Slowing Down

**He maketh me to lie down in green pastures:**

**he leadeth me beside the still waters.**

***(Psalm 23:2)***

**Breathing for Blood Pressure: Chances are that, unless you have respiratory problems, you don’t think much about your breathing – it just happens. But your breathing can affect the health of your entire body, and a new study from Florida State University suggests that how you breathe can even lower your blood pressure. In the study, healthy adults with slightly elevated blood pressure were asked to breathe through the nose for five minutes and then through the mouth for five minutes, while at rest. Their blood pressure measurements were lower when they inhaled and exhaled through the nose only. The researchers hope that future studies will help determine just how to use these findings to help people manage or improve hypertension. *(Beth Weinhouse, in Reader’s Digest)***

One of the great disadvantages of hurry is that it takes such a long time. *(G. K. Chesterton)*

Chipmunks look fast, but their top speed is 8 mph. *(L. M. Boyd)*

To live long, it is necessary to live slowly. *(Cicero)*

A patient asked a dentist, "How much to have this tooth pulled?" "Ninety dollars," the dentist replied. " For just a few minutes' work?" "I can do it slower if you'd like." *(The American Legion Magazine)*

Footprints in stone tell scholars that littler dinosaurs moved pretty swiftly – up to 28 mph. But bigger dinosaurs labored along quite slowly – always under 4 1/2 mph. *(L. M. Boyd)*

By driving more slowly you can help preserve two of our valuable resources – gasoline and you. *(Paul Sweeney, in The Quarterly)*

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To eat less, slow down: Want to eat less? Dim your lights, play some soft music, and put some candles and flowers on the dinner table. That's what researchers from Cornell University did at a Hardee's fast-food restaurant to test how environment affects our eating habits. The scientists revamped the usually garish and loud dining area to feature window shades, table cloths, candlelight, plants, and soft jazz, and found that patrons who ate there left 18 percent more food on their plates -- about 175 calories' worth -- than patrons who dined in the traditional Hardee's setting, even though both groups ordered the same amount of food. The explanation is simple, study author Brian Wansink tells Reuters.com. People responded to the calmer, more relaxed setting by eating 5 percent slower, as they chatted more and chewed at a more leisurely pace. These patrons also reported feeling "more satisfied and happier" than those who wolfed down more food more quickly*. (The Week magazine, September 21, 2012)*

Eat less by eating slower. It takes 20 minutes for your brain to know that your stomach is full. Eating slowly during the first 20 minutes of a meal will satisfy your hunger before you overeat. Helpful: Put your fork down after every few bites . . . chew your food well . . . eat with a cocktail fork or chopsticks, which encourage smaller bites. Added benefit: Avoiding indigestion caused by eating too fast. *(Cooking Light)*

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Ziggy: "If the economy is slowing down, how come it's so hard to keep up with it?" *(Tom Wilson, in Ziggy comic strip)*

Some doctors think your time on earth is genetically coded to the number of your heartbeats. They say the heart of a mouse beats about as many times in its normal life as does the heart of an elephant in its normal life. But the elephant's heart beats so much more slowly that it lives considerably longer. *(L. M. Boyd)*

There is more to life than increasing its speed. *(Mahatma Gandhi)*

**If you try, you can probably walk as fast as the Gulf Stream tows, which is 3 to 7 mph. *(L. M. Boyd)***

A horse’s typical walking speed is only 3 ½ mph. *(L. M. Boyd)*

Giant pandas' survival secret: Scientists have long wondered how giant pandas can survive on bamboo alone. The fibrous, low-nutrient plant is very difficult to digest -- especially for pandas, whose bellies retain the features of their meat-eating forebears. But new research may have revealed their secret: Pandas have evolved to become exceptionally lazy. An international team followed five captive and three wild giant pandas for about a year. They found the captive bears expended just 38 percent of the energy that would be expected for a large mammal, while the wild bears used only 45 percent -- rates roughly equivalent to a sloth's. They conserved energy by moving rarely, and slowly: The wild pandas were active only half of the time they were awake and averaged just 20 meters at hour when they did move. "Pandas save a lot of energy by being frugal with the energy they spend on physical activity," Jon Speakman, one of the study's authors, tells BBC.com. But it is not just low activity that contributes to the low metabolism that enables pandas to burn fewer calories when active than humans do when standing completely still. The researchers found they also have relatively small brains, livers, and kidneys, and -- thanks to a genetic mutation -- thyroid hormone levels similar to hibernating black bears. *(The Week magazine, July 31, 2015)*

If you want to give an outstanding performance conserve yourself for the moment. Record-breaking runners stroll to the starting blocks. Ball carriers stroll to the huddle. Tennis champions stroll to the service line. My old coach told me that, but I have not found much use for it. *(L. M. Boyd)*

Your pulse slows down when you put your face in water. That much the researchers have learned. What they’re trying to figure out now is whether this phenomenon goes back to the beginnings of mankind. The heart beat of all sea mammals slows when they dive. *(L. M. Boyd)*

**Quicksand is actually a mass of particles which are supported by rapidly circulating water. Quicksand can't suck you down because it is more dense than the human body, making it possible for a person to float in it. The easiest way to get out of quicksand is to remain still until you are floating, then slowly swim into a horizontal position and roll yourself onto firm ground. (Quentin Compson, in Amazing Facts & Trivia, p. 37)**

