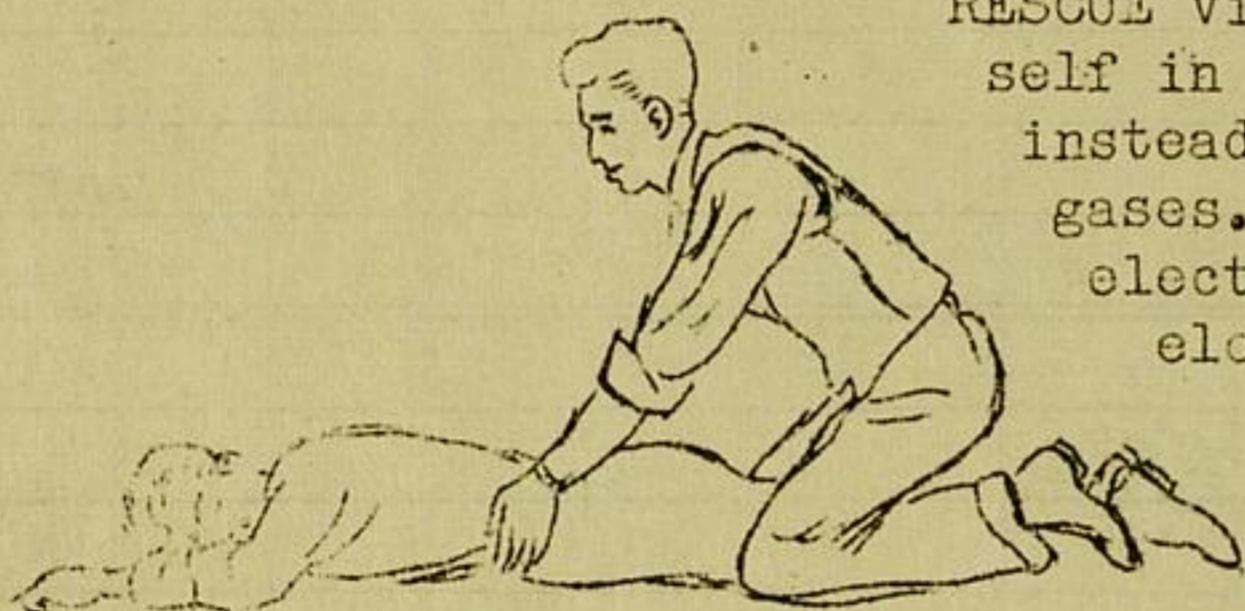


# CAN YOU SAVE A LIFE?

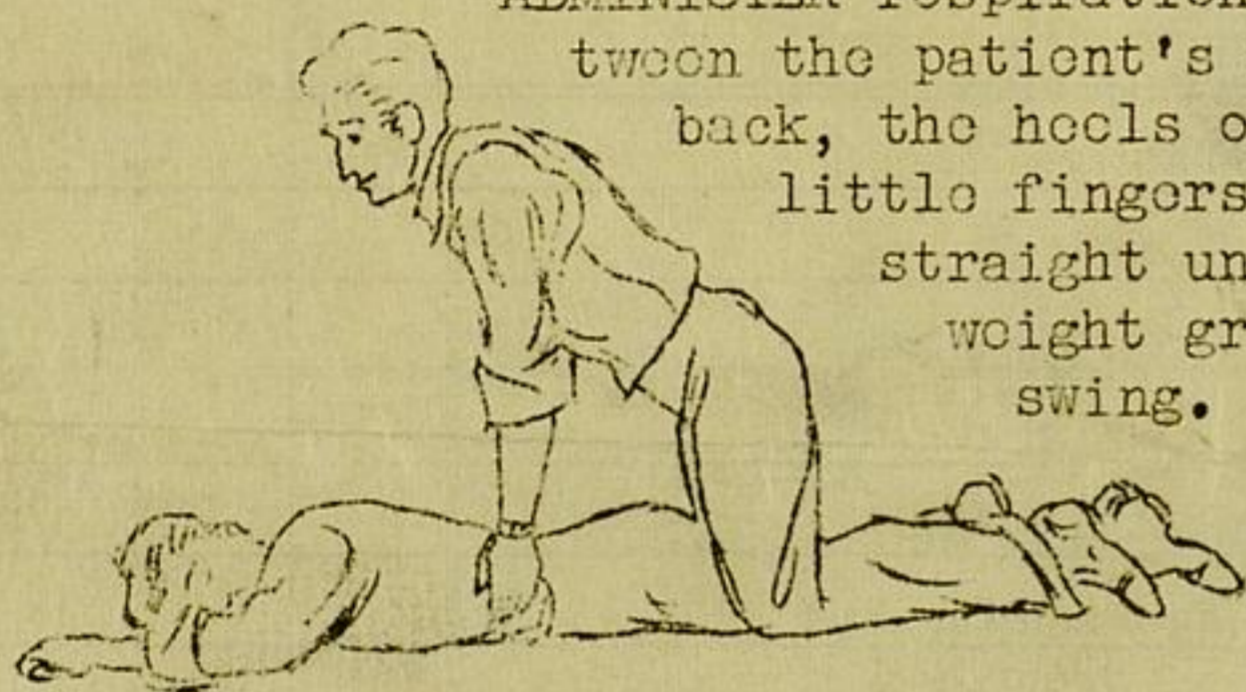
ARTIFICIAL RESPIRATION administered by informed individuals has resulted in the saving of many lives, apparently lost from poisonous gases, electrical shock, drowning or cessation of breathing from injury. Do your part in preserving human life by familiarizing yourself with the contents of this page.



