ROYAL CANADIAN HUMANE ASSOCIATION

Was instituted in 1894 for the purpose of rewarding persons, who, with promptitude and bravery, and at personal risk, or hazard of their own lives, save, or make strenuous efforts to save, the lives of others, in any of the following cases:

1. That of Drowning.
2. That of Steamer or other Boat Accidents.
3. That of Railway Accidents.
4. That of Accident at Fires.
5. That of Ice Accidents.
6. That of Freezing Exposure.
7. That of Asphyxia, in Mines or Wells.
8. That of Asphyxia from Escaping Gas.
9. That of Accidents from Lightning and Dynamic Electricity.
10. Other unenumerated cases.

The following illustrations are from the Publications of the English "Life Saving Society" and the Royal Humane Society:

How to Get a Struggling Man out of the Water, If Clutched, how best to Get Free. Also the Best Methods of Rescuing Drowning Persons, How to Revive the Apparently Dead.

IMPORTANT DIRECTIONS TO RESCUERS OF DROWNING PERSONS

Remember that it is most important to keep the face of the drowning person clear of the water. Avoid all jerking, struggling, or tugging, but swim with a regular well-timed kick of the legs, husbanding the strength for continued effort. In carrying a person through the water it will be of much advantage to keep the elbows well out from the sides, as this expands the chest, inflates the lungs and adds to his buoyancy. The legs should be kept well up to the surface, the whole body being as horizontal as possible.

Rescuers should at all times be governed by circumstances, using their judgment as to which method they shall adopt in conveying the drowning person to shore, always taking care to avoid wasting their strength hopelessly against an adverse tide or stream, but rather floating with it and gradually making for shore; or else waiting until a boat or other aid may arrive.

THREE METHODS OF RESCUING THE DROWNING

FIRST METHOD.

Provided the drowning person is not struggling, turn him on his back, place your hands on either side of his face. Then turn on your back, hold him in front of you and swim with the back stroke, taking care to keep his face above the water.

SECOND METHOD.

In the event of much struggling, rendering the drowning person difficult to manage, turn him on his back and take a firm hold of his arms just above the elbows. Draw the arms upward at right angles to the body and swim with the back stroke. This hold will put the drowning person under the control of the rescuer, who can prevent him from turning round or clutching.

THIRD METHOD.

If the arms be difficult to grasp or the struggling so violent as to prevent a firm hold, slip your hands under the armpits of the drowning person and place them on his chest or round his arms. Raise them at right angles to the body, thus placing the drowning person completely in your power. Then turn on your back and swim with the back stroke.

THREE METHODS OF RELEASE FROM THE CLUTCH OF THE DROWNING

FIRST METHOD.

If the rescuer be held by the wrists, turn both arms simultaneously against the drowning person's thumbs, outwards, and bring the arms at right angles to the body, thus dislocating the thumbs of the drowning person if he does not leave go.

SECOND METHOD.

If clutched round the neck, take a deep breath, lean well over the drowning person, immediately placing the left hand in the small of his back and place the right hand over on to his face, and with the thumb and forefinger pinch the nostrils close, and at the same time place the palm of the hand on the chin and push it away with all force possible.

THIRD METHOD.

If clutched round the body, lean well over and proceed as in the case of the Second Method, at the same time lift the right knee and place it as high as possible against the abdomen; then by means of a strong and sudden push, stretch the arm and leg straight out, throwing the whole weight of your body backwards. This sudden motion will break the clutch and leave the rescuer free.

RENDERING AID IN CASE OF CRAMP, Etc.

To render assistance to a swimmer attacked by the cramp, or exhausted, as well as to those in danger of drowning who may be obedient and remain quiet.

The person assisted must lie quiet upon his back, face upwards, perfectly still, and place his hands on the shoulders of the rescuer close to his neck, with the arms at full stretch, and the head turned well back. The rescuer being supported, and having arms and legs free, swims with the breast stroke. This is by far the easiest method of rescue, as the rescuer can, without undue exertion, carry a person a much longer distance than by any other method.

FOURTH METHOD

DIRECTIONS FOR RESTORING THE APPARENTLY DROWNED.

