

YOU HAVE 100 MILLION RECEPTORS IN YOUR EYES

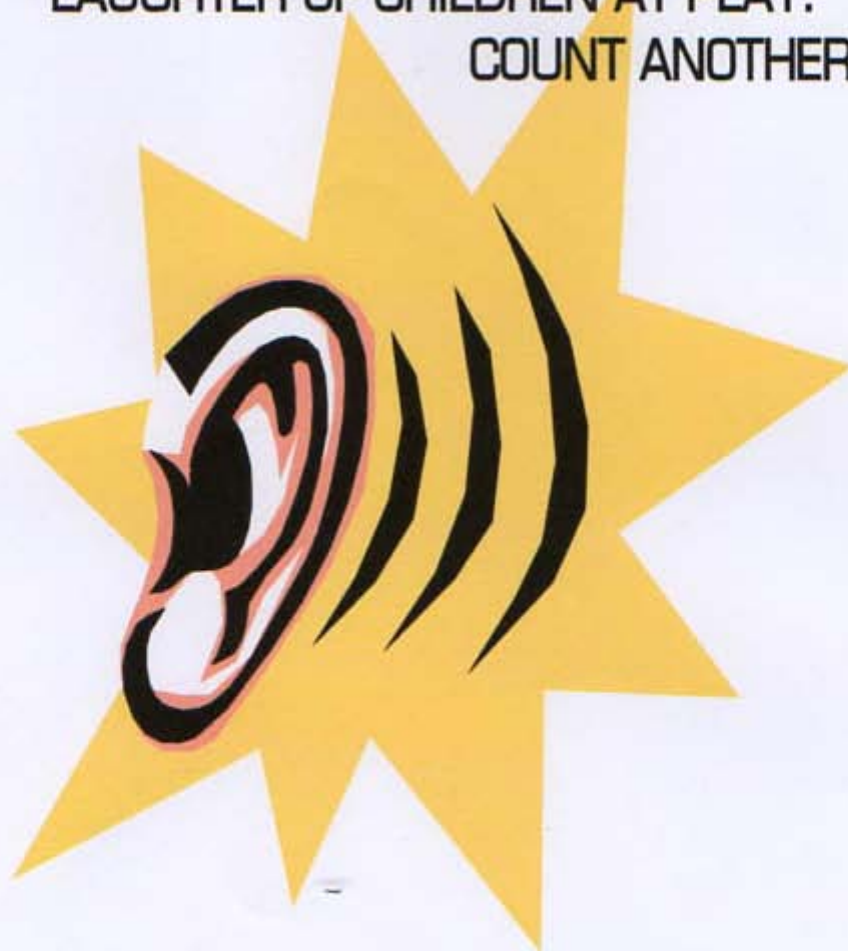
TO ENJOY THE MAGIC OF A
LEAF, A SNOWFLAKE OR A CLOUD. TO
MARVEL AT AN EAGLE, A STAR OR A RAINBOW. TO GAZE
WITH LOVE UPON A CHILD OR THE BEAUTY OF A ROSE.....
COUNT 1 BLESSING.



YOU HAVE 24,000 FIBRES BUILT INTO EACH EAR

TO VIBRATE TO THE
WIND IN THE TREES, TO HEAR A BABY
LAUGH OR CRY, TO HEAR THE MAJESTY OF AN OPERA OR
THE CRASH OF THE OCEAN ON THE ROCKS AND THE
LAUGHTER OF CHILDREN AT PLAY.

COUNT ANOTHER BLESSING



YOU CAN SPEAK

AS CAN NO OTHER
CREATURE ON EARTH. YOUR WORDS
CAN CALM THE TROUBLED, LIFT THE DESPODANT, CHEER
THE SORROWFULL. YOU CAN PRAISE, ENCOURAGE,
TEACH, BUT MOST OF ALL YOU CAN SAY.....

I LOVE YOU.

COUNT ANOTHER BLESSING



YOU CAN MOVE

YOU ARE NOT FIXED LIKE A TREE OR A ROCK. YOU CAN STRETCH AND RUN AND DANCE AND WORK. YOU HAVE 500 MUSCLES, 200 BONES, 7 MILES OF NERVE FIBRES AND ALL OF THEM SYNCHRONIZED TO DO YOUR BIDDING.

COUNT ANOTHER BLESSING.



YOU HAVE A HEART

TOUCH YOUR CHEST AND FEEL ITS
PULSING RHYTHM. 36 MILLION TIMES IT BEATS,
PUMPING 600,000 GALLONS OF YOUR LIFE BLOOD
THROUGH 60,000 MILES OF ARTERIES, VEINS AND
CAPILLARIES..... EACH YEAR.

