

YOUR HEART

What a faithful little organ is the human heart! Every day- Sundays and all holidays, including Christmas and Fourth of July – this little engine keeps on pumping. It is pumping during our waking hours and ceaselessly pumping while we lie helpless in sleep. It doesn't complain about the condition of the weather, seeks no "social security" and never asks for a vacation. It will work best when treated well, but will do its utmost to give good service when working conditions are unduly taxing its strength.

How dependent we are on the heart! If one eye is blind, we see with the other; if one ear is deaf, we can turn our head and listen with our "good ear"; if one leg is gone, an artificial one can help us along through life. But one's earthly existence depends, we all know, on the heart.

This most interesting "machine" is about the size of one's fist and weighs somewhat more than a pound. It is divided into four chambers and enclosed in a sack called the pericardium. It beats 70 times every minute, 4200 times an hour, 100,800 times a day and 36,792,000 times a year. When a person has reached the age of 70 years, the heart has beaten 2,575,440,000 times. The volume of blood pumped by the heart in one year is about 650,000 gallons, or enough to fill more than 81 tank cars of 8,000 gallons each. The heart generates enough energy in 12 hours to lift, 1 foot from the ground, a tank car of 65 tons.

It is said that when a person rests one complete day of 24 hours, the energy of 20,000 heart beats is saved.

A leading American encyclopedia is our authority for saying that the blood circulates about 12,000 miles of bloodways or the approximate distance from New York to Hong Kong by way of the Panama Canal.

HOW TOBACCO AFFECTS THE HEART

"One cigarette has nineteen different poisons which get into the blood stream, making heart action difficult"...quoting Dr. John Kellogg. Nicotine, prussic acid, carbon monoxide, pyrodine, acraline and furfurol-these few are given to show what effects they have on the heart. One to three cigarettes when smoked will contract the small arteries. This causes the heart to beat faster, which makes a blood pressure rise from 1 to 25 points, trying to force the blood through the arteries. Furfurol has the above effect. There is as much poisonous furfurol in one cigarette as in two ounces of whiskey.

The pipe contains 2% nicotine, a cigar gets stronger as it nears the butt end. A cigarette has the least amount of nicotine. But what the cigarette lacks in nicotine it makes up in poisonous furfurol, and acroline. The burning of cigarette paper causes

this poison. Thomas A. Edison says acroline poison has a violent action on the nerve center, producing degeneracy of the cells of the brain...and he says, "I employ no one smoking cigarettes." The furfural in a cigarette is fifty times as poisonous as alcohol. Furfural in minute doses; causes staggering, trembling and twisting; in larger doses convulsions and muscular paralysis. Alcohol dilates the small arteries. That's the reason for the flush face of the beer drinker and the red nose of the whiskey topper.

Tobacco is a narcotic and not a stimulant. To the nineteen poisons are attributed the following: HEART trouble, liver, kidneys, even causing cancer of the nose, throat, and stomach ulcers.

Dr. Alexis Carrol states that nicotine leaps straight at the heart and circulatory system and just one puff of a cigarette contracts the tiniest capillaries in your feet and legs.

If you smoke a pack of cigarettes a day you inhale 400 milligrams of nicotine a week. That much nicotine in a single dose would kill you as quick as a bullet.

A British doctor said that offering a cigarette to a friend should be considered a social crime rather than a courtesy.

After laboring against tobacco poisons and abuses, of alcohol and disease, the faithful little organ, the heart, finally stops. And at this point may I ask: "Where will you go, to Heaven, or Hell, as you move out of this body into Eternity?" After indulging in the filthy habits and drink destroying God's temple, and you have not repented of it, Jesus says in Luke 13:3, "Except ye repent, ye shall all likewise perish." Sin must be repented of. Jesus said; "Ye must be born again." John 3:3

When your heart stops and you have failed to come to Jesus and be converted you will be lost. It maybe you have been washed in the blood, and have turned to live daily for God. You escaped the pollutions of this world. If so, you will spend your eternity with the blood washed redeemed, should your heart stop five minutes from now. 1

Corinthians 3:16 says; "We are the temple of God." 1 Corinthians 3:17 says: "If any man defile the temple of God, him shall God destroy, for the temple of God is holy which temple ye are." 2 Corinthians 7:1, "Let us cleanse ourselves, from all filthiness of the flesh and spirit." I too, was a slave to tobacco and sin and I bitterly repented and came to Jesus. He washed my sins and habits of tobacco away in his own blood, even taking the appetite for the filthy weed away. Praise His dear name forever. "I passed from death unto life." John 5:24. I was washed white through His blood – NOT white-washed.

"I was born again." John 3:3 Now, I can say with assurance, should my heart finally stop, I will go to be with the redeemed; for my name is written in the Book of Life. Had I neglected this new birth and refused to give up sin, I would have gone to Hell with the

unbeliever and the lost. My surrender was unconditional. He took away every appetite for tobacco and liquor. Now I'm free, praise God! Jesus says in John 6:37, "Him that cometh to me I will in no wise cast out." (But you must come)

1 Peter 1:15 "Be ye holy in all manner of conversation." I Timothy 4:12, "Be an example in conversation." Ephesians 5:4, "Neither filthiness, nor foolish talking, nor jesting." Revelation 21:8, "But the fearful, and unbelieving, and the abominable, and murderers, and whoremongers, and sorcerers, and idolators, and all liars shall have their part in the lake which burneth with fire and brimstone: Which is the second death." Psalms 9:17, "The wicked shall be turned into hell, and all the nations that forget God." Revelation 20:15, "And whosoever was not found written in the Book of Life was cast into the lake of fire."

Should your heart stop now, where will you spend Eternity?