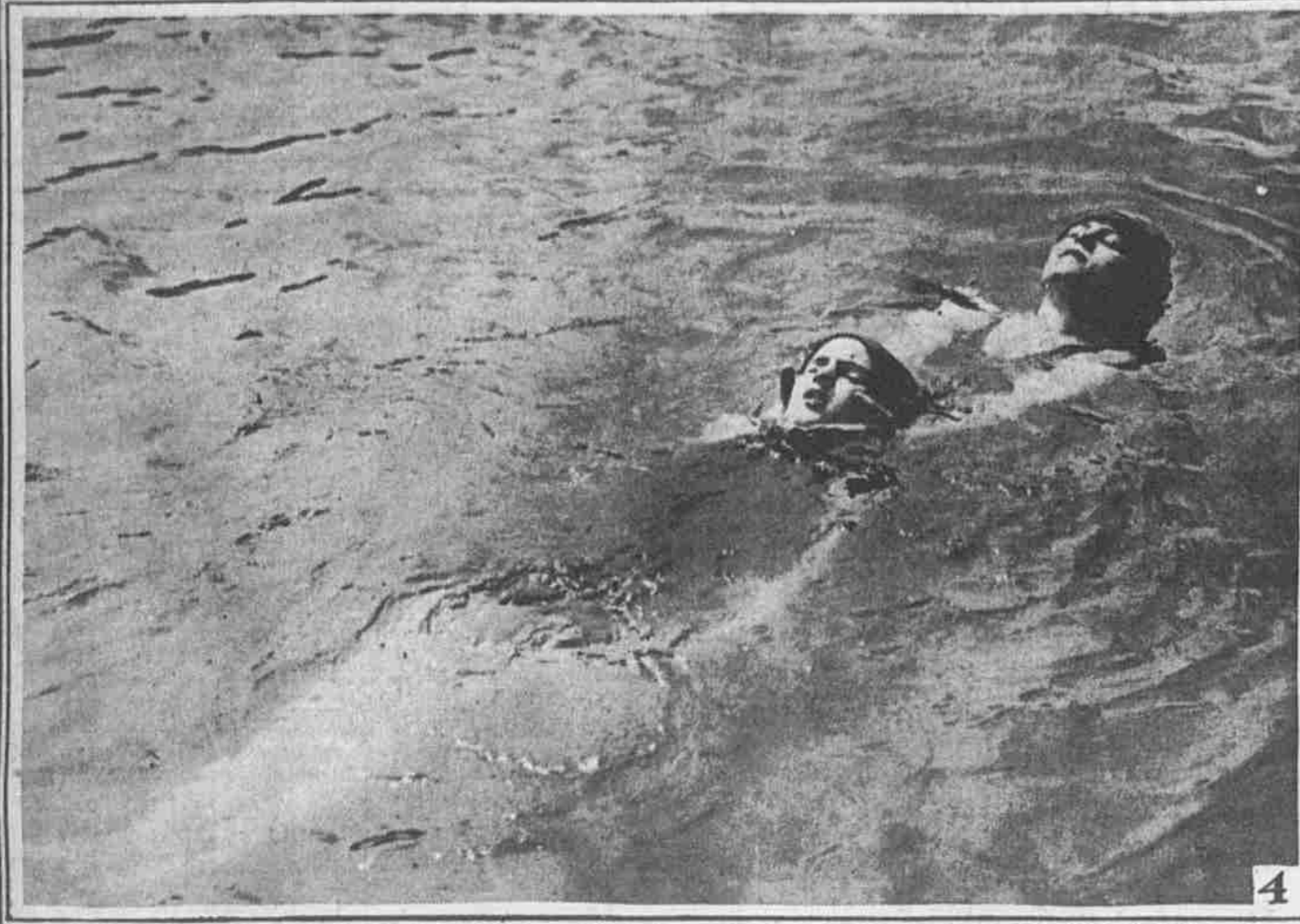
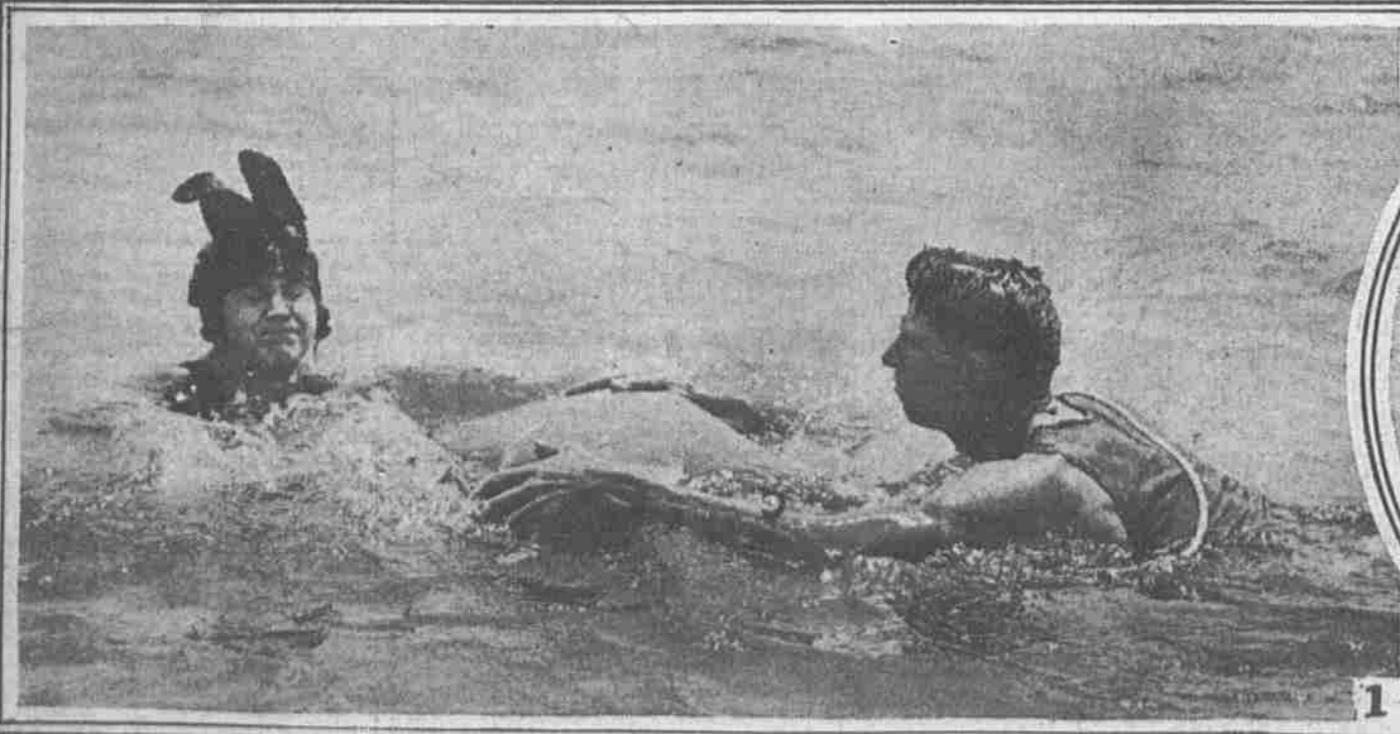


