MATERIAL BEINGS
To my mother
and the memory of my father
... consider an object, ... what is an object? Philosophers are always saying, "Well, just take a chair for example." The moment they say that, you know they do not know what they are talking about any more. What is a chair? Well, a chair is a certain thing over there ... certain?, how certain? The atoms are evaporating from it from time to time—not many atoms, but a few—dirt falls on it and gets dissolved in the paint; so to define a chair precisely, to say exactly which atoms are chair, and which atoms are air, or which atoms are dirt, or which atoms are paint that belongs to the chair is impossible. So the mass of a chair can be defined only approximately. In the same way, to define the mass of a single object is impossible, because there are not any single, left-alone objects in the world.

——Richard Feynman, Lectures on Physics, Vol. 1

The story is indeed a little difficult to believe. Still, you might try.

——E. Nesbit, The Phoenix and the Carpet