

To these valuable and necessary suggestions the Life-Saving Society of England has added the following:

TO PROMOTE WARMTH AND CIRCULATION.

When once natural breathing has been restored, friction by the assistant over the surface of the body should be resorted to, using handkerchiefs, flannels, etc. (*by these means the blood is propelled along the veins towards the heart*), while the operator attends to the mouth, nose and throat, seeing also that warmth is properly encouraged.

Wrap the patient in blankets or some dry clothing.

The friction on the legs should all be upward, and along the arms towards the body, and must be continued under the blankets or over the dry clothing.

Promote warmth by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet.

If the patient has been carried to the house, be careful to let the air circulate freely about the room and prevent crowding round the patient.

On the restoration of life, a teaspoonful of warm water should be given; and then, if the power of swallowing has returned, very small quantities of wine, warm brandy and water, beef tea or coffee should be administered. The patient should be kept in bed, and a disposition to sleep should be encouraged.

If there be pain or difficulty in breathing, apply a hot linseed-meal poultice over the chest.

Watch the patient carefully for some time to see that breathing does not fail; should any signs of failure appear, at once resume artificial respiration.

SUGGESTIVE AND USEFUL REMARKS.

In all cases send for medical assistance as soon as possible.

Avoid rough usage, especially twisting or bending of limbs, and do not allow the patient to remain on the back unless the tongue is pulled forward.

Under no circumstances hold the patient up by the feet, nor allow him to be carried face downwards.

In laying the patient down on the back, the head should be at a slightly higher level than the feet.

In the event of respiration not being entirely suspended when a person is lifted out of the water, it may not be necessary to imitate breathing, but natural respiration may be excited by the application of irritant substance to the nostrils and tickling the nose. Smelling salts, pepper or snuff may be used in doing this, or hot and cold water alternately be dashed on face and chest.