy bacteria, viruses and germs. Breathing in stale air will not supply your body with enough oxygen to keep your cells fueled and functioning properly. <<https://www.phantomcreens.com/resource/getting-fresh-part-1-the-health-benefits-of-fresh-air/>>

### Important about air and sunlight

For nearly two centuries, hospital designers had based their layouts on a fundamental assumption: In order to remain disease-free and health-giving, hospital spaces required direct access to sunlight and fresh air.

<<https://www.smithsonianmag.com/history/when-fresh-air-went-out-fashion-hospitals-180963710/>>

**Sanatorium Movement Crosses the Pond** The first sanatorium in the U.S. was opened in 1885 in

Saranac Lake, New York by Edward Livingston Trudeau, an American doctor who had planned to spend his final days in the Adirondack Mountains but found that **his symptoms disappeared in the fresh air.** <<https://mobile.reuters.com/article/amp/idUSN2632370020070227>>

**This issue** will provide additional information on the importance of fresh air and sunlight.

### Tuberculosis

Dr. Trudeau suffered from tuberculosis. He went on to promote the treatment and containment of the disease through **exposure to fresh air, adequate rest, good food, and a positive attitude.** <<https://www.trudeauinstitute.org/history>>

### How deadly is tuberculosis?

According to the CDC, during the 19th century, TB killed one out of every seven people living in the United States and Europe.

<<https://www.cdc.gov/tb/worldtbd/histories.htm>>

Every year, **10 million** people fall ill with tuberculosis (TB). Despite being a preventable and curable disease, **1.5 million people die from TB each year** – making it the world's top infectious killer. <[https://www.who.int/health-topics/tuberculosis#tab=tab\\_1](https://www.who.int/health-topics/tuberculosis#tab=tab_1)>

The disease is extremely infectious

and **killed more than one billion people between 1800 and 2000.**

<<https://www.theguardian.com/comment-isfree/2020/apr/30/trust-tuberculosis-tackle-covid-19>>

### New Findings support the Past

On April 13, 2020, Fox News reported:

**Natural light, fresh air could keep coronavirus out of workplaces, scientists suggest**

Researchers from UC-Davis and the University of Oregon published their report in the journal *mSystems* and came up with some recommendations for healthier work spaces in the age of COVID-19.

**Two of their suggestions: opening windows for better air circulation and opening blinds or drapes for more natural sunlight.**

<<https://www.foxnews.com/science/natural-light-fresh-air-could-keep-coronavirus-out-of-workplaces-scientists-suggest>>

MSN reported that Bill Bryan, the acting homeland security undersecretary for science and technology, said at the briefing: "Our most striking observation to date is the **powerful effect that solar light appears to have on killing the virus—both surfaces and in the air.**" <<https://www.msn.com/en-us/health/other/does-sunlight-really-kill-covid-19-here-s-what-experts-say/ar-BB13a7kY>>

In an ordinary 70-75 degree (Fahrenheit) environment with 20 percent humidity on a non-porous surface, the half-life for the Wuhan coronavirus (COVID-19)

is about 18 hours. Increasing the humidity to 80 percent, however, decreases that half-life to six hours, while adding natural sunlight into the mix decreases it to just two

minutes. <<https://www.naturalnews.com/2020-05-01-homeland-security-scientist-natural-sunlight-kills-coronavirus.html>>

## Gardening: Growing your own food (part 1)

On April 21, 2020, Executive Director of the World Food Programme (WFP) David Beasley stated the Coronavirus has ignited **"the worst humanitarian crisis since World War Two"**. <<https://news.un.org/en/story/2020/04/1062272>>

The food industry is feeling the brunt of Covid-19 as the global response has been lockdowns, trade barriers, and closed borders to the agricultural labor force. As result, we are seeing empty aisles, food rationing, and price spikes at grocery stores.

During these times of uncertainty, it can seem daunting to **consume a nutritionally dense diet**, which is essential to build and maintain a robust immune system. It is evident that many have little confidence in the supply chain, and feel an **urgency to stock up on essential goods** to protect themselves and loved ones from **the imminent food shortage**.

The WFP Executive Director David Beasley also said there was **"a real danger that more people could potentially die from the economic impact of COVID-19 than from the virus itself"**. <<https://www.usatoday.com/story/news/world/2020/04/22/coronavirus-world-food-program-famine-fears/3003469001/>>

What can we do to ensure security in such a basic necessity? After all, the great King David said, **"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging**

**bread"** (Psalm 37:25). Although God can surely send down manna from heaven, He expects His church to apply work to their faith to not only be prepared, but to be a blessing to others in their time of need.

The solution is the foundation of mankind's survival for over 6,000 years of recorded history. "And the **Lord God planted a garden** eastward in Eden; and there he put the man whom he had formed. And out of the ground made the Lord God to grow every tree that is pleasant to the sight, and **good for food**;" (Genesis 2:8-9). Verse 15 tells us, "And the Lord God took the man, and put him into the garden of Eden to dress it and to keep it." **Maintaining a garden was indeed the first occupation of mankind!**

Gardening may seem challenging for those who aren't exactly blessed with a green thumb, and downright impossible without having a yard. However, it is still possible, and it can be a fun stress-relieving activity. In addition, it is a great way to get your adequate dose of fresh air and sunlight!

**Container gardening is the first of many options we will explore in this series.** It is great for beginning gardeners and can be done even with limited space. Here are some reasons to give it a try:

• **Versatile:** Container gardens allow you to grow on a balcony, patio, indoors on windowsills, or

rooms with adequate light.

• **More variety:** You can grow a variety of plants with different soil needs.

• **Accessibility:** It is accessible to almost anyone including children, those with limited mobility, and the elderly.

• **No weeding:** Due to the small surface area, weed seeds will not likely find their way into pots.

• **No heavy garden tools and equipment:** Saves your back and money with less maintenance.

• **Mobility:** Plants can easily be moved to suit your needs or to a more suitable sunny or shady location during the day.

• **Change your look:** As each plant finishes flowering or fruiting, it can be replaced with another.

• **Flexibility:** Rearrange plants to suit the season or your taste.

• **Control space invaders:** Vigorous growers like mints and bamboo that are too invasive if let loose in the garden do well in containers. <<https://themicrogardener.com/the-benefits-of-container-gardening/>>

For more information on container gardening, visit:

**<https://www.apartmenttherapy.com/how-to-start-a-container-garden-90430>**.

Other articles as well as videos can be found online to learn more about container gardening. Our next issue will have more practical information on gardening.

In these difficult times, we are looking to set up a network of churches helping churches and people helping people. If you have a skill to provide or items you would like to barter or exchange, please contact us! Call **518-272-6679** or email us at **[info@redemptionchurch.net](mailto:info@redemptionchurch.net)**. **We can help each other!**

**Churches helping churches and people helping people:**

**\*Goods for Goods\***

**\*Services for Services\***

**\*Goods for Services\***

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