

The Dipper

There are many birds that can both fly and swim, but one of the strangest is the Dipper, which spends most of its time near or in water, and is specially designed for this way of life. The dipper not only flies through the air, but also under the water! Although it doesn't have webbed feet, it dives into rivers and streams to search for food, using its specially-strengthened wings like fins. It can also walk along the bed of the stream, using extra long toes to search among the stones for tiny water creatures. It walks with its head down, so that the water flowing over its back keeps it down. When it dives, the dipper empties most of the air from the air sacs in its body, and special flaps over its nostrils keeps water out of its lungs. Most birds have preen glands which provide oil to make their feathers waterproof, but the dipper's preen gland is ten times the size of similar birds. It can also store extra oxygen in its blood when it dives. Its eyes are specially suited for seeing underwater.

People who believe in evolution have a problem explaining the way the dipper lives and behaves. How could the dipper's ancestors have known that food could be found on the beds of streams? Could they have gradually "evolved" the ability to swim under water and walk along stream beds? If so, they would



The European Dipper

have needed to evolve the special flaps over their nostrils, the extra strong wing muscles, and a means of getting extra oxygen into their blood before they needed them!

The dipper is so well designed that God must have created it with all the equipment it needed for its strange and unusual lifestyle.

To watch a video of a dipper diving, go to <http://video.nationalgeographic.com/video/player/kids/animals-pets-kids/birds-kids/bird-dipper-kids.html>

A NEW BODY!

OUR bodies are really wonderful, designed by God, with their many different parts working together to enable us to live, move, breathe and grow. God wants us to look after our bodies by eating the right food, getting good exercise and avoiding things which might harm us, such as tobacco and drugs. When the first people, Adam and Eve, disobeyed God, sin and death entered God's creation, and now we all have to live in a world that has been spoilt by sin. Because of this, our bodies sometimes become ill and we feel pain.



God, who created our bodies, came to earth to live in a human body in the Person of Jesus Christ. The Bible tells us, "The Word became a man and lived among us." (John 1: 14). Jesus died on the cross to bring us forgiveness. Then, after His lifeless body has been sealed in a tomb, He rose again with a new body that could never die again — He had conquered death! However well we look after our bodies, eventually they grow old and die. But God has promised that everyone who puts their faith in Jesus will live with Him forever. When Jesus returns to earth, all those who love Him, whether or not they are still living on earth, will be given new bodies! The Bible promises: "We are waiting for our Saviour, the Lord Jesus Christ, to come from heaven. He will change our simple bodies and make them like his own glorious body." (Philippians 3: 20-21). Put your faith in Jesus, then you, too, can look forward to having a brand new body one day!

PUZZLE ANSWERS

- HIDDEN BODY PARTS**
1. Heart
 2. Arm
 3. Finger
 4. Ankle
 5. Thumb
 6. Stomach
 7. Spine
 8. Eye
 9. Nerve
 10. Bones
- SPOT THE DIFFERENCE**
1. Handbag colour changed
 2. Missing sweat drops
 3. Shirt colour changed
 4. Shorts colour changed
 5. Chain and guard added
 6. One shoe colour changed
 7. Saddle colour changed
 8. Road colour changed

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A bag of bones!



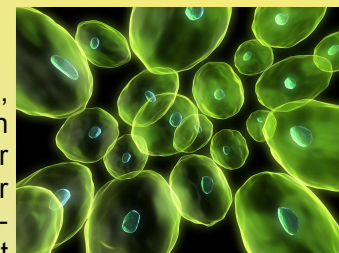
Inside your body is a framework of bones called a skeleton. Without it your body would be like a bag of jelly! When you are born you have more than 300 bones, but as you grow, some join together so that when you have grown up there are 206, and more than half of these bones are in your hands and feet. You also have a number of joints, which enable you to bend your arms, fingers and legs, move your head, bend down and pick things up. Your joints are moved by muscles which cover your body.

You are WONDERFULLY MADE!

Your body is an amazing machine with millions of parts that work together to enable you to live, move and grow. Could millions of years of evolution have made the wonder of you?

A TINY BEGINNING!

