going past danger boards or unknowingly walking into ter understood I will name the man doing Sylvester's going past ganger coards or unknowingly walking into ter understood 1 will name the magazine a gaseous atmosphere; or by persons with suicidal in-method No. 1, and the other No. 2. tentions going into a room, making all crevices up, turntentions going men a room, making all crevices up, turn.

No. I would grasp the patient's arms just below the ign on the gas jet, or blowing out the light and then elbows, gently draw them with a sweeping movement retiring begins the tention.

not be pushed straight in the mouth, as in doing this branket proceed to remove him nome or to some matici-the forzign body may be pushed further down the wind-ution for these cares, keeping a close watch for any signs the toringh body may be pushed further down the winds auton for these cares, excepting the pipe. In the case of children attempting to swallow and symptoms that may appear. take hold of the child by the hoels and lift it up; then slap it between the shoulders. If the above methods are successful and yet respiration is stopped, artificial

Hanging.—In this case the first thing to do would be to cut the person down, this being done by grasping the body with one arm and severing the cord or restricting band with a knife with the locse hand. Then gently lowering the body to the floor unfasten all clothing round

of a person becoming overcome by gas in a mine I should proceed as follows :- Have a rope tied round my waist, then soaking a suitable cloth in water or tea I should tie round my mouth and nose. Arranging different signals to be observed when I tugged at the rope, and giving instructions not to let the other end of the rope free, I should proceed to find the person. It I found him before I was exhausted I should get him back the best possible way the surrounding conditions would permit. Then I should lay him down, undo all clothing round the neck, chest and waist, 'dash' him with cold water and flick him on the face and chest with some suitable cloth. If this failed I should commence artificial respiration.

If, on the other hand, the person had been overcome by gas in a room I should first open all cutside doors to the Government or anyone else to do for them what and windows. If the windows were locked smash them they had been able to do for themselves. ing it round my m uth and nose, I should go into the room, and try to find the person. On finding him I should carry him by the most suitable meth d into a clear atmosphere, unfasten all clothing round neck, chest and waist, sprinkle cold water on him and flick him with a towel. Then commence artificial respiration.

In the four cases that I have described I have finished on the point of applying the chief method of restoring the breathing powers. This I wal now describe. In my opinion, the best for the eases is known as Sylvester's and Heward's combined, the only disadvantage being another ambulance student would be required, and I don't think he would be far away.

I should draw out the tongue and secure it with an elastic band. Then roll the patient on to one side the nead to errop gen by we I back. Then we should physical decorporation and degeneracy, whatever im-kneed in position, one at about arm's length away from poverished the people, whatever clouded or impaired

ng on the gas jet, or blowing out the light and then elbows, gently draw them with a sweeping movement retiring, leaving the tap still epen. Having explained outwards and inwards until they crossed above the patreturing, reaving the tap still open. Having explained outwards and inwards until they crossed above the pat-a few of the various causes of asphyxia I will pass on to lents head; bringing them back, he would press the No. 1 would grasp the patient's arms just below the treatment, taking same in the order described above patient's elbows against his ribs. At the same time as Choking: Treatment.— The patient should, if possible the latter movement No 2 will squeeze the ribs with his contract with the patient should, if possible the latter movement No 2 will squeeze the ribs with his patients. Choking: Treatment.— The patient should, if possible the latter movement No 2 will squeeze the ribs with his be at once laid down and all articles of clothing remove hands and press forward with his thumbs, letting go be at once taid down and all articles of clothing remove nands and press forward with his indumes, fetting go ed from his neck and throat; support the head on a low shortly as No 1 draws the arms of the nation forward supports. ed from his neck and throat; support the head on a low shortly as No 1 draws the arms of the nation forward paids, and place some object between the teeth to prefor another stroke. These actions must be kept up alpillow, and place some object between the teeth to pre- for another stroke. These actions must be kept up ar-went the patient from biting the fingers. Then with the ternately, deliberately, and perseveringly until proper vent the patient from biting the fingers. Then with the ternately, deliberately, and perseveringly until proper fore and middle fingers attempt to dislodge the obstruct beathing is restored or a medical person orders othering body, taking a sweeping movement round the back wise. When breathing is restored rub the patient's ng todys taking a sweeping movement round the back wise. When breathing is restored rub the patients of the tongue. It is noteworthy that the fingers should limbs towards the heart; then wrapping him up in a carne tougue. It is noteworthy that ins ningers should himbs towards the near; then wrapping him up in a not be pushed straight in the mouth, as in doing this blanket proceed to remove him home or to some institute the focaling hoods much for the sound has been been as a basiling above words for any single

A BIG BENEFIT SOCIETY.

The right Spirit.

At the annual meeting of the Northumberland and Durham Miners' Permanent Relief Fund, held at Newtowering the body to the floor unfasten all clothing round. 154,355, an increase of 5,015; members contributions the neck and wairf, and commence artificial respiration were £181,655,17s, an increase of £9,368,68,34; the castle lately, it was stated that the membership was 184,355, an increase of 8,615; members' contributions total income for the year was £197,007 0: 10d; and the total expenditure was £167,224 10s 3d; showing a balance on the year's business of £29,782 10s 7d. The capital of the society at December 31, 1908 was £457.

The Chairman, Mr. George Parkinson, of Sherburn, in a reference to the terrible West Stanley calamity said their society had the mournful satisfaction of having helped to brighten the homes and cheer the sading nerves to originate the homes and enter the sau-He ventured to say that their society was unique. It had now paid in relief £2,682,000, and since 1874 over £1,000,000 had been paid to aged miners. Long before the Government thought of old age pensions they began to give p nsions to those of their

Sir Caristopher Furness, M. P., speaking at Hartlepool deplored the ill-considered remarks, threats and innuendoes of the more indiscreet and unthinking section of Labour leaders as likely to increase unen p'oyment. Workers had been taught to regard the men who were at the head of great industrial enterprises as their natural enemies, and as a result of the mischief done trade had left the north-eastern coast. Considering the worlds requirements, and the ever increasing facilities for shipbuilding in other countries, he feared there was no prospect of more than a proportion of the Place a pillow under him on a line with the shoulder prosper in the degree in which its people were healthy. existing shipbuilding capacity of Great Britain being Frace a pillow under him on a line with the shoulder prosper in the degree in which its people were healthy, blades (scapula), and then go ally roll him back, allowing comfortable, capable, honest. Whatever tended to head to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to do not be a line of the band to be a line of onucs (scapula), and then gently roll him back, allowing comfortable, capathe, nonest. Whatever tended to the head to drop gently well back. Then we should physical detorioration and degeneracy, whatever improved the property of the prope ancer in position, one at about arm's length away from povertened one people, whatever croqued or impaired the patients head; the other with each knee on a line the intellect, sapped the morals or dulled the fine edge with his bins consider. the patients near; the other win each knee on a line such monates, support the morals or dured the line edge with his hips outside, fixing his closws against his (the of honour, that was the enemy of all true civic and national patients) him.