

DROWNING.

If a person is drowned, an effort should be made to restore life, unless an hour or more has elapsed since the accident.

It should be remembered that, in drowning, death occurs from lack of air, and not because the lungs are filled with water. In drowning, the glottis closes spasmodically, and shuts the air out from the lungs.

Treatment.— Place the patient on his back with the head and shoulders slightly raised. Cleanse the nostrils, mouth, and throat from mucus, after which draw the tongue firmly forward, so as to keep the tip well extended at the side of the mouth; this will open the glottis; then compress the front and sides of the chest with the patient's own arms, which will force the air out of his lungs; then suddenly remove the pressure, and grasp the arms just above the elbows and draw them upward until they nearly meet above the head. Then lower them and replace them at the patient's side, and again press upon the chest to force the air from the lungs, and raise as before; repeat the process fifteen times in the minute, that being the usual number of inspirations per minute, moving the arms

slowly each way. The face should be well fanned at the same time. Continue this process until life is restored or until it is certain that death has actually taken place. While this process is taking place, assistants should apply warmth to the extremities and body.

In *apparent death*, from any cause, this process should be resorted to.