

## THE MASK

It is scientifically accepted that the virus can only enter the body by breathing, in other words through the mouth or the nose since the skin, unless damaged, is considered to be an impenetrable barrier; therefore, looking closely at how the human body is formed, in my opinion, **the mask should not be required**, please note that I am not attempting to suggest to people not to use the mask, but I am simply saying that the mask should not be **needed**. The statement is based on the consideration that nature has gifted us with the most efficient mask nobody could ever improve, has the necessary requirements for a healthy life and is called "**Nose**". The nose has a triple purpose: 1) filters the air by means of a cluster of nasal hair constantly coated with mucus trapping particles and viruses trying to enter the lungs and cause damages; once these foreign particles are stopped, they can be eliminated with a simple blow into a tissue or handkerchief because the brain forces us to do that by inducing a tickling sensation. 2) Warms the air to a tolerant body temperature and finally, 3) humidifies the air making it suitable to enter the lungs without irritating them. It is essentially a complete air conditioning system freely supplied by nature.

Consequently, is important to become accustomed to breath with the nose **all the time**, especially because, breathing with the mouth, must be regarded as nature's plan **B** and is there as a back-up system; is not too difficult to get used to breath thought the nose, is not necessary to keep the mouth tightly shut and the jaws can be held relaxed, the only requirement is the get into the habit of **constantly blocking the back of the mouth** with the tongue till the action becomes automatic. Initially such effort has to be performed consciously right through the day, relaxing, watching television, walking and the like; after a period of time it will become so spontaneous that the body will execute it even when resting. **Essentially do not inhale with the mouth.** We are constantly and unsuccessfully trying to imitate and duplicate, instead of using properly, what nature has already provided for us during thousands of years. No scientist can claim to possess, on the long or short term, more knowledge and experience than the human body. Furthermore, in my opinion, the presently widely used face shield is not only not necessary but it could potentially make a bad situation even worse because the virus does not come at the body like an arrow but, if the person does not breath exclusively through the nose, the air is

sucked under the bottom of the shield directly into the mouth. If humans needed something extra for surviving through the centuries, nature would have provided it, if it didn't provide any extra is simply because everything needed is already there. With the billions of face masks dumped on landfills, storm water drains, possibly also sewer lines, all over the world and their degradation into micro plastics, estimated to last over 400 years, one can only expect the environmental damage to be non-only greater than the one caused by plastic bags but to be multiplied million times over. Based on this assessment, breathing the way nature intended humans to breath, **with the nose not the mouth**, would seem to me a more sensible non-polluting alternative, furthermore, one must not forget that the nose warms, filters and humidifies the air on its way to the lungs and this could very well provide further benefits by preventing sore throat and other respiratory problems, like asthma, during the periods of cold weather.