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Chapter One

How Food is Used

What Is Made from Blood?

In this chapter, you will learn why your body needs blood to develop and operate properly. As you learn more and more about how your body works, remember to praise the wonderful Creator whose wisdom designed each and every function of the human body. Everything in a plant or tree is made from the sap. This is, then, the building material, as we may say, of the plant. In much the same way, everything in your body is made from blood. The blood, then, is to your body what sap is to a plant. It is the common building material of the body.

As an example, consider a rose. It is made from the sap that comes to the bud through the vessels in the stem. In the same way, the little finger of the child becomes the large finger of the man, from the blood that comes to it through the vessels in the arm. As the stem of the plant grows larger in time, so does the arm of a child. The sap makes the stem grow, and the blood makes the arm grow.

If you cut off a branch of a plant, it stops growing because the sap no longer comes to it. It soon dies and decays. If the arm of a child is cut off, it cannot grow, because no

more blood can come to it. Like a branch that has been cut off, it dies and decays.

A twig comes up out of the ground. It grows larger and larger every year. Soon it is a small tree. After many years it becomes very large, and spreads out its long branches over a great space. As you look up at it, think of all that you see, its branches and leaves, as having been made from the sap that is continually running in its pipes. As the little twig becomes a tree, so the infant in the cradle becomes a large man. When you look up at a man, think of his whole body as having been made from the blood that runs everywhere in its vessels, just as you think of a tree as being made from the sap.

As you continue to read, you will see that many of the plants and creatures that God has created are similar in structure or function. You will learn more about this in Chapter Seven.

How different from each other are some of the things that are made from blood! For example, you may find it hard to believe that hard, white teeth are made from the same blood that the soft, red gums are. Suppose that while you are in a chinaware factory a man should tell you that even the whitest china is made from a red liquid, and that in this factory they also make fine cloth from this liquid. You might not believe him. But white chinaware and the fine red cloth are not very different from your teeth and the gums.

Suppose, now, that he should show you a yellow, bitter fluid, and then a clear, soft water, and tell you that he

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makes these from the same red liquid from which the china and the red cloth are made. This, certainly, would be difficult to believe. And yet, in our bodies, bile and tears are made from the same blood as teeth and gums.

Not only are a few diverse things made from blood, but many things that are very unlike each other. Suppose that the chinaware maker should tell you that besides making white china and red cloth from his red liquid, he made also a variety of both hard and soft things, such as velvet, various kinds of cloth, nails, and glass. Impossible! you might say. But this is no more wonderful than that hair, teeth, gums, nails, bones, and all the different parts of the body should be made from that same red fluid — blood.



The body is the house or habitation of the soul. It is a well built and a well furnished house. The bones are its timbers. The skin is its covering. The hair is its thatched roof. The eyes are its windows. It is a house that can be easily moved about, just as the soul wishes. There is a great deal of machinery in it. Our body has little cords, called nerves, running to all parts of this machinery, like telephone wires. There are also other kinds of machinery, such as the breathing machinery, the machinery for taking care of food, and the machinery for circulating blood. The brain sends out messages everywhere by the little cords, and receives messages by them. Through your brain, you think and act, and sometimes sleep. This part

of the house is very curiously and beautifully fitted.

As you have read, all the various parts of this house are made from the blood, and yet there is more variety in them than there is in the materials that man uses to build houses. Suppose that a man should show you a large quantity of a red liquid, and tell you that with that he



intended to build a house and furnish it — that he would make from it all the stones, bricks, timbers, glass, nails, plaster, carpets, mirrors, chairs, and curtains. You would say that the man was absurd. But God makes from the blood all the parts of the house of the soul.

Exactly in what way all the different parts of the body are made from the blood, we do not know. Wise men have studied this a great deal, and they have found out some things about it. Nevertheless, with all their wisdom, they do not know enough to make skin, hair, or anything else that you see in your body from blood any more than they can make even a simple leaf from sap.

Review

1. From what is everything in a plant made?
2. From what is everything in your body made?