

its general outline. Some of the bones are to protect the most delicate vital organs, while others are so hinged together that they are used in performing the wishes of the "man of the house." Being composed of many parts, the skeleton is stronger than if it were composed of one bone, or even of a few bones, and at the same time the body is able to assume many graceful positions and to perform the most delicate acts.

Every movement of the body is produced by the action of some part of the great muscular system, which clothes the framework of the house. This system is composed of bands of minute strands or fibres, which contract or relax in obedience to the brain, and being attached to the bones by tendons, they produce motion or action. The health, the strength and the growth of each part of the body depend on its being exercised or used. Each act, therefore, tends to strengthen and develop the muscles; but, strange as it may seem, it does this by wearing them away and having them renewed.

