

with his right hand, and the other bearer's right wrist with his left hand. The bearer to the left grasps the first bearer's right wrist with his right hand (Fig. 75). This leaves his left hand free to support the patient's left leg. For the patient's right lower limb follow the same directions, sub-

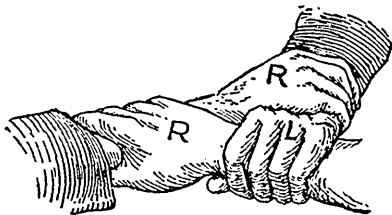


FIG. 75.

stituting "right" for "left" and "left" for "right." The bearers stoop down.

2. The patient places one arm round the neck of each bearer and sits on their hands.

3. The bearers rise together and step off, the right-hand bearer with the right foot, and the left-hand bearer with the left foot.

### THE FIREMAN'S LIFT.

(To be attempted only by a strong man.)

Turn the patient face downwards; place your-