## SOME THINGS WORTH KNOWING.

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Interference in medical or surgical cases by persons who have not qualified themselves in these branches of science is, as a rule, productive of harm; indeed, serious consequences are often the result. This rule, however, like every other, has its exceptions.

It has often been remarked that a smattering of knowledge in the "art of healing" is fraught with danger. This because that these persons with partial knowledge, through undue confidence in themselves, undertake work that they are wholly unable to perform aright, and thus thrust out others who are competent.

It is always, or, at all events, should be, the aim of a medical practitioner to have a scientific motive for every dose prescribed, and on all hands it is admitted that it is far safer and more honest to leave nature to struggle single-handed with the malady than to medicate hap-hazard.

In view of these facts it is clear that some precaution ought to be observed before undertaking the treatment of any case.

It can be shown, however, in some cases, under special circumstances, that a person non-medical who is possessed of certain medical knowledge, may be of incalculable benefit to a sufferer, if he will but use that knowledge intelligently and conscientiously.

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Experiment has shown that for a short time after respiration has ceased, the heart still continues to act, and that if the impediment to the proper aeration of the lungs by the air be removed, life may be prolonged.

Stoppage of breathing (apnœa) may be caused by the inhalation of noxious gases, drowning, hanging, strangling, or smothering. Loss of life from the above causes is, as every one knows, of frequent occurrence. It often happens, however, that persons are rescued before death has occurred, they may be almost dead, but not quite; a great difference surely. "Whilst there is life there is hope." The means employed by a physician to resuscitate a patient who has met with any of the above accidents, producing apnœa, are simple, and may therefore be applied by any one who is "on the spot." In all such cases promptness of action is all important. It may be the lot of some of our readers to be "on the spot" in such an emergency; if so, do not let valuable time be lost; summon a physician of course, but in the meantime proceed to carry out the treatment we will indicate. You may present to the physician when he arrives a live patient instead of a dead one, and, besides, by your timely interference, enjoy the glorious satisfaction of having saved the life of a fellow being. Proceed as follows:—

Remove, so far as practicable, all obstruction to the passage of fresh air to and from the lungs; all froth and mucus from the mouth and nostrils; all tight articles of clothing from the neck and chest; and should the case be one of drowning, the legs and trunk of the patient are to be raised for a few seconds above the head and shoulders to allow of the exit from the lungs of any fluid that may be present in them. Then adopt what is known as Sylvester's method for artificial respiration:—"The body being laid on its back, a firm cushion or some similar support should be placed under the shoulders, the head being kept in a line with the trunk. The tongue should be drawn forward so as to project a little from the side of the mouth; then the arms should be drawn upwards until they nearly meet above the head, the operator grasping them just above the elbows, and then at once lowered and replaced at the side. This should be immediately followed by moderate pressure with both hands upon the lower part of the chest. This process to be repeated about twelve times in the minute."

When respiration is restored, put the patient in a warm bed, apply heat to the feet and body by the use of hot bottles. These should be wrapped in thin flannel to prevent injury to the skin, which would be produced by immediate contact. As soon as the patient can swallow, give a tablespoonful of whisky or other stimulant in warm milk, and encourage sleep, but let him be watched in case of relapsing apnœa, at the slightest symptoms of which, let artificial respiration be re-employed.

## SIGNS OF LONGEVITY.

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Lord Bacon is generally regarded as the keenest observer and profoundest thinker who has ever lived on this planet. He wrote much on the subject of longevity. The following are his signs for long life:

"Fair, soft skins do not promise as long life as freckled, hard skins.

"A forehead with deep furrows promises better than a smooth forehead. Soft, fine