

## CHAPTER XI.

THE HOWARD METHOD OF RESUSCITATION—AMERICAN  
LIFE-SAVING SOCIETY.

There are only two movements in this method which is of a very simple nature, and can be easily put into practice, but there is great danger of injuring the patient by too forcible pressure, if great care is not exercised.



THE HOWARD METHOD, No. 1. (*Illustration No. 13.*)

**RULE 1.**—While the principal operator raises the patient, who is laid flat on his back, another should fix the pillow or roll (larger than the "Silvester" one), from the left side under the back, in order that the stomach may be the highest part. After adjusting the roll under the back, the operator takes his place, kneeling astride of the patient's thighs, and the assistant should go to the head, and lift the patient's arms beyond the head, cross the wrists and hold them to the ground with his left hand, while, with his right, he cleans the mouth and nose and attends to the tongue. With the fingers extended the operator should then place his fingers wide apart on the lower ribs on each side of the body. Then lean forward and gently and steadily push upwards with both hands, throwing the body forward over the patient.