

The efforts which are successful in restoring a human being to life certainly are not useless, and it is wicked to refuse or neglect to make such efforts, unless the absolute certainty of death is established. It is not enough to say that the person *appears* to be dead. Persons who gave no signs of life for a long time after being taken out of the water have yet been brought to life by appropriate efforts. I most earnestly protest against treating the drowned as dead merely because they appear lifeless. I am fully persuaded that many such persons die because no adequate efforts are made for their recovery. Persons may swoon, and for the time appear to be dead, but we do not assume that they are dead and leave them to their fate, but make energetic efforts to restore consciousness. No more should we assume the fact of death in the drowned, but should make like efforts to restore them to life.

HOW NOT TO DROWN.

How to drown is an art that seems to be well understood and frequently practised the world over. How not to drown is an art not so well understood, and requires some notice at the hands of this board. Drowning could be prevented if we could secure either of the following conditions : first that everybody should know how to swim ; 2nd. that nobody should ever go into the water. But as we cannot secure either of these conditions in the present order of things, we turn our attention to some means of reducing these accidents to their minimum of danger.

Much good advice is often thrown away upon persons who find themselves suddenly thrown into the water : " Keep cool ; " " Do not lose your presence of mind," etc. The conditions are very favorable to follow the first advice in a literal sense, for the water itself will assist one to get cool and keep so indefinitely, but when a person is suddenly compelled to face death in an unexpected form, the advice to " preserve your presence of mind " is usually driven out of the mind by overwhelming terror, and the person too often becomes *absent-minded* in an awfully literal sense of the word.

The solids and liquids of the body are heavier than water, but the living body on account of the air in the lungs, stomach and bowels, is slightly lighter than water, and so long as these cavities remain filled with air, the body will float in water, and a small part of the body can be kept above the water. While it is true that so long as the lungs etc., are filled with air the body is lighter than water, the difference in specific gravity is small, and only a small part of the body will float above water. What part of the body will be above water depends upon the relative position of the other parts of the body, if the legs are flexed and the arms thrown in front of the body, the centre of gravity is in the anterior portion of the body, and the top of the shoulders and back of the head only will be above water ; the face being under the water, respiration will be impossible under such circumstances. But if the legs are straightened out and the arms thrown behind the body, the face will be brought above the water. In the attempt to float, therefore, *the legs should be straightened out, and the head thrown back and the arms held behind the body*: the face will then float above the water so long as this position is maintained. If one part of the body is thrown out of the water a corresponding amount of the body will be submerged ; if the arms are held out of water, the head will go under. I remember the case of a boy who thought he could greatly increase his power to swim by tying an inflated bladder to each foot, but when he entered the water he came near drowning, because his feet were kept out of water, but his head under water, and he soon became practically convinced that it was important that his head rather than his heels should be in the air.

If the mouth and nose are kept above water, respiration may go on without interruption, and life may be sustained indefinitely under such circumstances. This may be secured in still water by merely floating with the face upward, every other part of the body being kept constantly under water. But with very little exertion a person may do more than keep his nose above water, even if he is ignorant of