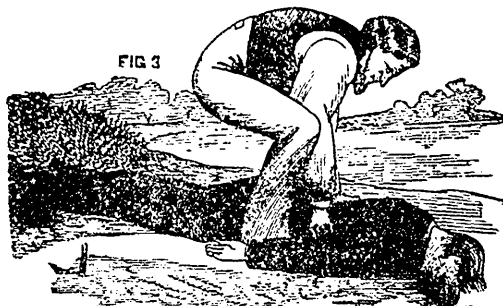


the same regularity as in natural breathing.

RULE 3.—AFTER BREATHING HAS COMMENCED, RESTORE THE ANIMAL HEAT. Wrap him in warm blankets, apply bottles of hot water, hot bricks, or anything to restore heat. *Warm the head nearly as fast as the body lest convulsions come on.* Rubbing the body with warm cloths or the hand, and slapping the fleshy parts may



assist to restore warmth and the breathing also. If the patient can *surely* swallow, give hot coffee, tea, milk, or a little hot sling. Give spirits sparingly, lest they produce depression. Place the patient in a warm bed, and give him plenty of fresh air; keep him quiet.

BEWARE.

AVOID DELAY! A MOMENT may turn the scale for life or death. Dry ground, shelter, warmth, stimulants, etc., at this moment are nothing; **ARTIFICIAL BREATHING IS EVERYTHING**, is the ONE REMEDY,—all others are secondary.

BE PROMPT!

Do not stop to remove wet clothing before efforts are made to restore breathing. Precious time is wasted, and the patient may be fatally chilled by exposure of the naked body, even in summer. Give all your attention and effort to restore breathing by forcing air into, and out of the lungs. If the breathing has just ceased, a smart slap on the face or a vigorous twist of the hair will sometimes start it again, and may be tried incidentally, as may, also, pressing the finger upon the root of the tongue.

Before natural breathing is fully restored, do not let the patient lie on his back

unless some one holds the tongue forward. the tongue by falling back may close the windpipe and cause fatal choking.

If several persons are present, one may hold the head steady, keeping the neck nearly straight; others may remove wet clothing, replacing at once clothing which is dry and warm; they may also chafe the limbs, and thus promote the circulation.

Prevent friends from crowding around the patient and excluding fresh air; also from trying to give stimulants before the patient can swallow. The first causes suffocation: the second fatal choking.

DO NOT GIVE UP TOO SOON: You are working for life. Any time within two hours, you may be on the very threshold of success without there being any sign of it.

In suffocation by smoke or any poisonous gas, as also by hanging.

proceed the same as for drowning, omitting effort to expel water etc., from the air passages.

In suspended breathing from effects of chloroform, hydrate of chloral, etc., proceed by Rule 2, taking especial pains to keep the head very low, and preventing closure of the windpipe by the tongue falling back. Grasp the tongue between the fore-finger and thumb, draw forward and hold.

PERSIST IN EFFORTS TO RESUSCITATE.

Prof. R. C. Kedzie, ex-President of the Michigan State Board of Health, says, in relation to the foregoing, and in urgent persistence of efforts to resuscitate the drowned: This bulletin has been widely distributed and has secured a wide dissemination in our country. How much good has thereby been secured, it is impossible for me to state; but I have good reason to fear that *life is often sacrificed because energetic efforts at resuscitation are abandoned too soon.* I desire once more to urge upon the public the duty of persistent efforts to resuscitate the drowned and to repeat with emphasis in one direction of the bulletin; "**DO NOT GIVE UP TOO SOON; you are working for life. Any time within two hours you may be on the very threshold of success without there being any sign of it.**"