

A. Typical skeletal muscle consists of--

1. Fasciculi or muscle bundles
2. Fascia is a fibrous tissue sheath enveloping the fasciculi.
3. Perimysium externum is the areolar tissue surrounding and bounding each fasciculus to its neighbor.
4. Perimysium internum --areolar tissue which holds the elongated muscle fibres of the fasciculus together. The perimysium internum is connected on one hand to the sarcolemma, and on the other to the perimysium externum, by which it is brought in connection with part of a tendon.

III. Chemistry of Muscle

- A. Water -- 75%
- B. Fats -- 2%
- C. Salts -- 1%
- D. Carbohydrates -- 0.5%

The glycogen eventually forms lactic acid. Then lactic acid and energy for resynthesis into phosphocreatine.

1. Glucose
2. Glycogen

These give rise to:

- E. Lactose -- 0.15%
- F. Creatine-- 0.4%
- G. Phosphocreatine -- .4%

or

phospogen

The phosphocreatine is ^{broken down into} phosphoric acid and creatine and energy for muscle contraction. $1/5$ of Lactic acid and $O \rightleftharpoons CO^2 + H^{2O}$ plus energy in order to resynthesize $4/5$ of lactic acid in glycogen.

Lack of Oxygen is the real cause of muscle fatigue since the lactic acid cannot act to be changed back into glycogen.