

walls, and expel the air from the lungs, as shown in Fig. 2. Repeat this manoeuvre at least sixteen times per minute. These efforts should be continued unremittingly for at least an hour, or until natural respiration is established.

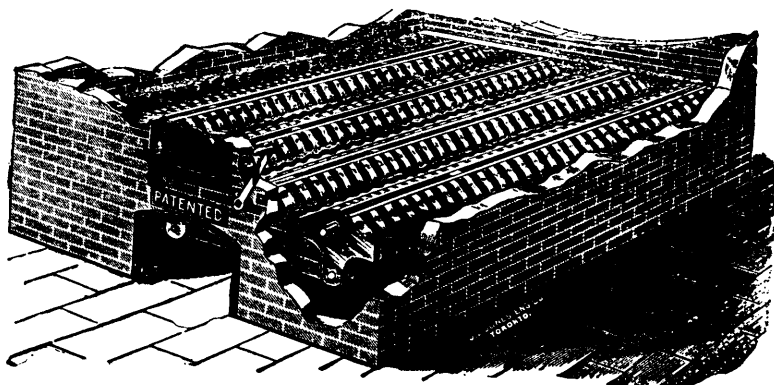
3.—At the same time that this is being done, someone should grasp the tongue of the subject with a handkerchief or piece of cloth to prevent it slipping, and draw it forcibly out when the arms are extended above the head, and allow it to recede when the chest is compressed. This manoeuvre should likewise be repeated at least sixteen times per minute. This serves the double purpose of freeing the throat so as to permit air to enter the lungs, and also by exciting a reflex irritation from forcible contact of the under part of the tongue against the lower teeth, frequently stimulates an involuntary effort at respiration. If the teeth are clenched and the mouth cannot be opened readily to secure the tongue, force it open with a stick, a piece of wood, or the handle of a pocket knife.

While this is being done, a physician should be summoned, who, upon his arrival, can best put into practice Rules 4 and 5 in addition to the foregoing, should it be necessary.

4.—Forcible stretching of the sphincter muscle controlling the lower bowel excites powerful reflex irritation and stimulates a gasp (inspiration), frequently when other measures have failed. For this purpose, the subject should be turned on the side, the middle and index fingers inserted into the rectum, and the muscle suddenly and forcibly drawn backwards towards the spine. Or, if it is desirable to continue efforts at artificial respiration at the same time, the knees should be drawn up and the thumb inserted for the same purpose, the subject meanwhile retaining the position on the back.

5.—Oxygen gas, which may be readily obtained at a drug store, if the accident occurs in a city or large town, is a powerful stimulant to the heart if it can be made to enter the lungs. A cone may be improvised from a piece of stiff paper and attached to the tube leading from the tank and placed over the mouth and nose while the gas is turned on during the efforts at artificial respiration. It is both useless and unwise to attempt to administer stimulants to the victim in the usual manner by pouring it down his throat, therefore this should not be attempted.

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