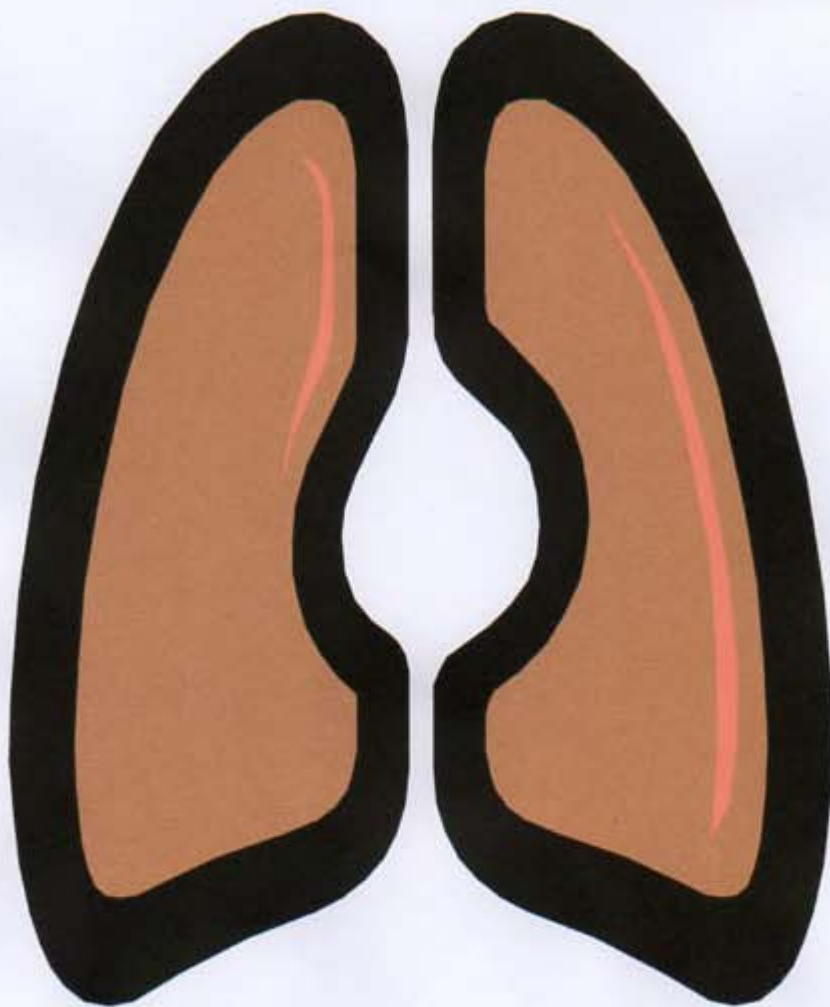
COUNT ANOTHER BLESSING



YOU HAVE LUNGS

FILTERING LIFE GIVING OXYGEN
THROUGH 600 MILLION POCKETS OF FOLDED FLESH
AND RIDDING YOUR BODY OF GASEOUS WASTES.

COUNT ANOTHER BLESSING.



YOU HAVE FIVE LITRES OF BLOOD

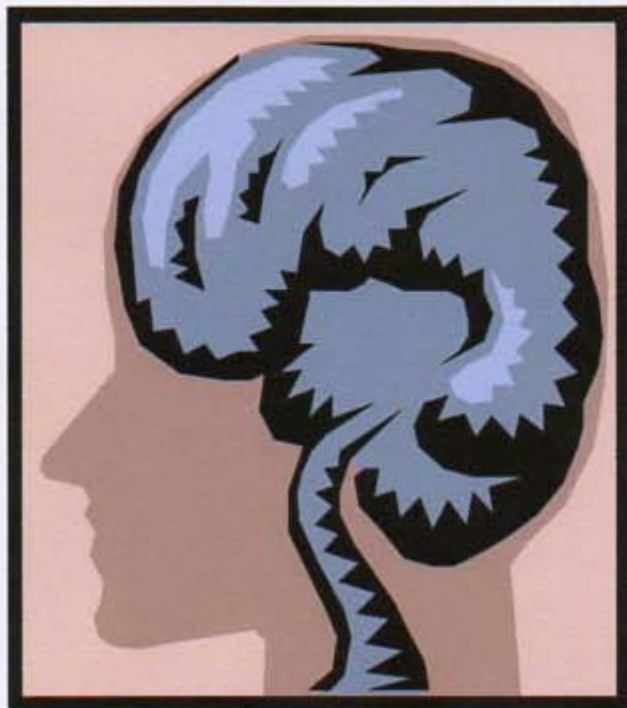
CONTAINING 22 TRILLION BLOOD CELLS.
WITHIN EACH CELL ARE MILLIONS OF MOLECULES AND
WITHIN EACH MOLECULE IS AN ATOM OSCILLATING AT
MORE THAN 10 MILLION TIMES EACH SECOND. IN EACH
OF THESE SECONDS 2 MILLION OF YOUR CELLS DIE AND
ARE REPLACED BY 2 MILLION MORE.

