

# How to Deal With Drownings



(1) A Drowner's Bad Grip.

UP to the present 1913 has furnished more than the average number of casualties from drownings. In spite of all the editors can say, foolhardy, adventurous people who don't know how to sail a boat or paddle a canoe or swim, get themselves into trouble on the water. The pictures and instructions on this page are published for the benefit of those who may have to bear their part of the "white man's burden" in rescuing people that are in danger of drowning. The pictures are numbered, corresponding to the instructions.

1 and 2. When a drowning man grips the rescuer by the wrist, to release, pass the free arm under and between his, seize the fist of the clutched arm and lower both his by a quick movement. 3. The rescuer is often seized by both wrists. To escape, bring both fists together and separate them as far outward as possible by a quick downward movement. 4. When seized by the neck, place one hand on the middle of the drowner's back, pull him in, shoving his head backwards with free hand on his

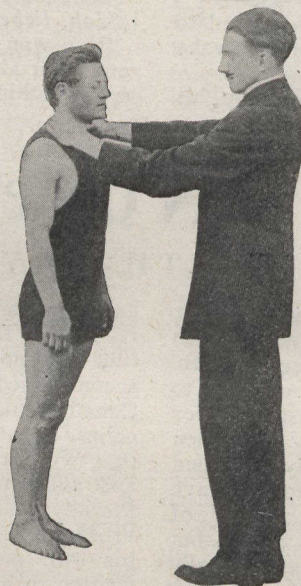
chin, closing his nostrils and mouth. 5. To escape the deadly waist grip, place one hand on either shoulder of the drowner, lower it enough to release the other arm, shove his head backward and push his body back with a knee. 6. To effect a rescue, one thing essential is to keep mouth and nose above water. No. 6 shows how to place both hands on the drowner's ears, swimming on your back. No. 7 illustrates another method, to grasp him by the arms just above the elbows and to swim on your back. 8 and 9. To revive a victim, empty the lungs of water by laying the man on his stomach, lift him by the waist till the head hangs down and jerk the body a few times. Place the palms of your hands on the small of his back, thumbs nearly touching, fingers spread each side of body over lower ribs, throwing your weight gently on your hands till you count two at the rate of 14 a minute; then release pressure, as in No. 8, and again count two. Continue doing this till medical help arrives.



(2) How to Release It.



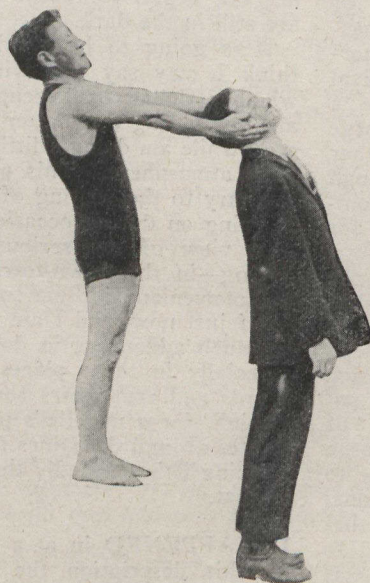
(3) Another Nasty Tackle and the Escape.



(4) A Bad Neck Hold and How to Break It.



(5) The Frenzied Body Grip and the Get-away.



(6) A Method of Rescue.



(7) The Elbow Grip.

## Three Stages of Operation

TO ESCAPE A BAD GRIP

TO EFFECT A RESCUE

TO REVIVE THE VICTIM

Prepared by H. H. Demers



(8) Second Stage of Revival.



(9) First Stage of Revival.