Our bodies are made up of about one million, million cells (right), each so tiny that you can only see it with a microscope. We all began our life as a tiny cell or egg, which multiplied over and over again. Each cell contains all the information to make a complete human being, but



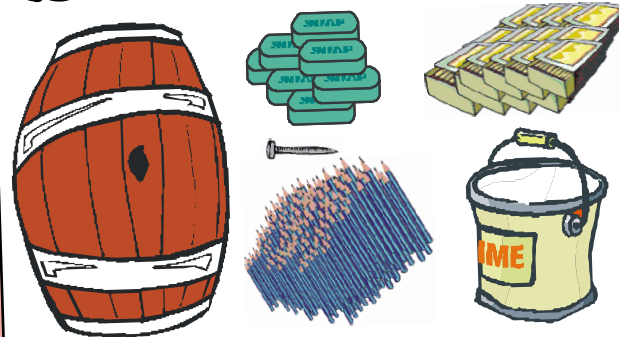
there are special instructions in each cell which "tell" some to become blood cells (left), liver cells, brain cells, skin cells, or some of the other 200 different kinds of cells in our bodies. Scientists still don't fully understand how this works, but by the time we are born, all the different parts of our bodies have been created and we are ready to live in the world. 3,000 years ago, king David

— who knew much less than we do about our bodies — realised that God had made Him. He wrote: "You made my whole being. You formed me in my mother's body. I praise you because you made me in an amazing and wonderful way." (Psalm 139: 13-14). David was right. We should praise God for the miracle of human life!



Photo: istockphoto

IS THIS ALL YOU ARE?



What contains enough carbon to make 900 pencils, enough phosphorous to make 2,200 matches, enough water to fill a 45 litre (10 gallon) barrel, enough fat for seven bars of soap, enough iron to make a 50mm (2-inch) nail and enough lime to paint a chicken-house? **Answer:** Your body! But, of course, you are much more than that. You are a living, thinking, wonderfully designed being!

IT'S ALL IN YOUR HEAD!



Inside your head is an amazing computer — your brain. It's much more powerful than the fastest computer that humans have designed. It has billions of electrical connections, and scientists believe it can hold a million times more information than you could ever learn in your whole life. Your brain can do lots of different things at once — like controlling your heart-beat, breathing and speaking, and dealing with the information coming from your ears, eyes and other senses. Like all computers, your brain didn't just "happen", but must have been designed by a super-intelligence. His name is God!

ALSO IN THIS ISSUE:

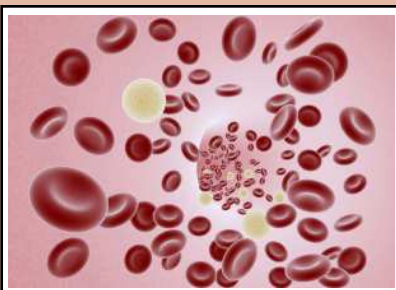
Red River of Life. Nature Notes: Bird song. Made for walking! Puzzle Corner. Weird and Wonderful: The Dipper. A new body.

Red River of LIFE

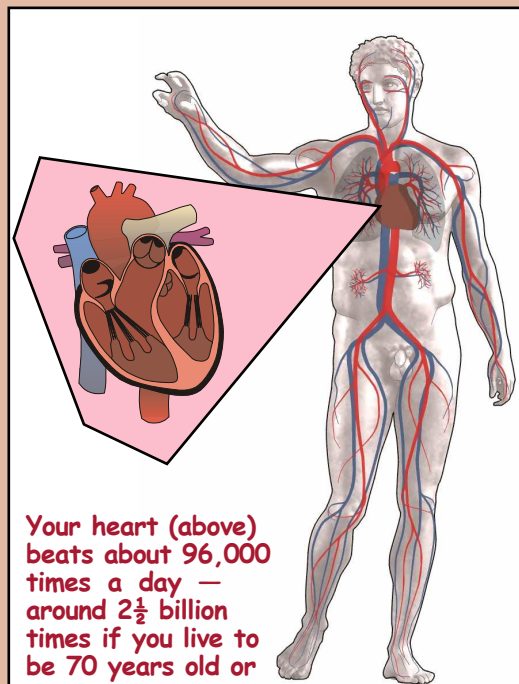
Your body has 100,000 kilometers (62,000 miles) of blood vessels — capillaries, veins and arteries — enough to go twice around the world! Blood really keeps you alive as it is pumped through your body by your heart — an amazing organ that circulates 18,000 litres (4,000 gallons) of blood every day. If you could look inside your veins you would see millions of tiny *red cells* (which give your blood its colour) floating in a liquid called *plasma*. When germs enter your bloodstream, special *white cells* appear which attack and destroy the germs!

There are also some cells in your blood called *platelets*. Although they are very tiny, without them you would bleed to death when you cut yourself. Something tells these cells to rush to the cut, where they become sticky, clump together and seal the wound. This is called *clotting*.

