

ST. JOHN'S READING ROOM AND LIBRARY.

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Secretary, R. BARNES.

NEWSPAPERS PUBLISHED IN THE COLONY,

With the days of publication.

Royal Gazette (Tuesday.)*Public Ledger* (Tuesday and Friday.)*Times* (Wednesday.)*Newfoundlander* (Thursday.)*Newfoundland Patriot* (Saturday.)*Star and Newfoundland Advocate* (Saturday.)

CONCEPTION-BAY.

Carbonear Sentinel (Tuesday.)*Conception-Bay Mercury* (Friday.)RULES FOR RESTORING SUSPENDED ANIMATION,
FROM DROWNING, &c.

1. Some of the plans generally used for resuscitating drowned persons are pernicious, and are founded on erroneous principles; of such a nature are the following. Hanging a person up by the heels.—Setting him on the crown of his head.—Rolling him on a cask. These practices are not calculated to perform the intended office, but are fraught with danger. There is much hazard of bursting some blood-vessel in the brain, or lungs, by such treatment, and consequently of rendering some cases incurable, which the nature of the original accident had not made so.

2. That as soon as a report of a person's being drowned should be heard, blankets should immediately be conveyed to the water side, in which the body is to be folded up, the wet clothes being first removed. In addition to these a warm shirt, or waistcoat from the body of a living person, will have its use. If the sun is out very hot, the body may be exposed to it, while at the same time frictions, and the means hereafter to be recommended, are also had recourse to.

3. That when the sun is not sufficiently out, the body should be conveyed to the nearest house where conveniences can be had; but in removing the body to a proper place, an improper position should be avoided. To carry it over a man's shoulder, or lay it on a resting body, as a board, with the belly downward, are improper; the chest is by these means compressed, and the natural effort to breathe, if such effort should happen, will be impeded. A cart is the best conveyance, it gives considerable, though temperate agitation to the body, which will never do harm, and often be serviceable. The body when placed in a cart should be kept stretched out—the head and upper parts should be elevated without the neck

being bent, at hand, the bod

4. That w persons shoul plans immedi body. Whe tation may re a case to be l inflation of tl aserted into or elosed. Thi and compres he much mer a little way, certain much sura on the method of pr

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5. That doubted if to employ step must kept warm by placing rubbing the ternal cold. means of e or a little time it will ad dition o