**Higher Advantages**

**Every good gift and every perfect gift is from above.**

***(James 1:17)***

**An airplane uses more fuel flying at 25,000 feet than at 30,000 feet. The higher it flies, the thinner the atmosphere and the less atmospheric resistance it must buck. *(David Louis, in Fascinating Facts, p. 20)***

**The air presses down all over the Earth. The weight of air pressing down on each 1 square mile (10 square feet) of the Earth’s surface is greater than that of a large elephant. Air also presses down on our bodies but we do not feel it because breathing balances out the effect. Air pressure is greatest at ground level and gets less the higher up you go. *(The Usborne Book of Facts & Lists, p. 98)***

**In July 1893 Katherine Lee Bates went with several other professors to teach a three-week summer session at Colorado College in Colorado Springs. At the end of their stay, the professors went to the top of Pikes Peak in a wagon drawn by horses and, on the steepest part, by mules.  There, 14,000 feet into the sky -- and yet, characteristically, with her feet still firmly on earth -- Bates conceived the poem that became known as “American the Beautiful." *(Michael Drury, in Reader’s Digest)*A man can’t ride your back unless it’s bent. *(Martin Luther King Jr.)***

**There are virtually no birds that sing while they are on the ground.  Birds typically sing only when they are on a tree branch or on some other spot off the ground. *(Paul Stirling Hagerman, in It’s a Weird World, p. 17)***

**With few exceptions, birds do not sing while on the ground. They sing during flight or while sitting on an object off the ground. Exceptions include the turnstone, which is a shorebird, and some American field sparrows. *(Isaac Asimov’s Book of Facts, p. 119)***

**Hang a piece of bread on a string over a rat, a muskrat and a beaver. The rat and muskrat will jump repeatedly to bite off little bits. The beaver will pause, then jump higher, and bite off the string. Experiments prove this. Pretty smart, that beaver. *(L. M. Boyd)***

**Remember the fellow who found himself in the middle of a pasture with an angry bull charging him? The only escape in sight was a tree, but the nearest limb was ten feet off the ground. The fellow ran for it and made a tremendous leap. He missed it on the way up, but caught it on the way down. *(Reader's Digest)***

**Germany’s Hartz Mountains are said to produce the world’s most melodious canaries. *(L. M. Boyd)***

**Passengers on the Concorde, the supersonic passenger aircraft, can ride at altitudes of up to 60,000 feet -- high enough to view the curvature of the earth! *(James Meyers, in Mammoth Book of Trivia, p. 215)***

**According to scientists from Harvard, Western Reserve, and New Mexico universities, the death rate from coronary heart disease is 28 percent lower among males who live above 7,000 feet than it is among those who live at altitudes between 3,000 and 4,000 feet. *(David Louis, in Fascinating Facts, p. 100)***

**The first day or so we all pointed to our countries. The third and fourth day we were pointing to continents. By the fifth day we were aware only of the earth. *(Saudi Arabian astronaut)***

**The higher you go, the more dependent you become on others. *(Bits & Pieces)***

**Spaceship earth is one enough if we go high enough to see it. *(J. Sig Paulson)***

**A garden grows sky-high atop Chicago’s city hall where a 20,000-square-foot “green roof” was planted in 2001 to help lower urban temperatures. *(American Profile magazine)***

**A metaphysician once explained it in this manner. He said, “The only thing which gives anything weight in nature is the law of gravitation, and if a boulder could be taken high above the planet, there would be no weight in that boulder; and that is what Jesus Christ meant when he said: ‘My yoke is easy and my burden is light.’” *(Florence Scovel Shinn, in The Game of Life)***

**The astronaut’s heartbeat slows in space. *(L. M. Boyd)***

**High living helps hearts: To prolong your life, move to the mountains. People who make their homes at high altitudes, a new study has found, live longer than those who live close to sea level. For 15 years, scientists at the University of Athens studied the health records and death rates of 1,150 people who lived in three villages near Athens. One village was 3,281 feet above sea level, and the other two were in low-lying areas. The residents of the three villages had similar lifestyles; the men farmed and bred animals, and the women generally worked at home. Those in the high village – particularly the men – were significantly less likely to die from any cause, and had fewer deaths from heart disease. Researchers say that the low levels of oxygen at high altitudes have a training effect on the body, making it fitter. And mountain living requires lots of walking up and down steep slopes, giving the heart a great workout. *(The Week magazine, April 1, 2005)***

**The famous actor, Charlton Heston, was being interviewed and inevitably he was reminded of his roles as Moses in the film The Ten Commandments, and the hero in Ben Hur. He was asked if any of the characters he had portrayed in his religious movies had changed his spiritual outlook. He didn't answer the question directly. He thought for a moment, then simply said, “Well, you can't walk barefoot down Mount Sinai and be the same person you were when you went up." *(Delia Sellers, in Abundant Living magazine)***