(The Silvester Method)

English Life Saving Society

If no sign of life can be observed, nor the heart's action heard, lay the patient flat on the back and place a roll of clothing under the shoulder blades.

Immediately release all tight clothing round the neck and chest, especially the braces or corsets, and at once proceed to clear the mouth and throat.

THE SILVESTER METHOD

To do this, turn the patient face downwards, the head resting on one of the arms, and wipe the mouth and nostrils.

Replace the patient on the back, and place the roll of clothing under the shoulder blades.

Draw the tongue forward, and keep it projecting beyond the lips by fastening it in position with piece of handkerchief or string tied under chin.

Kneeling at patient's head lean forward and grasp the arms below elbows, draw them steadily upwards at full length above and level with the head.

Having held the arms in this position for about two seconds carry them back to the body, folding them on each side, and press them firmly against the sides and front of the chest for about two seconds.

These movements must be repeated carefully and deliberately about fifteen times a minute, and persevered with until natural respiration is established, upon which cease to imitate breathing, and proceed to induce circulation and warmth

After Natural Breathing has been Restored

Rub the limbs upwards with firm pressure, using handkerchiefs, flannels, etc.

Dry the hands and feet, and as soon as dry clothing can be procured strip the patient and re-clothe or cover

Continue friction over dry clothing or under blankets

After respiration has been restored, carry patient to a house.

Promptly send for medical aid, the application of hot flannels, bottles, heated bricks, etc., to pit of stomach, armpits, thighs, and to soles of the feet.

If the patient can swallow, administer small quantities of warm water, warm brandy and water, or coffee, much as administered; the patient kept in bed and sleep encouraged

Cautionary Notes on Resuscitation.—Treatment to restore animation should be persistent as far at least three or four hours

THE ENGLISH ROYAL HUMANE AND THE LIFE SAVING SOCIETIES' METHODS OF RESTORING THE APPARENTLY DROWNED.

THE SCHAFER-HOLT METHOD No. 1 (Illustration No. 2)

THE SCHAFER-HOLT METHOD No. 2 (Illustration No. 3)

THE SCHAFER-HOLT METHOD No. 3 (Illustration No. 4)

The Sharkey (Holt Method of Resuscitation (Illustration No. 1)

Rule 1.—The child operator should turn forward and take hold of the patient's left shoulder with his left hand, and with outstretched arm the patient can be shaken from side to side, or the child can be lifted, but preferably only the patient supported on a pillow or bed, and the head resting on the right arm. Then turn the patient gently on to the right side by pulling the further shoulder towards the left shoulder and hip. Again gently shake the head, or lift it to open lying flat on the ground, and the head resting on the right arm.

Rule 2.—As the patient's body is resting on the pillow and the head upon the right arm, the operator with his left hand will press firmly upon the back between and on the shoulder blades. These movements, as directed in Rule 1 above, and in this Rule 2, are to be continued in regular time, twice to minutes.

Rule 3.—The operator still kneeling over the patient's right side, kneel down and take hold of the patient's right shoulder with the left hand, and the right hip with his right hand. He continues with this hold of the patient's left side, and his right hand, supporting the hand with the left hand, and place the patient's left arm under his head so that it can rest upon it. (See Illustration No. 2.)

NOTE.—The rescuer continues to hold and kneel in the position in regular time twice to minutes, and the patient's left arm is to be maintained for the left to assume the position of the right side.

Rule 4.—After completing this last method, the operator will replace the patient upon his back, face upward, and his arms laid outside at his sides. He will then step over the patient and assume the first breathing position. The operator will then continue repeating the pillow or coil to the original position, and continue to induce

The Silvester Method of Resuscitation

Drowning

(Royal Humane Society of England)

Rule 1.—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 flat cushion, or folded coats of dress placed under the shoulder blades. Remove all tight clothing from about the neck and chest.

Rule 2.—Choose the search and restorative upon the spot, place forward the patient's tongue and keep it forward, or cluster hand over the tongue and under the chin will answer the purpose.

Rule 3.—Place yourself at the head of the patient, grasp the arms, raise them upwards by the sides of the head, and continue this motion for about two seconds for two seconds.

