

referred to in the instructions are few, simple and inexpensive and can be administered by laymen without danger of any harm. All medicaments, bandages and other materials needed in carrying out the instructions are readily obtainable in drug stores. The first aid instructions promulgated by the Board have been widely accepted; they have also been reprinted in numerous technical journals in the United States and in other countries.

The Board also co-operated in a very practical way with the Conference Board on Safety and Sanitation in the development of the "N. A. S. O. *Standard First Aid Jar*," a compact, sanitary and convenient first aid outfit consisting of a dust-proof glass jar in which first aid materials are contained in well ordered arrangement. The first aid instructions are printed on the inside of the glass jar cover and are therefore always at hand when needed. These first aid jars have been made readily available to employers and are now being used extensively in industrial establishments, in public institutions and private homes.

PHYSICAL EXAMINATION IN INDUSTRY.

The next work of importance undertaken by the Board was the determination of the essential requirements of "*Physical Examination*" in industry generally. This subject was given careful study with a view of arriving at a standard of minimum requirements and records which could be used in connection with practically all employments, or with such additions as the nature of a special employment would necessitate. The conclusions reached were based on extensive observation and experience in industry, through which it had been learned what physical ailments and what degree of such ailments would interfere with the well-being, efficiency and safety of the employees at work. The Board agreed upon the various defects requiring attention in physical examinations, and the various degrees of such defects, on the basis of which the suitability of an individual for a specific employment can be determined. The Board also standardized a "*Physical Examination Record Card*" of convenient size and so arranged that a sufficiently clear and comprehensive record can be made with a minimum amount of clerical work. These record cards have already been used in thousands of cases with entire satisfaction.

The Board gave special attention to methods of "*Artificial Respiration*" of persons rendered unconscious by electric shock or by asphyxiation from water, smoke or gas. The Board expressed itself unanimously in favor of the manual prone pressure method by persons specially instructed therein, but it also agreed