

under severe attacks of illness, but the preservation of those who linger by the bedside of a diseased friend. It is said by medical men that there is no kind of *malaria* more pernicious and fatal in its effects, than the *poisonous atmosphere of an unventilated chamber where a person is suffering from a violent attack of an acute disease*. Here lies the mystery of the contagiousness of epidemics.

A celebrated English physician, (Dr. Smith on Fever,) says that "the room of a fever patient, in a small and heated apartment, in a populous city, with no circulation of fresh air, is perfectly analogous to a stagnant pool in Ethiopia, full of the bodies of dead locusts. Nature with her burning sun, her stilled and pent up wind, her stagnant and teeming marsh, manufactures plague on a large and fearful scale; poverty in her hut, covered with rags, surrounded with filth, striving with all her might to keep out the pure air, and to increase the heat, imitates nature but too successfully! the process and the product are the same—the only difference is the magnitude of the result. Penury and ignorance can thus, at any time and in any place, create a mortal plague."

### RULES FOR RESTORING THE DROWNED.

BY MARSHALL HALL, M. D. F. R. S.

The following rules are the result of half a year's investigation of apnoea and asphyxia—a subject which I prosecute still further, knowing that truth only comes of long continued labor and research. I wish especially to put to the test of careful experiment, the correctness of the dogma, that if the heart has once ceased to beat, its action can never be restored—a dogma calculated to paralyze our efforts in many cases in which hope may really not be *totally* extinct:—

1. Treat the patient instantly on the spot, in the open air, except in severe weather, freely exposing the face, neck and chest, to the breeze.
2. Send with all speed for medical aid, and for articles of clothing, blankets, &c.
3. Place the patient gently on the face, with one arm under the forehead, so that any fluids may flow from the throat and mouth; and, without loss of time:—

#### I.—TO EXCITE RESPIRATION.

4. Turn the patient on his side,—and (1st.) Apply snuff or other irritant to the nostrils. (2d.)—Dash cold water on the face previously rubbed briskly until it is warm. If here be no success, again lose no time; but

#### II.—TO IMITATE RESPIRATION,

5. Replace the patient on his face; (when the tongue will then fall forward, and leave the entrance into the wind-pipe free;) then,
6. Turn the body gently, but completely, on the side and a little beyond, (when inspiration will occur,) and then on the face, making gentle pressure along the back, when expiration will take place alternately; these measures must be repeated deliberately, efficiently, and perseveringly, fifteen times in the minute, *only*; meanwhile,—

#### III.—TO INDUCE CIRCULATION AND WARMTH,

7. Rub the limbs *upwards*, with firm pressure and with energy, using handkerchiefs, &c., or towels.
  8. Replace the patient's wet clothing by such covering as can be instantly procured, each bystander supplying a coat, waistcoat, &c.
- These rules are founded on physiology; and whilst they comprise all that can be immediately done for the patient, exclude all apparatus, galvanism, the warm bath, &c., as useless, not to say injurious, especially the last of these; and all loss of time in removal, &c., as fatal.—*London Lancet*.

HEALTH OF AMERICANS.—De Bow's mortality statistics, compiled from the last census, show that the people of the United States are the healthiest on the globe. The deaths are one hundred and twenty thousand per year, or one and a half per cent. of the population. In England the ratio is near two per cent., and in France nearly three per cent. Virginia and North Carolina are the healthiest of the States, and have six hundred and fifty-eight inhabitants over 100 years of age. These figures, however, may all be reversed at the next census, for the medical schools were never more flourishing, twenty-six colleges having graduated last year, about thirteen hundred doctors.