RESCUE victim from source of trouble but protect yourself in so doing. Otherwise there may be two victims instead of one. Ventilate area containing poisonous gases. Insulate yourself when removing victim from electrical circuits. Remove water from victim by elevating his midsection, and keep his head lowered.

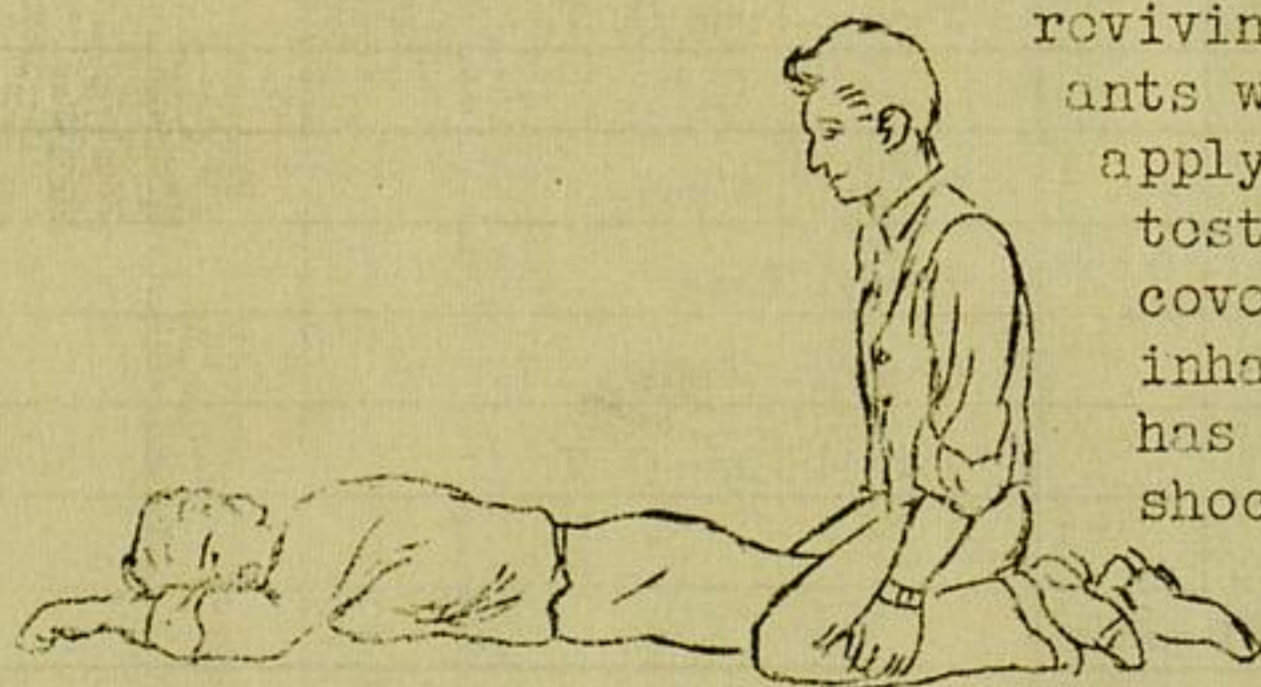
Prepare patient by placing him in prone position, extending one arm overhead, bend other arm at elbow and place head on forearm with face toward outstretched arm.

Clear the mouth of all foreign objects, such as chewing gum, tobacco, false teeth, etc. Place tongue in normal position. Loosen tight clothing at neck and waist.



ADMINISTER respiration by straddling the patient on your knees between the patient's hips and knees, place your hands on patient's back, the heels of the hands about three inches apart, with little fingers at short ribs. Swing forward, holding the arms straight until shoulders are directly above hands. Bear weight gradually upon patient's back on the forward swing. The operation takes about two seconds. Swing immediately backward, removing hands and coming to rest on your legs with hands and arms relaxed at your sides. Swing forward again after two seconds and continue the rhythm of forward and backward movements at

the rate of 15 times per minute until breathing has been restored or until rigor mortis (body becomes stiff) sets in.



TREATMENT for physical shock must be given to hasten reviving patient. This may be administered by assistants who rub the arms and legs towards the heart, apply warm packs about the body, (these should be tested to see that they are not too hot), patient covered with blankets, coats. Allow patient to ~~inhale~~ inhale aromatic spirits of ammonia. After patient has been revived, keep him lying down and continue shock treatment. When consciousness has been restored, administer aromatic spirits of ammonia, one teaspoonful to a half glass of water, hot tea or coffee/

REMEMBER that any cessation in the operator giving artificial respiration may mean the patient losing his life because the artificial breathing ceases. Change of operators must be made without breaking the rhythm. If patient ceases to breathe after a temporary recovery, continue artificial respiration as long as the body remains warm. It may take three or four hours. Pure oxygen may be administered to assist in reviving the patient. An inhalator may be procured from most fire departments in any community. DO NOT CONFUSE WITH A PULMOTOR.

LEARN TO SAVE A LIFE !