
The Messenger



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

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Fearfully and Wonderfully Made

by Wayne Jackson

Conclusion

The Muscle System

There are more than 600 muscles (containing about 6 billion muscle fibers) in the human body, making up about 40% of the body's weight. According to Dr. I.M. Murray, professor of anatomy at State University of New York, the muscles are the “engines” of the body, providing the power for movement (1969, p. 22). Do “engines” develop accidentally? Some muscles are tiny, such as those regulating the amount of light entering the eye, while others, like those in the legs, are massive.

Muscles are classified as “voluntary” (under the control of the will) or “involuntary” (not under mind control). The voluntary muscles of the arms, for example, are connected to the bones by tough cords of connective tissue called tendons. One must “think” to move these muscles. The involuntary muscles are those whose contraction and relaxation cannot be consciously controlled (e.g., the heart and the intestines). (NOTE: The heart is a unique type of muscle and is usually considered in connection with the cardiovascular system.) All muscles, in one way or another, are regulated by the nervous system. Some muscles are both voluntary and involuntary. The muscles that control the eyelids and the diaphragm (for breathing) are examples of these.

Muscles work by tightening or contracting. When they contract, they shorten, thus exerting a “pull”; muscles do not “push.” Frequently muscles work in pairs, as in the voluntary skeletal muscles. The biceps in the upper arm pull the forearm upward, whereas the triceps move the forearm downward. While one works, the other rests; the design is amazing.

Some muscles, like those attached to the skeleton, are analogous to strong steel cables. Each muscle is constructed of long cells combined in small bundles called fibers. These bundles are bound together, forming larger bundles of which the whole muscle consists. Muscle fibers vary in size from a few hundred-thousandths of an inch to an inch or inch-and-a-half in length. Each muscle has its own stored supply of high-grade fuel, especially sugar (glycogen), which the body has manufactured from food that has been consumed. This analogy may be helpful. In the automobile engine, the spark ignites vaporized gasoline, the piston moves, and keeps moving in response to a series of explosions. “A muscle cell performs the functions of both the spark and the piston; the cell itself splits a molecule of fuel and also exerts the resulting physical power” (Miller & Goode, 1960, p. 23). If it is clear that the automobile engine was intelligently designed, why is it not reasonable to draw the same conclusion with reference to the muscles? Dr. John Lenihan, even though an evolutionist, writes: “The body's engines (muscles - WJ) ... demonstrate some surprisingly modern **engineering ideas**” (1974, p. 43, emp. added). The question is, who initiated these ideas? The answer is, God did.

Connected to the skeletal muscles are nerves. These nerves convey a signal telling the muscle when to contract or relax. Obviously there must be precise orchestration between the skeletal muscle system and the nervous system. Without doubt, their cooperative nature was planned. Some muscles, like those in the stomach, are stimulated to work by means of chemicals called hormones.

There is also a precisely integrated relationship between muscles and bones. Here is one example. “As certain muscles increase in strength, they pull harder than before on the bones to which they are attached. With this as a stimulus, bone-forming cells build new bone to give internal reinforcement where necessary” (Shryock, 1968, p. 27).

In his book, *Human Design*, evolutionist William Beck could hardly contain himself when he wrote of “the intricate structural organization” of the muscles and tendons in the human hand, which are capable of such a wide variety of actions. Remember, “intricate structural organization” indicates design. He characterized this phenomenon as “one of evolution’s most remarkable achievements” (1971, p. 691). Remarkable indeed! It is the epitome of gullibility to think that this ingenious device came about merely by a series of quirks in nature. An essay on the human hand appeared some years back in the magazine, *Today’s Health* (published by the American Medical Association). Though saturated with evolutionary propaganda (e.g., the hand evolved from a fish’s fin), the article conceded:

If the most gifted scientists cudged their brains they probably could not come up with a stronger or more perfect tool for grasping and delicate manipulation than the human hand. And seen from an engineering standpoint, the loveliest hand actually is a highly complex mechanical device composed of muscle, bone, tendon, fat, and extremely sensitive nerve fibers, capable of performing thousands of jobs with precision (Wylie, 1962, p. 25, emp. added).

Something “engineered” requires an engineer; that’s just sound logic.

While many living organisms share common muscle activity, there are some muscle movements that are unique to man. These forcefully demonstrate that the human being is not an evolved animal; rather, he is a creature “fearfully and wonderfully made” by a Creator. Observe the following quotation from two evolutionists:

Only man can combine muscle with intelligence and imagination, plan and purpose, to plow and plant a field, to create a museum masterpiece or the ‘Gettysburg Address.’ And only man trains to perform the most highly coordinate forms of bodily motion for their own sake, in the expressive and athletic arts. We applaud this skill in our species every time we clap our hands for a ballerina or a circus aerialist (Miller & Good, 1960, p. 21).

In this connection there is another point of interest. “Of all the creatures in the world, the human being is endowed with the most complex face to present to the world. Our facial muscles provide us with the most intricate system of facial expression” (Cosgrove, 1987, pp. 24, 25). There are about 28 muscles which are involved in making the various facial expressions of which human beings are capable. With facial muscles we can reveal anger, surprise, perplexity, amusement, joy, etc. It is possible for humans to make a quarter of a million different facial changes. It is important to observe that only human beings are able to smile. [NOTE: Primates may appear to be smiling when their lips are drawn back with their teeth showing, but this is actually an expression of anxiety (Cosgrove, 1987, p. 34).] A baby will smile spontaneously a few hours after birth. It is significant, however, that unless smiles are reinforced by talking, touching, etc., they soon disappear. Again, it must be stressed, the muscular design of the human face is quite unique. Even evolutionists admit:

Many animals can produce a grimace or a snarl. But only man is equipped with such an exquisitely differentiated set of muscles – the mimetic musculature of the face – with no other function than to express and communicate feelings (Miller & Goode, 1960, p. 22).

Conclusion

In this article we have discussed only three of the major systems of the human body. A fair consideration of any one of these would lead only to the conclusion that mankind was intelligently fashioned by a supreme Mind. As we emphasized in our previous article, if obvious design is recognized in the man-made world, why should it not be acknowledged in the natural world? As a popular science journal suggested: “A pair of pliers, a chain saw or even a missile guidance system doesn’t approach the lowliest parasitic worm in internal complexity. The human-made world is not nearly as intricate as the natural world” (Mankin, 1981). Also reflect upon this quotation from a trio of militant evolutionists:

A modern building is certainly a complex and highly ordered structure, but its complexity cannot begin to compare with that of the living system. And for precisely the same reasons that make us reject the idea of a building coming into existence spontaneously, we are forced to reject the idea that anything as complex as an organism could arise spontaneously from the materials of the nonliving world (Simpson, Pittendrigh, and Tiffany, 1957, p. 262).

No one aware of the facts would accuse George G. Simpson and his colleagues of religious bias! Or hear the testimony of Dr. Lenihan: “... the body is vastly more complicated than any man-made engine” (1974, p. 152).

It is thus unreasonable to contend that “man the machine” is merely the fortuitous result of a series of millions of “happy accidents,” to use the expression of Simpson, et al. (1957, p. 451). That is a fairy tale for those who refuse to have the Creator in their knowledge (Romans 1:28). The truth of the matter is, God exists!