PRESENTATION OF HONOUR AWARDS
BY THE EARL MOUNTBATTEN OF BURMA
British Columbia Room, Royal York Hotel, August 27, 1959

The Ontario Branch was significantly honored when The Earl Mountbatten of Burma graciously consented to present Honour Awards earned by members of the Branch and issued by authority of the Central Executive of the Society.

In Toronto to officially open the 1959 Canadian National Exhibition, Lord Mountbatten attended a reception arranged by the Ontario Branch and held at the Royal York Hotel. Practically all of the nineteen Branch members earning Awards were present to be personally presented to the Grand President and to receive their award from him.

As will be seen from the list of Honours given elsewhere in this report representatives were present from Saskatchewan as well as Ontario and that the Army, Air Force and the Royal Canadian Mounted Police shared in the ceremony. It was particularly gratifying to have the clergy represented by Brother George of the Christian Brothers (De La Salle Camp). Brother George has served the Society over many years.

Professor M. G. Griffiths in recognition of his service of twenty years as Branch President received the highest award presented, his second bar to the Service Cross.

Lord Mountbatten in his address following the presentations stressed the Commonwealth-wide aspect of our Society and pointed out the influence which we could exert on Commonwealth relationships.

In addition to those receiving awards those present included representatives of the Ontario Department of Education, the Canadian Red Cross Society, the Royal Canadian Mounted Police, Examiners, Area Representatives, Members of the Executive Council and other R.I.S.S. workers. Lord Mountbatten's party included Rear Admiral R. V. Brockinton, Capt. R. G. Dreyer and Lieut. A. J. L. Marx, all of the Royal Navy.

LORD MOUNTBATTEN PRESENTS

THE MOUTH TO MOUTH ARTIFICIAL RESPIRATION

The mouth to mouth method of artificial respiration is also known as the Rescue Breathing method, the Expired Air method, the Intermittent Positive Pressure Breathing method and the Direct method. The first name, however, has caught the public fancy and has been widely used. The Society in Canada was the first organization in this field to officially recognize and adopt this method as part of its program. During the past year under the leadership of our First Vice-President, Kirk A. W. Wipper, the Society has carried out continuous research and development of a teaching system for this method. The following is a reprint of a brochure prepared for the Society by Mr. Wipper and represents the most developed techniques on this method available to date. We urge all our members to study and learn this technique.

Several significant considerations exist in the application of this method of artificial respiration.

1. This method does not involve any delay in commencing. Do not waste time by feeling pulse, finding equipment, moving the victim, going for help or getting to shore. If the first inflation fails, make sure the tongue or some foreign object is not blocking the air flow to the lungs. Sweep fingers through throat, to clear obstruction. Remember you can tell you are succeeding when the chest rises and falls gently. This is an advantage of the application of the "direct" method. It is obviously important to ensure proper head and jaw position so that an air passage to the lung area is achieved.

2. This method may be applied by any rescuer regardless of size, either of the operator or the victim. In the rescue breathing technique the rescuer may adjust his efforts to fit the size of the victim. The control is the manner in which the chest rises and falls.

3. The method does not require apparatus or particular facilities. In rescue breathing, the victim does not generally need to be moved or placed on the ground. Success can be realized in a wide variety of situations including a victim in water or in a boat. Indirect methods such as Holger-Nielson do not enjoy this advantage as a flat surface is necessary.

4. This method is very efficient. Rescue breathing is direct through an unobstructed airway and enjoys a very high level of ventilation which can be regulated by the operator according to the size of the victim.

