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# The Messenger



“... How beautiful are the feet of those who bring glad tidings of good things!” Romans 10:15

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A Weekly Publication of the Christians Meeting at  
Westlake church of Christ, 2291 Highway Z, Wentzville, Missouri 63385

Website: [westlakechurchofchrist.org](http://westlakechurchofchrist.org)

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*Dedicated to the Proclamation of the Truth in the Spirit of Love (Ephesians 4:15)*

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Listen to PROVE ALL THINGS on 730 AM WKRE, Sunday mornings from 8:15 to 8:30.

## *Fearfully and Wonderfully Made*

by Wayne Jackson

*Continued*

### The Skeletal System

The average adult has 206 bones in his body. The human skeleton makes up 15-20% of the body's weight. Bones serve several vital functions in the body.

(1) They have been designed to provide support for the organs/tissues of the body. Bones are like the framework of a house. The skeletal system is “something of an engineering marvel, strong enough to support weight and carry burdens, yet flexible to cushion shocks and allow for an extraordinary variety of motion” (Miller & Goode, 1960, p 25). Who was the **engineer**?

(2) Bones function as protective devices for many of the softer parts of the anatomy. For example, the skull offers protection for the fragile brain. The 12 pairs of ribs form a cage to shield the heart and lungs. The backbone (called the spinal column) is made up of 33 block-like bones which are ingeniously designed to allow movement, yet these bones protect a major feature of the nervous system – the spinal cord.

(3) Bones also serve as levers. Miller and Goode comment: “When our muscles move us about, they do it by working a series of articulated levers that make a most efficient use of every ounce of muscular motive power. The levers are the bones of the body's framework, fitted together with the neatness of jigsaw pieces and hinged by joints that must win the admiration of any mechanic” (1960, p 25). Again, we must remind ourselves that these writers are evolutionists, not creationists.

(4) Bones also have a metabolic function. Until fairly recently it was assumed that bones were inert tissue, but studies have revealed that they are “constantly being

remodeled” (Beck, 1971, p 626). They provide a reservoir of essential minerals (99% of the calcium and 88% of the phosphorus, plus other trace elements) which must be replenished continuously. (Consider this: without calcium, impulses could not travel along the nerves and blood would not clot. The interrelation between body systems is phenomenal.) Too, red blood cells (180 million of which die each minute), certain white blood cells, and platelets arise in the marrow of the bones. Incredibly, when a bone is broken it immediately begins to repair itself; after the repair, it will be stronger than before! “Perhaps an engineer will someday develop a substance as strong and light and efficient as bone, but what engineer could devise a substance that, like bone, can grow continuously, lubricate itself, require no shutdown time, and repair itself when damage occurs?” (Brand & Yancey, 1980, p 91). We will leave it to the evolutionists to figure out how “nature” – with no intelligence – “thought up” this process!

In order for a skeletal system to be effective, it must have strength, elasticity, and lightness of weight. Amazingly, someone designed the bones with all of these characteristics. Bones are very strong. A cube of bone one square inch in surface will bear, without being crushed, a weight of more than four tons. Ounce for ounce, bone is stronger than solid steel. And yet, a piece of bone will stretch ten times as much as steel. A steel frame comparable to the human skeleton would weigh three times as much. Dr. Alexander Macalister, former professor of anatomy at Cambridge University, forcefully stated: “Man’s body is a machine formed for doing work. Its framework is the most suitable that could be devised in material, structure, and arrangement” (1886, 7:2).

As a specific example of bone design, consider the bones of the foot. One-fourth of all the body’s bones are in the feet. Each human foot contains 26 bones. The feet have been ingeniously designed to facilitate a number of mechanical functions. They **support**, with arches comparable to an engineered bridge. The feet operate as **levers** when one presses an automobile accelerator pedal. Feet act like **hydraulic jacks** when one tip-toes. They can **catapult** a person as he jumps. And the feet **cushion** the legs when one is running. All of these features are quite helpful – especially in view of the fact that an average person will walk about 65,000 miles in his/her lifetime – equivalent to travelling around the world more than 2½ times. Clearly, the skeletal system demonstrates design; there must have been a Designer.

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## News and Notes:

Remember to check the prayer list for those with ongoing spiritual weaknesses and physical illnesses.

*“...Pray for one another...The effectual fervent prayer of a righteous man availeth much.”- James 5:16*