

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 the 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 uterus, 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. 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 we should remember, because the *muscles of the heart are striated*. The practical importance of these facts is very great. In general terms, it may be said that wherever great strength is required the muscles are striated, 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. When we come to talk of the work which the heart has to do, we will see that it, never resting from its labour while life lasts, of course, requires greater strength for the proper performance of its work than even the muscles of the arms or legs; which explains why the heart's muscle alone of all the hollow muscles is of the striated variety. 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 intestines 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. And, on the other hand, the muscles of the arms and legs, or the muscles of the back, or of the abdominal walls only act in response to direct orders conveyed to them from the brain, to carry out some desired movement on the part of their possessor.

(To be continued.)

The Paris Conference.

It has been decided that the Papers presented at the Opening Session of the International Nursing Conference in Paris shall be read in French, and that translations in English shall be available for those present who do not understand the language. We have very great pleasure in announcing that many of the ladies and gentlemen who have taken the initiative in the modern nursing movement in France have consented to be present to read papers. This Session cannot fail to be of the greatest interest to the nurses of all nations.

The five Sessions at the disposal of the Conference have been found all too short to include all the nursing questions of interest suggested, but the six departments will be found to include the questions of most vital interest—The Modern Nursing Movement in France, first and foremost; The Practical Training of Nurses; The Public and Social Responsibilities of the Nurse; Professional Organisation; The History of the Professional Nursing Press; and International Reciprocity in Training and Work. Discussion will take place on the various papers, and many persons interested in the questions have already arranged to be present whose opinion will be of the greatest value.

No official delegates will be invited to this Conference. It is to be open to all nurses, doctors, and members of the lay public, who wish to give or gain information. In this way we think it will be most useful. Cards, costing one franc, will be issued for admission to the whole Conference, and as soon as the arrangements are a little more in order these cards can be obtained from Miss M. Breay, Treasurer, International Council of Nurses, 431, Oxford Street, W. As no doubt all those who go to Paris will wish for invitations to the social functions arranged for each afternoon, those who thus make themselves members of the Conference will probably receive such invitations. Miss L. L. Dock, Hon. Secretary, will be in Paris a week before the opening of the Conference, and can be applied to for tickets.

As the less expensive hotels are usually full in June, only a limited number of visitors can be accommodated in each, but as some kind friends in Paris are gathering information as to the cost of hotels and pensions, we hope at an early date to announce addresses and terms. We calculate that the whole cost of travelling, and a week's board and residence in Paris, will be from £6 to £8. We are glad to hear that several nurses have been "saving up" to enjoy this international meeting.

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