

self at his head, stoop down, slightly raise his head and shoulders and take hold of him close under his arm-pits, locking your hands on his back. Raise his body and rest it on your left knee; shift your arms and, taking him round his waist, lift him until his head rests on your left shoulder. Throw his left arm over your head, stoop down and place your left arm between his thighs, letting his body fall across your shoulders. Rise to an upright position; hold the patient's left wrist with your left hand and leave your right hand free.

Assistance may be given to an injured person by supporting him in the manner shown in Fig. 76.

The plan of carrying the patient by the arms and legs with the face downwards, commonly called the "frogs' march," must never be used, as death may ensue from this treatment.

### IMPROVISED STRETCHERS.

A stretcher may be improvised as follows:—

1. Turn the sleeves of a coat inside out; pass two strong poles through them; button the coat. The patient sits on the back of the coat and rests