

those of the chief medical bodies on the Continent, have been obtained by the ROYAL NATIONAL LIFE-BOAT INSTITUTION on the subject. These Directions have been extensively circulated by the Institution throughout the United Kingdom and in the Colonies. They are also in use in Her Majesty's Fleet, and have been translated into French, German, Spanish and Swedish:—

Send immediately for medical assistance, blankets, and dry clothing, but proceed to treat the patient *instantly* on the spot, in the open air, whether on shore or afloat.

The points to be aimed at are *first* and *immediately*, the RESTORATION OF BREATHING and the PREVENTION of any further DIMINUTION of the WARMTH of the BODY; and, *secondly*, after breathing is restored, the PROMOTION OF WARMTH AND CIRCULATION.

The efforts to restore Breathing, and to prevent any further diminution of the warmth of the body, must be commenced immediately and energetically, and must be persevered in for several hours, or until a medical man has pronounced that life is extinct. Efforts to promote Warmth and Circulation must be deferred until natural breathing has been restored.

TO RESTORE BREATHING.

To Clear the Throat—

1. Place the patient on the floor or ground with his face downwards, and one of his arms under the forehead, in which position all fluids will escape by the mouth, and the tongue itself will fall forward, leaving the entrance into the windpipe free. Assist this operation by wiping and cleansing the mouth.

2. If satisfactory breathing commences, adopt the treatment described below to promote Warmth and Natural Breathing. If there be only slight breathing—or no breathing, or if it fail, then—

To Excite Breathing—

3. Turn the patient well and instantly on the side, and—

4. Excite the nostrils with snuff, hartshorn, smelling-salts, or tickle the throat with a feather, &c., if they are at hand. Rub the chest and face warm, and dash cold water on it.

5. If there be no success, lose not a moment, but instantly

To Imitate Breathing—

6. Replace the patient on the face, raising and supporting the chest well on a folded coat or other article of dress.

7. Turn the body very gently on the side and a little beyond, and then briskly on the face, back again; repeating these measures deliberately, efficiently, and perseveringly about fifteen times in the minute, or once every four seconds, occasionally varying the side:

[by placing the patient on the chest, the weight of the body forces the air out; when turned on the side, this pressure is removed and air enters the chest.]

TO PREVENT ANY FURTHER DIMINUTION OF WARMTH.

N.B. These efforts must be made very cautiously, & must not be such as to promote Warmth & circulation rapidly; for if circulation is induced before breathing has been restored, the life of the patient will be endangered. No other effect therefore, should be sought from them, than the prevention of evaporation, and its result, the diminution of the warmth of the body.

1. Expose the face, neck, & chest, except in severe weather (such as heavy rain, frost, or snow.)
2. Dry the face, neck, and chest, as soon as possible with handkerchiefs or anything at hand; and then dry the hands and feet.

3. As soon as a blanket or other covering can be obtained, strip the body; but if no covering can be immediately procured, take dry clothing from the bystanders, dry & re-clothe the body, taking care not to interfere with the efforts to restore breathing.

8. On each occasion that the body is replaced on the face, make uniform but efficient pressure with brisk movement, on the back between and below the shoulder-blades or bones on each side, removing the pressure immediately before turning the body on the side; [the first measure increases expiration, the second commences inspiration.]

* * * The result is—Respiration or Natural Breathing;—and, if not too late,—Life.
Cautions.

1. Be particularly careful to prevent persons crowding round the body.
2. Avoid all rough usage and turning the body on the back.
3. Under no circumstances hold the body up by the feet.

N.B.—The Directions are printed in parallel Columns to avoid confusion, and to insure that the efforts to obtain both objects shall be carried on at the same time.

TREATMENT AFTER NATURAL BREATHING HAS BEEN RESTORED.

To promote Warmth and Circulation.

1. Commence rubbing the limbs upwards, with firm grasping pressure and energy, using handkerchiefs, flannels, &c., [by this measure the blood is propelled along the veins towards the heart.]

The friction must be continued under the blanket, or over the dry clothing.

2. Promote the warmth of the body by the application of hot flannels, bottles, or bladders of hot water, heated bricks, &c., to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet.

3. If the patient has been carried to a house after respiration has been restored, be careful to let the air play freely about the room.

4. On the restoration of life, a teaspoonful of warm water should be given; and then, if the power of swallowing have returned, small quantities of wine, warm brandy and water, or coffee, should be administered. The patient should be kept in bed, and a disposition to sleep encouraged.

General Observations.

The above treatment should be persevered in for several hours, as it is an erroneous opinion that persons are irrecoverable because life does not soon make its appearance, cases having been successfully treated after persevering for many hours.

Appearances which generally Accompany Death.

Breathing and the heart's action cease entirely; the eyelids are generally half-closed; the pupils dilated; the jaws clenched; the fingers semi-contracted; the tongue approaches to the under edges of the lips, and these, as well as the nostrils, are covered with a frothy mucus. Coldness and pallor of surface increase.

Royal National Life-boat Institution, London, May, 1860.

EXPECTATION OF LIFE.

By "expectation" of life is meant—not the length of days that each individual in a community may expect—but the average duration of life of a large number of persons of a similar age.

The latest and most reliable table of expectation of life is that prepared by the Registrar-

Cautions.

1. Do not roll the body on casks.
2. Do not rub the body with salt or spirits.
3. Do not inject tobacco - smoke or infusion of tobacco.
4. Do not place the patient in a warm bath.

General, from the materials furnished by the Registrars of Births, Marriages and Deaths throughout the Kingdom.

Previous to the compilation of this Table, the table in most general use in modern times was that known as the "Carlisle." A table was prepared some years since, from the records of a number of the principal English Life Offices, known as the "experience" table, which would probably, in course of time, have superseded the "Carlisle," but for the preparation of the "English" table, which being founded upon a much larger number of observations, is necessarily more to be relied on as showing an approximate view of the duration of life than any other table in existence.

As many of our readers may be desirous of knowing their own "expectation," we here give them the "expectation of life," according to the "English" and also according to the "Carlisle" tables, that they may see the difference between the two.

"EXPECTATION OF LIFE AT ALL AGES."

AGE.	CARLISLE.		ENGLISH LIFE TABLE.	
	Male & Female.		Male.	Female.
	yrs.	ms.	yrs.	ms.
0	38	9	40	2
1	44	8	46	9
2	47	7	48	10
3	49	10	49	6
4	50	9	49	9
5	51	3	49	8
6	51	2	49	4
7	50	10	48	11
8	50	3	48	5
9	49	7	47	9
10	48	10	47	1
11	48	0	46	4
12	47	3	45	6
13	46	6	44	9
14	45	9	44	0
15	45	0	43	4
16	44	3	42	8
17	43	7	42	0
18	42	10	41	3
19	42	2	40	7
20	41	6	39	11
21	40	9	39	2
22	40	0	38	6
23	39	4	37	10
24	38	7	37	2
25	37	10	36	6
26	37	2	35	10
27	36	5	35	1
28	35	8	34	6
29	35	0	33	10
30	34	4	33	2
31	33	8	32	6
32	33	0	31	10
33	32	4	31	2
34	31	8	30	6
35	31	0	29	10
36	30	4	29	2
37	29	8	28	6
38	29	0	27	10
39	28	3	27	2
40	27	7	26	6
41	27	0	25	11
42	26	4	25	3
43	25	9	24	7
44	25	1	24	0
45	24	6	23	4
46	23	10	22	8
47	23	2	22	0
48	22	6	21	4
49	21	10	20	8
50	21	1	20	0