Instructions to Authors

1. GENERAL

Proceedings series B is published monthly. It contains announcements of important results within any field of the biological sciences, normally no more than 4000 words (five printed pages) in length. With the same restriction on length, reviews containing original and interesting ideas, and extensions to, or criticisms of, papers already published (subject to the criteria of interest, originality and good manners) will also be acceptable. The target publication time is three months from receipt of a paper (excluding the time that the typescript is in the hands of the author). Authors are advised that papers prepared in accordance with these instructions will be given priority. Acceptance of a paper will be determined by its quality and interest.

The new format of the journal is A4 (297 mm x 210 mm), double column, with a normal text area of 255 mm x 167 mm.

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Papers may be submitted (i) to a member of the Editorial Board, (ii) to a Corresponding Editor, (iii) to a Fellow or Foreign Member of the Society (a list is published in the Society's Year Book), or (iv) direct to the Editor in Nottingham. The date of receipt by any one of these will be recorded as the formal date of receipt for publication. The name of the person to whom the paper was submitted, and the date of its receipt by that person, will be published if the paper is accepted. It will help the process of consideration if authors write to inform the Editor when they have submitted a paper by routes (i), (ii) or (iii) above. Authors are asked to include their telephone numbers, fax numbers and/or electronic mail addresses in correspondence about the paper.

Four copies of the typescript and of any figures (together with one set of original drawings and prints) are required. The extra copies of any photographs should be prints rather than photocopies.

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Papers should be clearly typewritten, with double spacing throughout, on one side of the paper only, with a margin of at least 3 cm all round; all sheets should be numbered serially and securely clipped together. Typescripts must be carefully corrected by authors before being sent in. Spelling should conform to the preferred spelling of the Shorter Oxford English Dictionary. Footnotes should be avoided.

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It is very important that both the title and the abstract should be comprehensive, and interesting, to the non-specialist. Authors are asked to make their titles as short and general as possible. The title should be typed on a separate covering sheet which should also bear the names of the authors and that of the laboratory or other place where the work has been done. A very short title (maximum of 50 letters and spaces) suitable for page headings should also be given. The abstract should not exceed 200 words, and should give a precise and informative summary of the paper's content.

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Figure 7. Time-course of changes in fibre type composition during post-stimulation recovery. (a) Type 1 fibres, (b) Type 2A fibres, including the transitional fibres (asterisks) referred to in the text. (c) Type 2B fibres. Bands indicate the range (mean±s.d.) for the corresponding fibre type in control muscles.
```

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July 1990
THE ROYAL SOCIETY

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