**A sea horse is in its fast mode if it travels a foot a minute. *(L. M. Boyd)***

**When a woman, dining at a French restaurant, asked her husband, "What are the snails like here?" a man at the next table gave a sad smile and said, "They're disguised as waiters." (*The Insider's Newsletter)***

**25 mph is the most common speed limit in the USA. *(The PassTime Paper)***

I thought it was wonderful, and I signed up for the class. I worked at it very hard. I practiced it every day, and I went to class twice a week. I was really proud that I was getting stronger and was becoming very competent at tai chi. But there was one movement toward the end of the series of movements that, no matter how hard I tried, I just couldn’t master. I would come to the part where you stand on one foot, and then you kick out the other leg almost to shoulder height. I’d try to kick, and I’d fall over. I was sure I knew why this was happening -- it was because I wasn’t yet strong enough to do this kick. And then, one day, after three years of doing tai chi in the class, something different happened. As I came to the kick, suddenly it was as if time slowed down. I was aware of a still center in me that was absolutely trustworthy. As I began the kick, my body moved effortlessly around this center in a sort of natural balance. And for the first time in three years, I didn’t fall over. *(Rachel Noami Remen, in Unity magazine)*

**Three apprentice devils were preparing to come to earth to finish their apprenticeship. Satan, the Prince of Darkness, appeared before them and questioned them about their plans to tempt and ruin people. The first said, “I will tell people that there is no God.” Satan answered, “You will deceive only a few that way, because deep down people sense that there must be a God.” The second apprentice said, “I will tell them that there is no hell.” “You will fool only a few that way,” replied Satan, “because deep down people know one day they will have to answer for their misdeeds.” Finally, the third apprentice declared, “I will tell people that there is no hurry.” With that, Satan laughed with delight and predicted, “You will ruin them by the millions.” *(William Barclay, in Catholic Digest)***

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How to make time slow down: In his theory of relativity, Albert Einstein put forth a very strange idea: Time moves faster or slower depending on how fast you’re moving and the strength of the gravitational field around you. Subsequent experiments proved Einstein right: Time ticks slightly slower on a fast-moving satellite compared with a stationary one, while a clock in the mountains – farther from Earth’s gravitational field -- runs faster than one at sea level. The same weirdness applies at a more intimate scale, but only now have scientists been able to measure it. Using a pair of ultra-precise atomic clocks, researchers at the National Institute of Standards and Technology demonstrated that a clock raised just a foot above the floor ticks marginally slower than the lower one – by a difference of about 90 billionths of a second over 79 years. In a second experiment, they found that a clock moving at as little as 20 mph ticks ever so slightly slower than a nonmoving clock. “People tend to just ignore relativistic effects, but relativistic effects are everywhere,” NIST’s James Chin-Wen Chou tells ScienceNews.org. The effects, however, are rather subtle: Over a lifetime, people who live at the top of a skyscraper age about 100 millionths of a second more slowly than people on the ground floor. *(The Week magazine, October 15, 2010)*

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Baierlein stresses that it’s imperative for the audience “to follow the intellectual line. Shaw said that when thing seem to be going too slowly in productions of his plays, you should slow it down some more. Because it means that the ideas are getting away from the audience.” *(L. M. Boyd)*

How long would it take a tortoise to crawl from Los Angeles to New York City? At typical tortoise speed of 0.17 mph, you can figure it’ll take about one year, 11 months, 18 days. *(L. M. Boyd)*Auto safety experts claim you don’t save much time by speeding in big city traffic. People who tailgate, wind in and out of traffic, jump every light and keep their foot on the accelerator all the way rarely arrive at work more than a minute or so earlier than the person who calmly and safely takes his or her time. *(Bits & Pieces)*

I must somehow find a way to slow down the train that is me until what I pass by is again seeable, touchable, fell-able. Otherwise, I will pass by everything ... but will have experienced and lived through nothing. Consider three things you must do today. Carefully put two down. Immerse yourself in the one thing that is left. *(Mark Nepo)*

Nervousness causes some people to become helplessly garrulous. If this happens to you, try to steady yourself by taking deep, slow breaths. Deep breaths are very helpful at shallow parties. *(Barbara Walters, TV interviewer)*

Slow and steady wins the race: Running too fast and too often may be just as unhealthy as not exercising at all, the Los Angeles Times reports. Researchers in Denmark studied a group of 5,000 people over a 12-year period and found that hardcore runners who routinely jogged at a brisk pace -- a 7-minute mile or faster -- for four hours or more per week were just as likely to di as those who did no exercise at all. Runners who jogged at a more leisurely pace -- roughly a 12-minute mile -- for just over two hours per week had significantly lower mortality rates. The findings are in keeping with a growing body of evidence that there is an ideal amount of exercise, and that too much of a good thing can stress the cardiovascular system and the body in general. "There may be an upper limit for exercise dosing that is optimal for health benefits," says the study's author, Peter Schnohr. "If your goal is to decrease risk of death improve life expectancy, jogging a few times a week at a moderate pace is a good strategy. Anything more is not just unnecessary; it may be harmful." *(The Week magazine, February 20, 2015)*

When you find yourself convinced that the world is moving too fast, find a bank or supermarket line. *(Murray Cohen, in The Wall Street Journal)*

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