However, as soon as the cut is sealed your blood stops clotting, otherwise your whole bloodstream would become solid! Your blood circulation and clotting system is so complicated that it must have been designed by God, our Creator. It certainly couldn't have come about by chance!



This picture shows red blood cells, and also some of the white cells which attack and destroy germs



Your heart (above) beats about 96,000 times a day — around 2½ billion times if you live to be 70 years old or more! This amazing organ pumps blood around 100,000 kilometers (62,000 miles) of blood vessels, taking oxygen to every part of your body. In the diagram above the red colours show blood flowing from the heart, and blue colours show blood returning to the heart to receive fresh oxygen.

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X-Ray of a human knee-joint

MADE FOR WALKING!

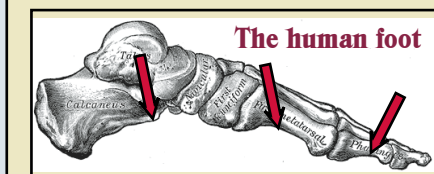
Evolutionists believe that our ancestors were ape-like creatures who came down from the trees, and began to walk on two legs. There are many problems with this idea. Firstly, there are no fossils of creatures which are part ape—part human. Secondly, apes are designed to walk on four legs, with feet that are like hands for grasping branches, while humans are designed to walk on two legs and have feet like no other creature. Our feet have arches so that we can not only stand upright easily, but can also stand on one leg and even on the toes of one foot, something no ape could ever do.

Our knee joints are special, too. They lock when we stand up so that we don't have to keep trying to stay upright. Apes are clumsy and uncomfortable walking upright, and will only do so for a short time. They are designed to use their arms and legs for walking — that's why, unlike us, they have long arms and short legs. Another big difference between apes and humans

is that our head is set on the top of our spine for seeing straight ahead. But try walking on all fours, and you will find that your head is pointing downwards. It seems impossible that animals like apes, which are designed to walk on four legs, could gradually change to walking on two legs. The evidence suggests that we were created specially for walking on two legs, unlike the apes.

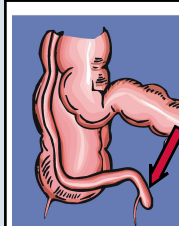


No ape could balance on its toes like the tennis player (above, left) Famous artist and engineer Leonardo da Vinci (born in 1452) wrote: "The human foot is a masterpiece of engineering and a work of art." Unlike apes, a human foot has three arches (below, arrowed). This is why we can balance. Apes were made for climbing. Their feet are shaped just like hands, so



The human foot

that they can grip the branches of trees. Apes don't find it easy to walk upright like us.



NOT A USELESS "LEFTOVER"!

Some people believe we have useless parts in our bodies, which they say are "left-overs" from evolution. One of these is our appendix (arrowed, left). However, we now know that this organ — part of our digestive system — helps us fight disease in the first few years of life. There are no useless left-overs in our bodies!

NATURE NOTES by the editor



It's lovely to wake on a spring or summer morning to hear the birds singing outside. This is known as the "dawn chorus." Have you ever wondered why birds sing, or why some birds' songs are so beautiful? Some bird calls are quite simple — just a "tweet" or a "honk", but many birds sing real tunes, and some composers have even written music based on the songs of birds. Sometimes birds sing to each other, and some will sing duets and even quartets! It is mainly the male birds that

sing, usually to attract a mate, and many of the plainer birds, including wrens, robins, blackbirds (above), and song thrushes, have the best songs, while the prettier birds rely on their good looks. Birds usually learn to sing by listening to others, but how did birds begin to sing? People who believe in evolution have no good explanation. Some scientists did an experiment which shows that birds are "programmed" to sing. Some zebra finches (right) were hatched and kept away from other birds for several generations. During this time they began to sing, and eventually were singing songs that were very much like those of wild zebra finches. So birds were created to sing! Although their songs are not mainly for our benefit, we can enjoy listening to them, and thank God that He made them that way as one of the many wonders of creation.

—Geoff Chapman



Photo: Dreamstime



PUZZLE CORNER

CAN YOU FIND THE PARTS OF YOUR BODY HIDDEN IN THE SENTENCES BELOW?

1. The artist painted the scene.
2. This is the car my Dad drives.
3. The police caught the thief in Germany.
4. The bank lends me money.
5. That's the fourth umbrella I've lost.
6. The cable links to machines in the workshop.
7. Is this pin extra long?
8. We are not there yet.
9. He held the banner very high.
10. Just rub one shoe at a time.

(Answers on the next page)

Can you spot 8 differences between these two pictures?

