

Vestigial Structures: Are They Really Useless?

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The word vestigial means “a mark, trace, or visible evidence of something that is no longer present or in existence”. Evolutionists have taught that, after millions of years of evolution in humans, there are several body parts that are no longer needed. Some people have had body parts such as the tonsils and appendix removed surgically for various reasons. Others, like the coccyx, are very rarely removed unless one suffers from serious trauma¹. But do these structures really have no importance to us today? Have we lost use for them over time? I would like to provide evidence for three “vestigial structures” that do have importance in our lives.

One of the most common vestigial organs is the tonsils. It sits on either side of the back of the throat. For years, evolutionists assumed that tonsils had no use in the human body. They were proved wrong when scientists found that the tonsils hold white blood cells, stop germs from getting into our bodies, and help prevent us from getting sick.² Until this discovery, many people from the early 1900’s to the 70’s had their tonsils removed not only when they were irritated, but as a precaution to prevent illnesses.³ Many children around the

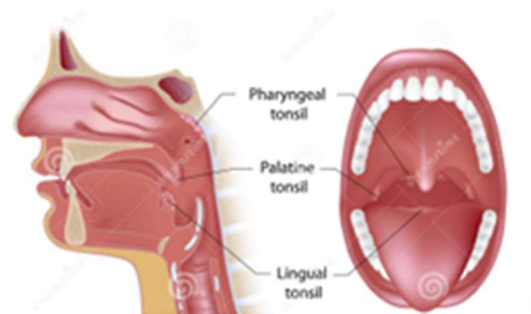


Figure 1 Location of the tonsils

¹ Antoniadis, A., Ulcich, N. H. B., & Senyurt, H. (2014, December 17). Coccygectomy as a Surgical Option in the Treatment of Chronic Traumatic Coccygodynia: A Single-Center Experience and Literature Review. National Library of Medicine. Retrieved April 28, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4278974/>

² National Institution of Health (2011, March 8). do the tonsils work? National Library of Medicine. Retrieved April 1, 2023, from <https://www.ncbi.nlm.nih.gov/books/NBK279406/#:~:text=The%20tonsils%20are%20part%20of%20a%20responsible%20for%20killing%20germs.>

³ National Institution of Health (2019, October 24). Tonsillitis: When is tonsil surgery a good idea in adults? National Library of Medicine. Retrieved April 1, 2023, from <https://www.ncbi.nlm.nih.gov/books/NBK564983/>

world have had their tonsils removed because of this. Today, the procedure is not commonly performed as it once was. Now it is mainly used to treat those with sleep apnea or with sleep disorders. What we see from this is that the tonsils are not useless but are beneficial in keeping us healthy.

Another presumed “vestigial” organ is the appendix. It is located at the end of the large intestine, next to the colon. In the past, many people had them removed because they wanted to prevent

getting appendicitis. In 2007, research showed that the appendix was beneficial to the human body. In young children, it fights illnesses, and is part of the immune system.⁴ As we age, the appendix stops working but continues to harbor bacteria to protect us.⁵ Despite this, many people have still have their appendix removed unnecessarily. But we see here

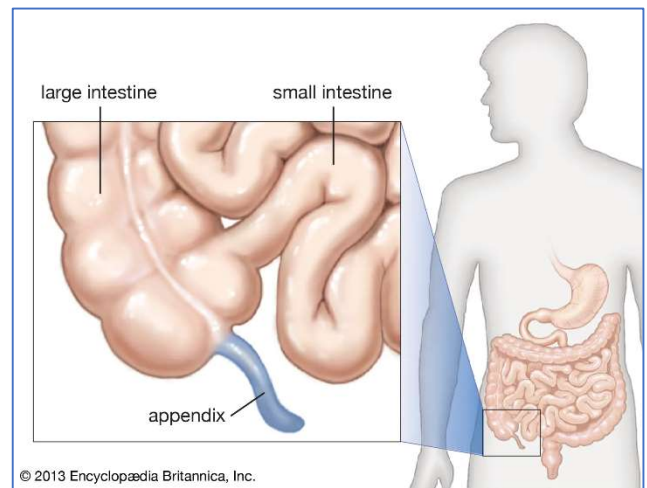


Figure 2 Location of the appendix

that the appendix is not a useless part of the human body as evolutionists once thought.

Lastly, the coccyx is another vestigial organ that has been seen as “useless” by evolutionists.

Also known as the tail bone, it is located on the end of the spine. Evolution teaches that man’s ancestors are monkeys, and that the coccyx is the remains of what would have been a tail.

⁴John Hopkins Medicine (n.d.). Appendicitis. Retrieved April 1, 2023, from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/appendicitis>

Monkeys use their tails for balance and as another appendage.⁶ Since we do not have tails,

evolutionists say that the coccyx has become “useless” to us. Though there are some who still believe it is of little importance to us today, the coccyx has been proven to help in many ways. It keep our balance, aids us in walking, running, sitting, and supports our weight.⁷ It is also a shock absorber⁸ for when we fall or sit down hard. Therefore, we see

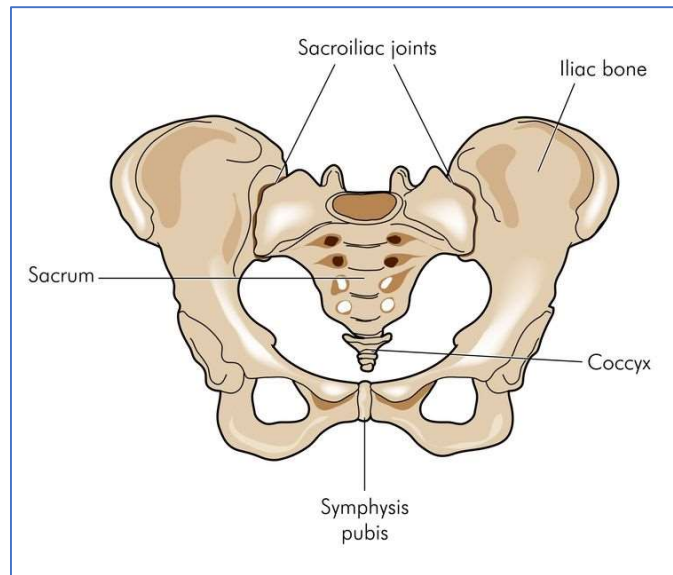


Figure 3 Location of the Coccyx

that though we do not have tails, the coccyx is still very useful to us in everyday life!

There are many other organs that evolutionists would still say are unimportant that we no longer have a need for. But we see that, although these claims have been made, science has proven that they are actually necessary for us now just as it has been for our ancestors! We also can take note that every organ and bone in our bodies were made perfectly to take care of us. Despite what people say, there is nothing in our bodies that does not serve to have a purpose for us today. One may be compelled to consider if the human body was not created by chance, but rather by an Intelligent Designer.

6 Tojima, S. (2021, April 26). A Tale of the Tail: A Comprehensive Understanding of the "Human Tail". National Library of Medicine. Retrieved April 1, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8128518/>

7 Lirette, L. S., MD, Chaiban, G., MD, Tolba, R., MD, & Eissa, H., MD (n.d.). Coccydynia: An Overview of the Anatomy, Etiology, and Treatment of Coccyx Pain. National Library of Medicine. Retrieved April 1, 2023, from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3963058/#:~:text=Despite%20its%20small%20size%2C%20the, person%20in%20the%20seated%20position.>

8 Ibid

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