COUNT ANOTHER BLESSING

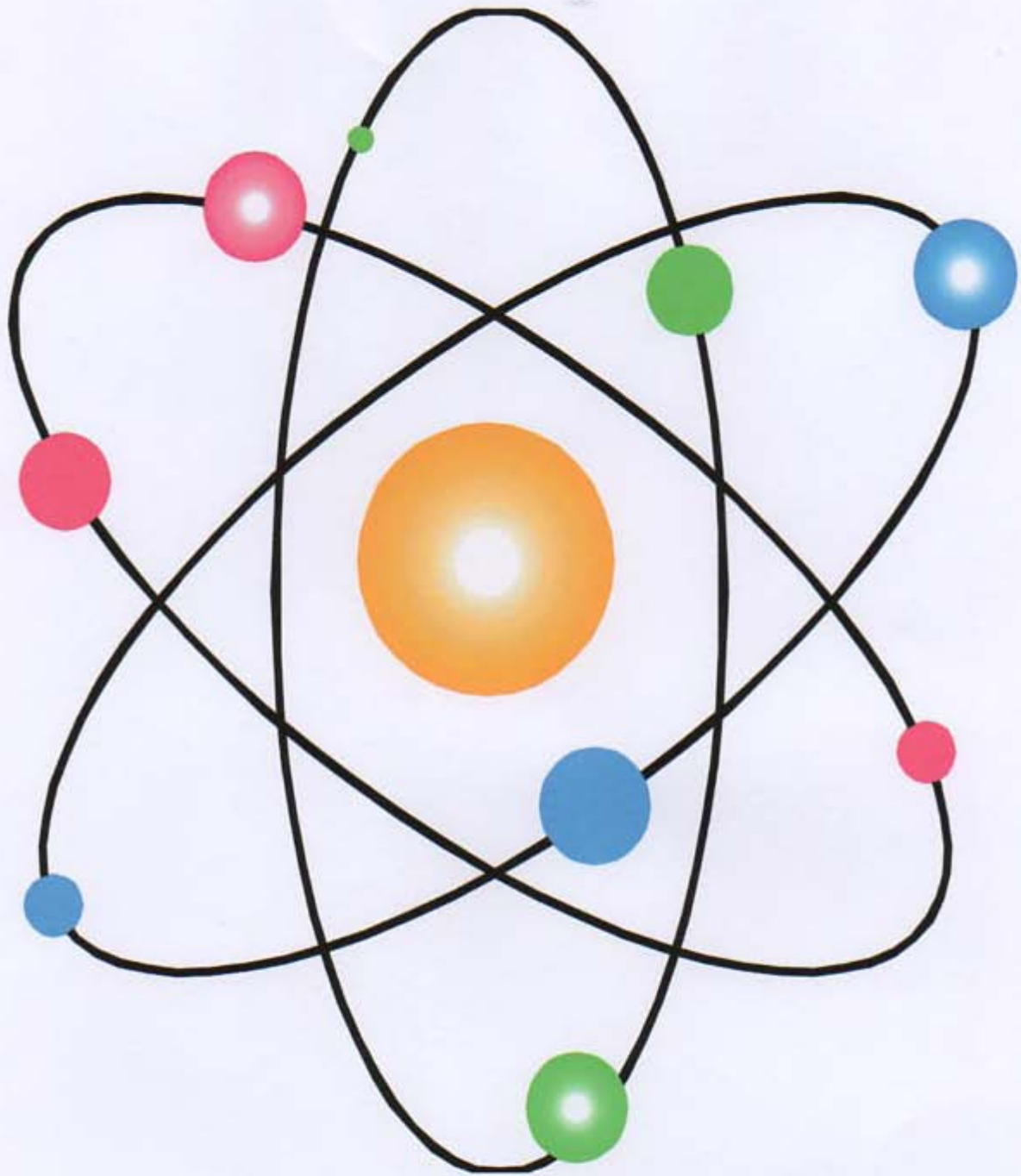


YOUR BRAIN WEIGHS 3 POUNDS

AND IS PROBABLY THE MOST COMPLEX STRUCTURE IN THE UNIVERSE. IT CONTAINS 13 BILLION NERVE CELLS AND 1000 BILLION BILLION PROTEIN CELLS TO FILE AWAY EVERY EXPERIENCE YOU HAVE EVER HAD. TO CONTROL YOUR BODY YOU HAVE THROUGHOUT 4 MILLION PAIN RECEPTORS, 500,000 TOUCH DETECTORS AND 200,000 TEMPERATURE DETECTORS. NO COUNTRY HAS ITS TREASURES BETTER PROTECTED THAN YOU ARE.



COUNT ANOTHER
BLESSING.



WITHIN YOU THERE IS ENOUGH ATOMIC ENERGY TO
DESTROY ANY OF THE WORLDS GREATEST CITIES.....
.....AND TO RE-BUILD IT

I AM INDEED BLESSED.