**The vision of a honeybee at rest is blurred. The vision of a honeybee on the wing is clear. *(L. M. Boyd)***

**The cooler the weather, the less fuel a hot air balloon needs to stay aloft.  
*(L. M. Boyd)***

**Some of your best ideas happen up here with us. *(USAir magazine)***

**English scientists conducted experiments on Pikes Peak and discovered why inhabitants of high altitudes are less susceptible to disease. As the Denver Republican reported on October 22, 1911, these investigations, “based on fact, not fancy," confirmed that human blood at the top of Pikes Peak contains 50 percent more white corpuscles than at sea level. The scientists concluded that the lungs are forced to work harder in higher altitudes, and strong lungs secrete more oxygen to enrich the blood. These discoveries prompted many suggestions, including floating hospitals, passenger aeroplanes, and artificial heights for the underprivileged. *(Marti Page, Colorado Historical Society)***

**Science, freedom, beauty, adventure: what more could you ask of life? Aviation combined all the elements I loved. There was science in each curve of an airfoil, in each angle between strut and wire, in the gap of a spark plug or the color of the exhaust flame. There was freedom in the unlimited horizon, on the open fields where one landed. A pilot was surrounded by beauty of earth and sky. He brushed treetops with the birds, leapt valleys and rivers, explored the cloud canyons he had gazed at as a child. Adventure lay in each puff of wind. *(Charles A. Lindbergh, in The Spirit of St. Louis)***

**Lions near Lake Manyara in Tanzania climb trees to get above the flies. They’re the only lions that do it. *(L. M. Boyd)***

**Another way to lose weight is to move to high altitudes. In the mountains, human tissue breaks down normally, but doesn’t build up, contends a medico. Exactly why isn”t clear. *(L. M. Boyd)***

**Aim above morality. Be not simply good; be good for something. *(Henry David Thoreau)***

**An English couple was visiting New York City for the first time. They came with some apprehensiveness because they had been conditioned with a vision of a sordid and crime-ridden city. Their host thoughtfully took them first to the observation deck of one of the city’s highest buildings so they could get a lofty overview. It was a beautiful clear day, and they could “see forever.” The visitors were delighted and surprised, giving them a very positive initial reaction. Later, in a tour of the city, the man remarked that he could not forget that view from the top. They had a wonderful week-long stay and left singing the praises of the “loveliest, friendliest, and finest place we have ever been.” All because of the initial high-level perspective. *(Dr. Eric Butterworth, in Spiritual Economics, p. 86)***

**Old age is like climbing a mountain. The higher you get, the more tired and breathless you become. But your view becomes much more extensive. *(Ingmar Bergman)***

**Any real battles in the near vacuum of outer space -- never mind the sound effects in “Star Wars”--would be fought in silence. *(L. M. Boyd)***

**The ripest peach is highest on the tree. *(James Whitcomb Riley)***

**From the 11,200-foot peak of Mount Izaru in Costa Rica, you can see both the Atlantic and Pacific Oceans. This is the only point in the Americas from which such a view is possible. *(Denver P. Tarle, in A Treasury of Trivia, p. 147)***

**The scent of perfume rises, so the best place to apply it is on the soles of your feet. That’s the contention of a cosmetics expert.  *(L. M. Boyd)***

**Poison ivy and oak infest the United States from the Rockies eastward, while western poison oak works its way to the Pacific. (Another close relative, poison sumac, grows mainly in inaccessible marshes and swamps of the Southeast.) Only Nevada, Alaska and Hawaii -- and regions above 4000 feet -- are apparently free of the weed. *(Emily & Per Ola D'Aulaire, in Reader's Digest)***

**When you reach for the stars, you may not quite get them, but you won’t come up with a handful of mud either. *(Leo Burnett)***

**The higher you set your sights, the lower your chances of shooting yourself in the foot. *(Ashleigh Brilliant, in Pot-Shots)*Shoot for the moon. Even if you miss, you’ll land among the stars. *(Les Brown)***

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**It is never possible to solve any problem at the level of the problem. It is necessary to elevate ourselves from the problem and then from a higher level of consciousness look down on the situation and the solution will be as plain as it can be. *(Shirley Briggs, in Unity magazine)***

**Unless I stand on higher ground, how can I lift up my brother. *(Ralph Waldo Emerson)***

**The yak, a mountain beast, needs altitude. Take it down into the valley and chances are it’ll get malaria. *(L. M. Boyd)***

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