

This work of renewing the house is constantly being carried on by means of a wonderful network of passages which carry nutriment to every part of the body. This network is so dense that we cannot pierce any part of our body, even with the finest needle, without coming in contact with a branch of the system and letting out some of its fluid nutriment, which is called blood. This blood is sent out from the heart and contains all the ingredients necessary to build up every part of the body. It comes back to the heart laden with waste matter and other impurities. It is then sent to the lungs where it gives up its impurities to the air and, taking in a fresh supply of oxygen from the air, it returns to the heart to be sent again throughout the system,

