

RULE 6. Kneeling at patient's head, lean forward and grasp the arms below elbows, draw them steadily upwards at full length above and level with the head.

RULE 7. Having held the arms in this position for about two seconds carry them back to the body, folding them on each side, and press them firmly against the sides and front of the chest for about two seconds.

NOTE.--These movements must be repeated carefully and deliberately about fifteen times a minute, and persevered with until natural respiration is established, upon which cease to imitate breathing, and proceed to induce circulation and warmth.

TREATMENT AFTER NATURAL BREATHING HAS BEEN RESTORED.

1. Rub the limbs upwards with firm pressure, using handkerchiefs, flannels, etc.
2. Dry the hands and feet, and as soon as dry clothing can be procured strip the patient and re-clothe or cover.
3. Continue friction over dry clothing or under blanket.
4. After respiration has been restored, carry patient to a house.
5. Promote warmth by the application of hot flannels, bottles, heated bricks, etc., to pit of stomach, armpits, thighs, and to soles of the feet.
6. If the power of swallowing has returned, small quantities of warm water, warm brandy and water, or coffee, should be administered; the patient kept in bed and sleep encouraged.

GENERAL NOTE ON RESUSCITATION.—Treatment to restore animation should be persevered in for at least three or four hours.

TREATMENT AFTER NATURAL BREATHING HAS BEEN RESTORED.

To induce circulation and warmth.---Wrap the patient in dry blankets, and rub the limbs upwards energetically. Promote the warmth of the body by hot flannels, bottles or bladders of hot water, heated bricks, to the pit of the stomach, the armpits, and to the soles of the feet.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, small quantities of wine, warm brandy and water, or coffee, should be given. The patient should be kept in bed, and a disposition to sleep encouraged. During reaction large mustard plasters to the chest and below the shoulders will greatly relieve the distressed breathing.

NOTE.—In all cases of prolonged immersion in cold water, when the breathing continues, a warm bath should be employed to restore the temperature.