

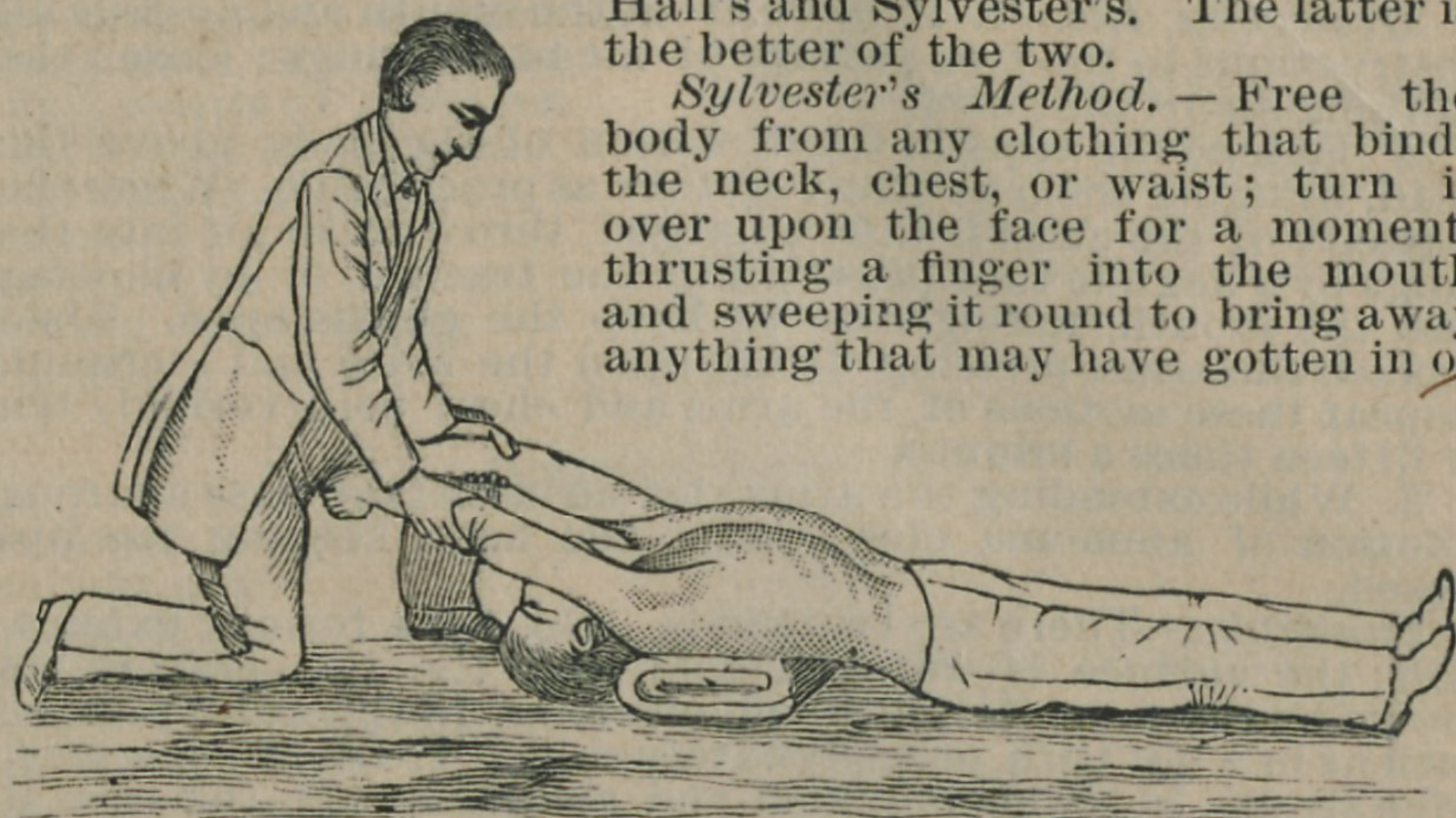
ASPHYXIA.

ARTIFICIAL RESPIRATION.

For asphyxiated persons time is most vital; hence, artificial respiration should be commenced at once where the patient lies. Often external warmth is important, but no time should be lost in moving the patient to get it. After drowning and in poisoning, when natural respirations have recommenced, external warmth is often vital and should be procured. Circulation may also then be favored by rubbing the limbs toward the trunk.

