

V1. *Omit the warm-bath until respiration be re-established.*

To recapitulate, I observe that —

1. If there be one fact more self-evident than another, it is that artificial respiration is the *sine qua non* in the treatment of asphyxia, apnœa, or suspended respiration.

2. If there be one fact more established in physiology than another, it is that within just limits, a *low* temperature conduces to the protraction of life, in cases of suspended respiration, and that a more elevated temperature destroys life. This is the result of the admirable, the incomparable, work of Edwards.

3. Now the *only* mode of inducing efficient *respiration* artificially, at all times and under all circumstances, by the hands alone, is that of the postural manœuvres described in this paper.

This measure *must* be adopted.

4. The *next* measure is, I have stated, to restore the *circulation* and *warmth* by means of pressure firmly and simultaneously applied *in the course of the veins*, therefore *upwards*.

5. And the measure *not to be adopted*, because it tends to extinguish life, is the *warm bath*, without artificial respiration.

This measure *must* be relinquished.

These conclusions are at once the conclusions of common sense and of physiological experiment. On these views human life may, nay, must, sometimes depend.

*Regimen.*—Dr. James Jackson in his letters to a young physician, advocates an exclusive vegetable diet, both as a remedy and a preventive measure in epilepsy and apoplexy. Although patients may rebel against the prescription, if made to embrace the remainder of their lives, they will generally become reconciled to it if recommended temporarily, so as to become more indifferent on the subject than they had anticipated. Exercise is enjoined, mental perturbation disapproved, and the patient advertised not to return to animal food so long as he has very good health without it. In phthisis and hemoptysis on the contrary, he recommends animal food, milk, and a farinaceous diet, to which should be added fruit, and other articles of a laxative character, in case of a tendency to habitual constipation. Exercise in the open air, he considers of all things the most important in these diseases, which should be carried as far as the vigor of the patient will permit. It should not be done rashly, but boldly. The great object is, to prevent the cachexy, if it has not appeared, or to overcome it when it has, by such measures as will tend to increase the general vigor of the system, trusting to the natural efforts to overcome the disease. With the body properly protected by suitable clothing the patient is advised to live pretty much out of doors. For the relief of hemoptysis he recommends a combination of sulphate of copper and opium. In an urgent case he gave one grain each of these remedies, and repeated the dose in twelve hours. During fifty years practice he had only met with two cases in which this hemorrhage proved fatal in phthisis.