**Frame change detection**

This code performs frame tracking by detecting and drawing bounding rectangles around moving objects in a video stream. It starts by initializing video capture from either a webcam or a video file. The first frame is read and converted to grayscale for comparison.

A threshold value is set to determine the motion detection sensitivity. The code then enters a loop where each frame is read, converted to grayscale, and the absolute difference between the current and previous frames is computed. Thresholding is applied to obtain a binary image representing the moving objects.

Contours of the moving objects are found, and bounding rectangles are drawn around them. The resulting frame with the bounding rectangles is displayed. The program exits when the 'q' key is pressed.

In summary, this code demonstrates a simple frame tracking algorithm by detecting and visualizing moving objects in a video stream using OpenCV.