

NEW RULES FOR THE TREATMENT OF ASPHYXIA PRODUCED BY DROWNING.

Dr. Marshall Hall of London, perhaps the most distinguished physiologist of the present day, has investigated the subject of drowning, and established new principles of treatment. He condemns the rules proposed and practised by the Royal Humane Society, and substitutes the following new rules for the treatment of asphyxia:

I. Send with all speed for medical aid, for articles of clothing, blankets, &c.

II. Treat the patient on the spot, in the open air, exposing the face and chest freely to the breeze, except in too cold weather.

I. TO EXCITE RESPIRATION.

III. Place the patient gently on the face—to allow any fluids to flow from the mouth.

IV. Then raise the patient into a sitting posture, and endeavour to excite respiration.

1. By snuff, hartshorne, &c., applied to the nostrils;

2. By irritating the throat by a feather or the finger;

3. By dashing hot and cold water alternately on the face and chest.

If there be no success, lose no time, but

II. TO IMITATE RESPIRATION.

V. Replace the patient on his face, his arms under his head, that the tongue may fall forward, and leave the entrance into the windpipe free, and that any fluids may flow out of the mouth; then

1. Turn the body gradually but completely on the side and a little more and then again on the face, alternately (to induce inspiration and expiration);

2. When replaced, apply pressure along the back and ribs, and then remove it (to induce further expiration and inspiration), and proceed as before;

3. Let these measures be repeated gently, deliberately, but efficiently and perseveringly, sixteen times in the minute only.

III. TO INDUCE CIRCULATION AND WARMTH.

1. Continuing these measures, rub all the limbs and trunk upwards with the warm hands, making firm pressure energetically;

2. Replace the wet clothes by such other coverings, &c., as can be procured.

IV. ON THE WARM BATH UNTIL RESPIRATION BE RE-ESTABLISHED.

To recapitulate—observe that

1. If there be one fact more self-evident than another, it is that artificial respiration is the *sine qua non* in the treatment of asphyxia, apnoea, or suspended respiration.

2. If there be one fact more established in physiology than another, it is, that within just limits a low temperature conduces to the protraction of life, in cases of suspended respiration, and that a more elevated temperature destroys life.

3. Now the only mode of inducing efficient respiration artificially, at all times and under all circumstances, by the hands alone, is that of postural manœuvres described above.

This measure must be adopted.

4. The next measure is, to restore the circulation and warmth by means of pressure firmly and simultaneously applied in the course of the veins, therefore, upwards.

5. And the measure *not to be adopted*, because it tends to extinguish life, is the warm bath *without* artificial respiration.

The measure must be relinquished.

These conclusions are at once the conclusions of common sense and of physiological experiment. On these views human life may, nay must, sometimes depend.

A SHORT LECTURE TO YOUNG MEN.

We clip the following from Hunt's Merchant Magazine which, for a lesson in sound wisdom, cannot be beat, and, we think cannot be too often repeated. Every young man ought to carry a copy of it constantly with him, and preserve it as carefully as he does a jewelled watch, or more so. Indeed, it would do no hurt to hang it up over every mantel-shelf as a family picture for a memento:

Keep good company, or none, and never be idle.

If your hands cannot be usefully employed, attend to the cultivation of your mind. Always speak the truth.

Make few promises.

Live up to your engagements.

Keep your own secrets, if you have any.

When you speak to a person, look him in the face.

Good character is above all things else. Your character cannot be essentially injured except by your own acts.

If one speaks evil of you, let your life be so that nobody will believe him.

Drink no kind of intoxicating liquors. Ever live within your income.

When you retire to bed, think over what you have been doing during the day.

Make no haste to be rich, if you would prosper; small and steady gains give competency, with tranquility of mind.

Never play at any kind of game of chance.

Avoid temptation, through fear you may not withstand it.

Never run in debt, unless you see a way to get out again.

Never borrow if you can possibly avoid it.

Never speak evil of any one.

Be just before you are generous.

Keep yourself innocent, if you would be happy.

Save when you are young to spend when you are old.

MELANCE.

He who goes through a land and scatters blown roses, may be traced next day by their withered petals that strew the ground; but he who goes through it and scatters rose-seeds, a hundred years after leaves behind him a land full of fragrance and beauty, and as a heritage for his sons and daughters.

An attorney before a bench of magistrates, a short time ago, told the bench, with great gravity, "that he had two witnessess in court, in behalf of his client, and they would be sure to speak the truth, for he had no opportunity to communicate with them!"

Too much joy sometimes indicates unsound moral health. The prisoner has more cause of exultation than the virtuous man who has never been in prison; and no sound tooth feels so good as the foul one that has just ceased aching. Health brings perpetual cheerfulness, rather than ecstasies of joy.

A lieutenant in the service by the name of Broom was advanced to a captaincy, and naturally enough liked to hear himself addressed as Capt. Broom. One of his friends persisted in calling him plain Broom, much to his annoyance, and one day having done so for the fortieth time, Broom said: "You will remember, sir, that I have a handle to my name." "Ah," said his tormentor, "so you have; well, Broom-handle, how are you?"

An Irishman in Albany is going to have his life insured, so that when he dies he can have something to live on, and not be dependent on the cold charities of the world as he once was.

PHILOSOPHERS once sought to weigh the sunbeam. They constructed a most delicate balance, and suddenly let in upon it a beam of light; the lever of the balance was so delicately hung that the fluttering of a fly would have disturbed it. Everything prepared, the grave men took their places, and with keen eyes watched the result. The sunbeam that was to decide the experiment had left the sun eight minutes prior, to pass the ordeal. It had flown through ninety-five millions of miles of space in that short measure of time, and it shot upon the balance with unabated velocity. But the lever moved not; and the philosophers were mute.

WE once knew a boy who said he liked a good rainy day—too rainy to go to school, and just about rainy enough to go a-fishing.

"PEOPLE," says a modern philosopher, "go according to their brains: if these lie in their head, they study—if in their belly, they eat and drink—if in their heels, they dance."