to you about connective tissue.

Connective tissue holds you all together. That is why you pinch your skin like this and it springs back and our bones are held together with connective tissue, but they are flexible.

Our lungs are also flexible. We take the breath, the lungs expand and then they come back because they are flexible.

Now, this is the space not only where there is blood, but there is also connective tissue, so the blood vessels run through the connective tissue space, and surrounding the blood vessels is just the right amount of connective tissue to keep our lungs expansible and elastic.

Now, if you get scarring in your lung as a result of inhaling asbestos fibers, your lungs get stiff.

That is why the doctors will talk about a stiff lung or restricted lung -- restrictive lung disease.

You are restricted from taking a deep breath