

lated matter liquifies, and the muscles then pass into a loose and flaccid condition which marks the commencement of the putrefactive change. Doctors are therefore able to tell by the condition of a dead body, and, to some extent, by the amount of its temperature, how long previously death had occurred.

Most muscles are of a deep red colour which, of course, is due, in part, to the blood within their vessels; but not entirely so, because each fibre has a reddish colour of its own, probably due to the presence of a small quantity of the same hæmoglobin in which the blood corpuscles are so rich. Muscles may be conveniently divided into two classes according to the manner in which the ends of their fibres are attached; that is to say, into muscles fixed to bones, and muscles which are free. Under the latter head come those muscles which are termed hollow muscles, inasmuch as they enclose a cavity or surround an empty space; their contraction lessening the capacity of their cavity. Amongst these may be named the muscular fibres of the heart, of the blood vessels, of the lymphatic vessels, of the alimentary canal and intestines, of the urinary bladder, of the ducts of the glands, and of the iris of the eye. Muscles are of two kinds, *striated* or striped, and plain or *unstriated*; striated muscle is composed of tissue which, under the microscope, shows well marked stripes transversely across each fibre. Smooth or unstriated muscle shows, under the microscope, that it consists of long band-like fibres which have no marked transverse lines. Now, as a general rule, the muscles which are attached to bones are invariably of the striated variety; and those which are hollow are, with one exception, of the unstriated variety. This exception, it is important you should remember, because the muscles of the heart are of the striated variety. It may, therefore, be taken for granted that the striated muscles are the strongest, just as a piece of elastic would cease to be as strong as it is if its many fibres were not connected and bound together by transverse bands, and when we come to talk of the work which the heart has to do, you will see that it, never resting from its labour while life lasts, requires greater strength for the proper performance of its work than even the muscles of the arms or legs. The striated muscles used also to be formerly called voluntary muscles, because, with the one exception of the heart, they are more or less under the influence of the will; and the unstriated muscles, in like manner, used to be termed involuntary muscles, because they act without any perceptible volition on the part of their possessor. For example, the passage of the food down the gullet and along the intestine takes place, in health, without the knowledge of the individual, although, as we shall see hereafter, this is entirely due to the action of the muscles of the alimentary canal.

(To be continued.)

## Royal British Nurses' Association.

(Incorporated by Royal Charter.)

STEADFAST & TRUE.



A meeting of the Educational Sub-Committee was held on Monday, February 12th, at 5 p.m., at the offices of the Corporation, by command of Her Royal Highness the President, who was present, in the chair. The details of the arrangements for the courses of lectures which were announced in this column last week were considered, and full particulars of the same will be announced next week.

The quarterly number of the *Nurses' Journal* will be issued in a few days, and will contain notices likely to prove of much interest to all members of the Corporation. The Secretary will be glad, should any member not receive a copy before the end of the month, if she will send her a postcard to that effect, as although the greatest care is taken to send the journals to the latest addresses given, she finds that those Nurses who constantly move from case to case sometimes fail to receive it, and is most anxious to know of this, that she may prevent any disappointment which might thus be caused.

The month of January is now over, and the Secretary begs to cordially thank all those members who have so kindly forwarded their subscriptions for the present year, which became due that month. There are still, however, many which have not been received, and she ventures to ask if all those who have not yet been able to do so, will endeavour to forward their subscriptions as soon as possible. By this means a very large amount of work is saved, and much help given to the office arrangements.

The two last lectures of the winter session will be delivered as follows;—

*Friday, March 30th.*—Lecturer: Miss ISLA STEWART (Matron of St. Bartholomew's Hospital). Subject: "Nurses, their Recreation, and their Work."

*Friday, April 20th.*—Lecturer: Miss ANNESLEY KENEALY, registered M.R.B.N.A. Subject: "Women Judges at the World's Fair, Chicago."

In addition to these, a course of three lectures on "Practical points for Nurses in Throat, Nose, and Ear Cases," will be delivered by R. LAKE, Esq., F.R.C.S., on Monday evenings, April 16th, 23rd, and 30th.

These five above-mentioned lectures will be given at the new offices of the Corporation, 19, Harley Street, Cavendish Square, W., at 8 o'clock in the evening. Admission free to all members, 1s. to others.

DAISY ROBINS,

Secretary and Registrar.

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