Rule 4.—Turn directly turn down the patient's arms, and press them firmly but gently against the sides of his chest for two seconds, so as to expel the air from the lungs.

Rule 5.—Kneeling down, place the patient's arms, and press them firmly but gently against the sides of his chest for two seconds, so as to expel the air from the lungs.

Rule 6.—Continue these movements, deliberately and persevering, about fifteen times a minute, and persevere until the patient is restored, or until the operator is satisfied that the case is hopeless. When the patient is restored, cease to imitate breathing, and proceed to induce circulation and warmth.

Illustration No. 6

Act of Throwing the Life Belt Buoy to a Man Immersed in the Water.

Note.—This life buoy is shown as thrown in the Illustration, as it may be thrown from a boat, or from the shore, or from a pier, or from a steamer.

Let the Belt be thrown to and from Thus it reaches the water

Illustration No. 7

Wooden Life Buoy

Dr. Gibbons' Apparatus for Rescuing persons struck by Lightning, or Dynamic Electricity.

The Howard Method of Resuscitation

(Life-Saving Society of England)

Rule 1.—While one minute the patient another should lay the pillow or coil, from the left side under to the right, in order that the stomach may be the highest part. Everything outside of the patient's right and with the fingers extended the operator should place the hands on the lower ribs on each side of the body. Then turn forward and vertically push upwards with both hands, throwing the body forward over the patient.

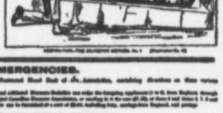
Rule 2.—Left the patient's hands and pull them at full stretch beyond the head, cross the wrists and hold them in position with the left hand and with the right hand one to the tongue and wipe the mouth. The operator, outside of the patient, by a long pull should spring back to the first position, and lift the hands of the patient's body, and so on.

Rule 3.—Let the patient's hands and place them the patient of swallowing has returned, a teaspoonful of warm water, small quantities of wine, warm brandy and water, or coffee should be given. The patient should be kept in bed, and a stimulant in the form of a mixture of ammonia, tincture large mustard plasters to the chest and bottom the stomach will greatly assist the restoration of the patient.

Rule 5.—In all cases of prolonged necessity, in cold cases, when the breathing continues, a warm bath should be employed to restore the temperature.

THE HOWARD METHOD No. 1 (Illustration No. 8)

THE HOWARD METHOD No. 2 (Illustration No. 9)



THE HOWARD METHOD No. 3 (Illustration No. 10)

Illustrations, THE SILVESTER METHOD No. 1 (Illustration No. 12)

APPLIANCES OF THE ROYAL CANADIAN HUMANE ASSOCIATION FOR LIFE-SAVING, AND IN CASES OF EMERGENCIES.

In order to facilitate life-saving in case of accidents on the ice, or from other causes, the Royal Canadian Humane Association has provided the following:—

1. Pocket Ice Hold Picks, with practical Rope Fastened on Handle.
2. The noted "Second Hedges" lifesaver in form, and fully illustrated, showing the different ways in which the Hedges can be used.
3. Pocket Life Belts, which should be used.
4. Hedges'—"How Aids to the Injured," to railway and other employes, revised and illustrated.
5. Walker Instructions, Hedges' Lectures on "How Aids to the Injured," revised and illustrated.
6. Life Saver Medals, from the Germans to H. R. H. Princess Christian (illustrated).
7. Life Saver Anniversary Engraving, showing original presents may be applied to cases of accidents.
8. In addition, the Association is having prepared and placed a large Short Rope, which is good material for short ropes, showing by colored illustrations, how ground can be managed during rescue by the rescuer, the "Life Buoy" fully illustrated.
9. The Gibbons' Electrical is to be present which will lightning, etc., may be
10. Diamond Shaped Book of Life Association, containing directions on these various matters.

Prizes—Local affiliated Humane Societies are under the Imperial supervision of H. Gen. England, through the Royal Canadian Humane Association, of medals, or medals to be one cent all, or three and three 1, 2 and 3 and 4 and 5 and 6 and 7 and 8 and 9 and 10 and 11 and 12 and 13 and 14 and 15 and 16 and 17 and 18 and 19 and 20 and 21 and