

MANAGEMENT OF THE APPARENTLY DROWNED AND OTHER CASES OF SUSPENDED BREATHING.

THE most common season of death by drowning is now at hand, and we again give the following methods of restoring those who are apparently dead from immersion in water or from other causes of suspended breathing :

There are several ways of accomplishing the resuscitation of the apparently drowned, the same principle and object governing all—the restoration of the function of breathing, and the normal warmth of the body. The following methods are probably at least quite as effectual as any; and they have had a wide circulation. They were first given in a Bulletin by the Michigan State Board of Health, about fifteen years ago, and were directly after published in this JOURNAL, Vol. 1, May 1875. They have since been published by the Rhode Island, New Hampshire and other State Boards and by many papers. Although once published by this JOURNAL we think we cannot do better than give them again.

FIG 1

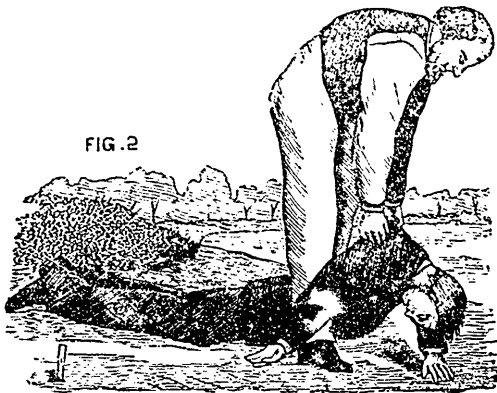


TWO THINGS TO BE DONE :—RESTORE BREATHING ; RESTORE ANIMAL HEAT.

RULE 1.—REMOVE ALL OBSTRUCTIONS TO BREATHING. INSTANTLY LOOSEN or cut apart all neck or waist bands; turn the patient on his face, with his head down hill; stand astride the hips with your face toward his head, and, locking your fingers together under his belly, raise the body as

high as you can without lifting the forehead off the ground (Fig. 1), and give the body a smart jerk to remove mucus from the throat and water from the windpipe; hold the body suspended long enough to slowly count ONE, TWO, THREE, FOUR, FIVE,—

FIG. 2



repeating the jerk more gently two or three times.

RULE 2.—PLACE THE PATIENT FACE DOWNWARD, and maintaining all the while your position astride the body, grasp the points of the shoulders by the clothing, or, if the body is naked, thrust your fingers into the armpits, clasping your thumbs over the points of the shoulders, and *raise the chest as high as you can* (Fig. 2) without lifting the head quite off the ground, and hold it long enough to *slowly* count ONE, TWO, THREE. Replace him on the ground with his forehead on his flexed arm, the neck straightened out, and the mouth and nose free. Place your elbows against your knees, and your hands upon the sides of his chest (Fig. 3) *over the lower ribs, and press downward and inward with increasing force* long enough to slowly count ONE, TWO. Then suddenly let go, grasp the shoulders as before and raise the chest (Fig. 2); then press upon the ribs, etc. (Fig. 3). These alternate movements should be repeated ten to fifteen times a minute for an hour at least, unless breathing is restored sooner. Use