## MODERN METHODS OF RESCUING DROWNING PERSONS BOTH IN RIVER AND SURF AS ILLUSTRATED BY EXPERTS



In the course of the next three days many holiday seekers may find themselves or friends in danger. To show July 4 bathers what to do in such cases, the above pictures were especially posed for the Evening Ledger by John W. Stevens, instructor in swimming at the First Regiment Armory, assisted by the Misses Katharyn Haire and Florence McLaughlin and Mr. E. Garvin. (1) Breaking a drowning man's strangle hold by forcing back his chin with the open hand. (2) Breaking hold, when arms are held, by pressing thumb hard under lobe of ear and forcing head back. (3) Bringing struggling man in by throwing left arm well around under chin and swimming with right. (4) Towing unconscious person in by hands under chin. (5) Resuscitation by pulling tongue out, rubbing limbs and forcing water from lungs by pressure over lower ribs, Miss Nora McGillicuddy assisting.



These pictures of rescues in the surf were posed especially for the Evening Ledger at Atlantic City by Captain Alex Miller, chief of the Atlantic City Beach Patrol, assisted by Miss Florence Westerhood, Guards McKenna and Parker and Chief Beach Surgeon Dr. Charles Rossett. (1) Approaching the person in danger by washing a buoy or other large, buoyant object into her grasp. (2) Pulling victim up on buoy from behind, thus avoiding the risk of being seized in a strangle hold. (3) Forging through surf with victim's arms held firmly down on buoy. (4) Lifting the victim into the guards' boat. This should always be done at the stern end. (5) Artificial method of respiration by the Schaeffer method, similar to that above. The victim is placed face down upon a roll of blankets or coats. Alternate pressure and relaxation then upon the lower ribs expels the water and lets in the air.