Paraphrasing the Atomic Theory

Imagine that you are sitting in a lecture in college, and the professor says the following quote. Your friend turns to you and says, "I didn't understand that. What's he mean?" What's this quote saying? Help your friend out by trying to explain what this means.

If, in some catastrophe, all of scientific knowledge was destroyed, and only one sentence was saved, what statement would contain the most information in the fewest words? I believe it is the atomic theory that all things are made of atoms—little particles that move around in perpetual motion. In that one sentence, there is an enormous amount of information about the world.

Adapted from Richard Feynman, Six Easy Pieces, page 4.

Feynman is saying that...