

**RULE 2.**—*To maintain a free entrance of air into the windpipe.*—Cleanse the mouth and nostrils; open the mouth; draw forward the patient's tongue, and keep it forward; an elastic band over the tongue and under the chin will answer this purpose.

**RULE 3.**—*To imitate the movements of breathing:*

*First.*—**INDUCE INSPIRATION.**—Place yourself at the head of the patient, grasp his arms, raise them upwards by the sides of his head, stretch them steadily but gently upwards, for two seconds.

[*By this means fresh air is drawn into the lungs by raising the ribs.* See Engraving No. 8—**INSPIRATION.**]

*Secondly.*—**INDUCE EXPIRATION.**—Immediately turn down the patient's arms, and press them firmly but gently downwards against the sides of his chest, for two seconds.

[*By this means foul air is expelled from the lungs by depressing the ribs.* See Engraving No. 9—**EXPIRATION.**]

*Thirdly.*—**CONTINUE THESE MOVEMENTS.**—Repeat these measures alternately, deliberately and perseveringly fifteen times in a minute, until a spontaneous effort to respire be perceived.

[*By this means an exchange of air is produced in the lungs similar to that effected by natural respiration.*]

When a spontaneous effort to respire is perceived, cease to imitate the movements of breathing, and proceed to induce circulation and warmth (*as below.*)

**RULE 4.**—*To excite respiration.*—During the employment of the above method, excite the nostrils with snuff or smelling salts, or tickle the throat with a feather. Rub the chest and face briskly, and dash cold and hot water alternately on them. Friction of the limbs and body with dry flannel or cloths should be had recourse to. When there is proof of returning respiration, the individual may be placed in a warm bath, the movements of the arms above described being continued until respiration is fully restored. Raise the body in twenty seconds to a sitting position, dash cold water against the chest and face, and pass ammonia under the nose. Should a galvanic apparatus be at hand, apply the sponges to the region of the diaphragm and heart.