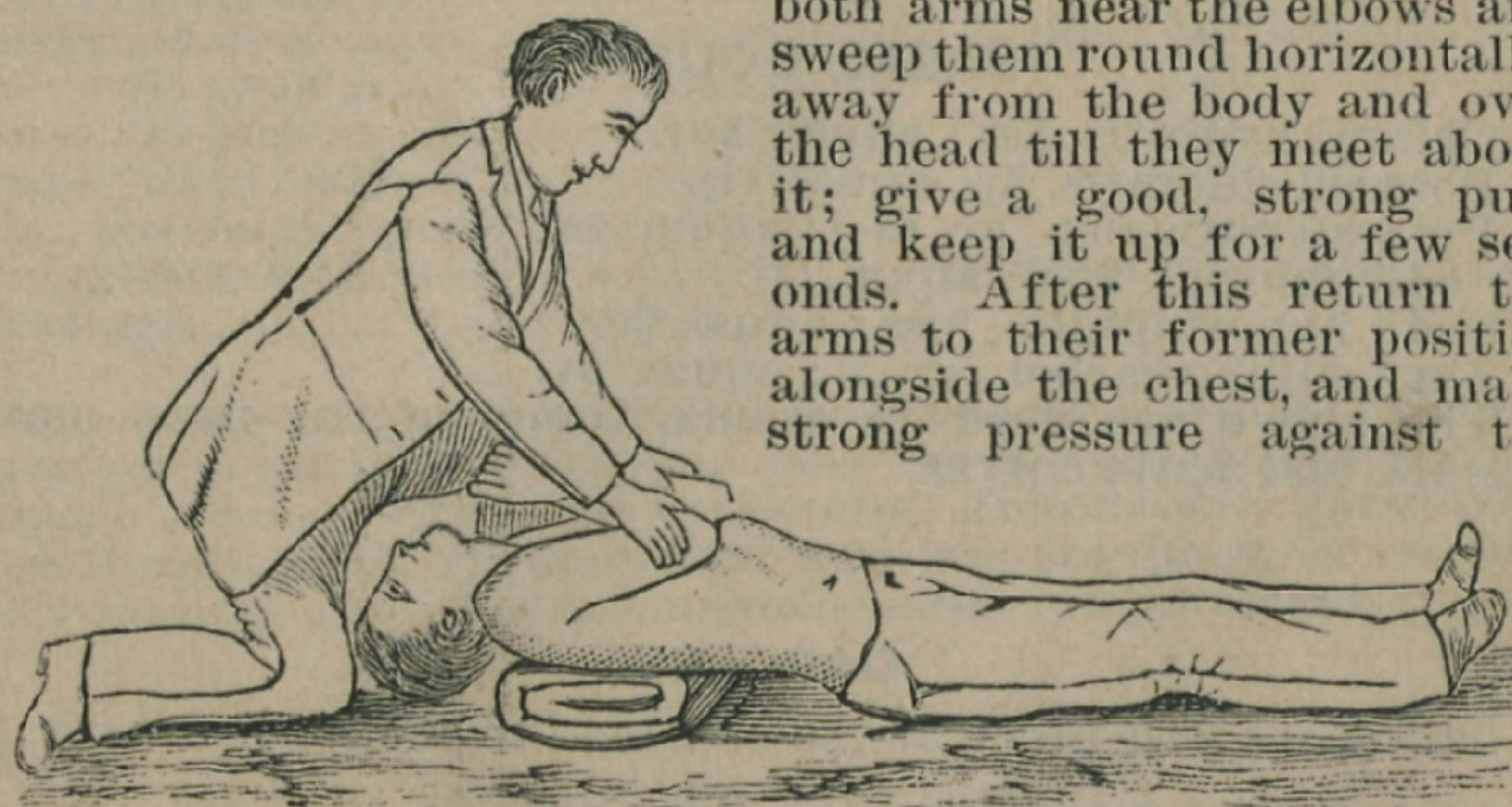
There are two principal methods of artificial respiration, known respectively as Marshall Hall's and Sylvester's. The latter is the better of the two.

Sylvester's Method. — Free the body from any clothing that binds the neck, chest, or waist; turn it over upon the face for a moment, thrusting a finger into the mouth and sweeping it round to bring away anything that may have gotten in or



accumulated there. Then lay the body flat on the back, with something a few inches high under the shoulders, so as to cause the neck to be stretched out and the chin to be carried from the chest. Draw the tongue well forward out of the mouth, and let it be held by an assistant. (If there be no one to do this, a pencil or small stick may be thrust across the mouth on top of the tongue and back of the last teeth, to keep the mouth open and the tongue out of the throat.) Place yourself on your

knees behind the head, seize both arms near the elbows and sweep them round horizontally, away from the body and over the head till they meet above it; give a good, strong pull, and keep it up for a few seconds. After this return the arms to their former position alongside the chest, and make strong pressure against the



lower ribs, so as to drive the air out of the chest and effect an act of expiration. This need occupy but a second of time.

This plan, regularly carried out, will make about sixteen complete acts of respiration in a minute. It should be kept up for a long time, and not abandoned until the heart has ceased to beat. It should be remembered that cessation of the pulse at the wrists amounts to nothing as a sign of death; and life is present when only a most acute ear can detect the sound of the heart. In a moderately thin person, deep pressure with the