

1. **Patient Not Breathing** (drowning—artificial respiration)—A number of causes for stoppage of breathing in a living person are mentioned in this book. Of these the most frequent are drowning, gas poisoning, and electric shock. Whatever the cause, the treatment is essentially the same. It is called artificial respiration, and consists in forcing the patient's chest to



FIGURE 1. *Correct Position for Patient in Artificial Respiration*

imitate the movements of ordinary breathing, thus expelling the water or gas from the lungs and drawing in air. The method is as follows:

- (a) Quickly feel with your fingers in the victim's mouth and throat and remove any obstructions to breathing, such as tobacco or false teeth. If the mouth is tight shut, pay no attention to it until later. Don't attempt to pry the jaws open. Do not lose a moment's time. Start artificial breathing.
- (b) Lay the patient on his belly, one arm extended directly overhead, the other bent at elbow and with face to one side, resting on the hand or forearm, so that the nose and mouth are free for breathing. (Figure 1).
- (c) Kneel, straddling the patient's body with knees just below the patient's hip bones. (Figure 2). Place the palms of your hands on the small of the back with the fingers over the ribs, the little finger just touching the lowest rib, the thumb alongside of the fingers; the tips of the fingers just out of sight. (Figure 3).
- (d) While counting one, two, and with arms held straight, swing forward slowly so that the weight of your body is gradually, but not