

TO RESTORE BREATHING.

To clear the Throat.

RULE 1.—Place the patient on his *face*; open the mouth; cleanse the mouth and nostrils; draw the tongue well forward, and keep it there; an elastic band placed over the tongue, and under the chin, answers well. Remove all tight clothing from the neck and chest.


To adjust the patient's position.

RULE 2.—Place the patient on his *back* on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small firm cushion, or folded article of dress, placed under the shoulder-blade.

To imitate the movements of breathing.

RULE 3.—Grasp the patient's arms just below the elbows, and draw the arms gently and steadily upwards until they meet above the head, (this is for the purpose of drawing air into the lungs); then turn down the patient's arms, and press them firmly for two seconds against the sides of the chest, (this is for the purpose of pressing air out of the lungs.) Pressure on the breast-bone will aid this. Repeat these measures alternately, deliberately, and perseveringly, fifteen times in every minute, until a spontaneous effort to respire is perceived, immediately upon which cease the efforts to promote breathing, and proceed to induce *circulation and warmth as below*.

* * The above directions are placed in parallel columns to avoid confusion, and to ensure efforts to obtain both objects at one and the same time.

 During the above proceedings the body should be rubbed continually, the limbs always being rubbed *upwards*.

And now an effort at respiration having been observed, proceed as follows:—

TO INDUCE WARMTH AND CIRCULATION.

1. Place the body in a warm bath up to the neck, and in twenty seconds raise the body and dash cold water on the chest and face, and press ammonia under the nose. The patient should not be kept in the warm bath more than five or six minutes.

2. Dry the patient and wrap him in warm blankets, and continue the friction upwards. Apply bottles or bladders of hot water to the pit of the stomach to the feet, under the arms, between the thighs, &c.

3. When the power of swallowing returns, give occasionally a few teaspoonfuls of warm water, wine, or brandy and water, or coffee. The patient should be put to bed so as to encourage a disposition to sleep.

During reaction mustard plasters to the chest and below the shoulders will greatly relieve the distressed breathing.

H. W.

TO PREVENT DIMINUTION OF HEAT.

1. Expose face, neck, and chest, except in severe weather.

2. Dry face, neck, and chest, at once, and then dry the hands and feet.

3. As soon as a blanket can be procured, strip the body and wrap it up, or take dry clothing from bystanders, but do not let the efforts to restore breathing be interfered with.

N. B.—Do *not* use means to promote warmth too rapidly, as the patient is endangered if warmth and circulation are established before the breathing is restored.

OTHER CAUTIONS.

1. Do NOT roll the body on casks.

2. Do NOT rub the body with salts or spirits.

3. Do NOT inject tobacco smoke, or infusion of tobacco.

4. Do NOT place the patient at once in a warm bath.

5. Do NOT hold the body up by the feet.

6. Do NOT in any way use the body roughly.