

GIVES STATISTICS UPON DROWNINGS

Editor Am. Medical Assn. Journal Most Fatalities Are Among Men, 35-54

Most deaths from drowning occur from May to August, when swimming is popular, writes Dr. Morris Fishbein, editor, Journal of the American Medical association, and of Hygeia, the health magazine.

The majority of cases of drowning occur in men. Twenty-five per cent of those which occurred in California, in a recent study of the subject by the California State Department of Health, affected people between the ages of 35 and 54.

Few Young Ones Drown

Relatively few deaths from drowning occur in people between the ages of 20 and 34, presumably because these people are at an age when they swim fairly well and have enough vigor to withstand the rigors of exposure.

Approach of the vacation season makes it important to emphasize again the desirability of having everyone associated with swimming or with work around water understand the elements of resuscitation.

Method Is Simple

The procedure is relatively simple. The unconscious person should be placed face down, with the head slightly lower than the feet. Fingers should be put in the mouth to free it of any mud or other material that may be in it. One arm and hand of the individual may be put under the head so as to keep his mouth and nose out of sand.

The person to perform artificial respiration can kneel over the body, putting one hand on each side of the unconscious person, just below the lower ribs. The movements may be made in time according to count.

Is Quick and Safe

At one, the hands are placed on the lower ribs, thumbs and fingers together, wrists about six inches apart; at two, the operator arises on the knees and with the arms straight throws the weight downward and a little forward, and at the same time slightly squeezing the hands toward each other; at three, the hands are suddenly removed, which permits an expansion of the chest; at a count of four and five, the operator rests and promptly begins again.

The entire procedure takes about five seconds, which will permit of approximately 12 artificial respirations a minute. The movement may be kept up for hours.

Senate Confirms All Commission Members Appointed by Governor

In its closing session, the senate confirmed all of Governor Louis L. Emmerson's appointments of commission members, without any dissenting votes. 14 appointments made that day included five industrial commissioners, three members of the normal school board, a member of the East St. Louis free employment office advisory board and the reappointment of the entire board of public health advisors.

Cut National Guard Rations Allowance to Meet Lower Food Cost

Rations for National Guard men were cut recently by the War Department at Washington, D. C., from 50 to 45 cents a day. Telegrams dispatched to the various state organizations contained directions as to future expenditures by adjutant generals.

The cut has been announced as an economical move, but it has been made clear that the quality of the food that will be supplied to National Guard men during their summer training will be of exactly the same high quality as before the cut.

Prices in food stuffs have dropped to such an extent that the 50 cent ration was over sufficient and the 45 cent ration amply covers the food needs of the men. Materials are necessarily purchased in great quantities, which subjects them to several

discounts in price.

The order cutting the amount to be expended each day on the food for the men attending National Guard summer camps was issued shortly after it had been made known that the army would be able to turn back a substantial part of the fund voted for regular army food last year.

The trouble with a great many girls is that they love the water at the sea shore but don't like it in the dish pan.



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