5. This method is easy to learn and apply. It is a natural and quite simple technique to acquire and does not produce difficult teaching problems when properly presented. The method is now widely used by a host of prominent organizations around the world. It is readily learned but should be practiced in training situations only by persons who do not have colds or other infections. A headchief may be used to cover the victim's nose or mouth, without decreasing efficiency of the method. It is important that all serious minded persons, who have a sincere motivation to learn, actually practice this method at least once in order to fully appreciate its effectiveness. The author of this brochure acknowledges the following sources for the material included:

- New York State Department of Health
- New York Civil Defense Commission
- Dr. James Elam and Associates at the Roswell Park Memorial Institute, Buffalo, N.Y.

and also gratefully acknowledges the co-operation of the University of Toronto students who have assisted in experimenting with teaching methods as well as serving as subjects at numerous clinics.

Kirk A. W. Wipper
First Vice-President, Ontario Branch
Royal Life Saving Society Canada

Certificate of Thanks:
Dr. H. C. Hallett, Trenton, Ont. Trenton Recreation Committee
Mr. Stanley A. Willmott, Director of Recreation, Windsor, Ont.
Inspector H. Robertson, R.C.M.P., Regina, Sask.
Mrs. Eva MacDonald, Scarborough, Ont.
Brother George, De La Salle Camp, Christian Brothers
Mrs. Iris Phypers, Scarborough, Ont.
Mr. Kenneth Evans, Timmins, Ont.
Mrs. Katharine I. Beers, Bracebridge, Ont.
F/O G L. Hayter, R.C.A.F., Clinton, Ont. (Area Representative)
Miss Mavis Bertridge, Toronto. Ontario Council, Girl Guides
S/Sgt. Donald S. Fisher, Canadian Army, Camp Borden, Ont. (Area Representative)
RESCUE BREATHING FOR DROWNING VICTIMS

Start rescue breathing as soon as you reach the victim. Only the victim's face need be out of water. You can breathe for him standing or kneeling in the water, or leaning over the edge of a boat or a swimming pool. Support the victim's body by locking your arm under his.

A 10-second delay may make the difference between life and death. Water in his stomach is secondary. Air in his lungs is vital.

If necessary quickly, and between rescue breaths, drain fluid from the victim's throat.

Press over belly. To assist fluid removal

Place him so any liquid will run out of his mouth. Pull his shoulder up over your knee to raise his chest.

Don't wait to get him ashore.

The first need is to blow air... and fast.

Then blow again.

RESCUE BREATHING FOR ADULT VICTIMS

Lift the neck and tilt the head backward. Hold the head tilted AS FAR BACK AS POSSIBLE. One hand pushes the head, the other pulls the chin. The extreme tilt prevents obstruction and assists in ensuring a clear open passage.

Take a deep breath. Open your mouth as wide as you can. Seal your lips on the victim's cheeks around nose. IF THE LIPS PRESS THE VICTIM'S NOSTRILS, YOUR MOUTH IS NOT OPEN WIDE ENOUGH. Prevent escape of air through nose by pinching nostrils shut with thumb and forefinger of most available hand.

Pull extreme tilt is necessary

Blow air into the victim's mouth until you see the chest rise. To do this, push his mouth open as you blow, or pull his lower lip down. Seal your lips around his opened mouth. If mouth opening cannot be used, change to nose passage and pinch victim's lips shut.

Halfway tilt is not enough.

Blow through nose or mouth.

Then remove your mouth to let him breathe out. Some victims accept inflation easily through the nose but must breathe out through the mouth. Take your next breath as you listen to the sound of his exhalation. Reinflate his lungs again as soon as he has exhaled. CONTINUE INFLATIONS AT LEAST 10 TIMES A MINUTE for adults.

Victim may breathe out better through mouth.
RESCUE BREATHING FOR INFANTS AND CHILDREN

Any unconscious person’s breathing is usually blocked because his head slumps forward. Often, he may breathe by himself if you: Lift the neck and tilt the head backward, and hold the head tilted as far back as possible.

If he does not breathe at once: Open your mouth wide. Seal your lips around the child’s mouth and nose.

Blow air gently into an infant. Stop blowing as soon as the chest starts to rise. Continue inflations at least 20 times a minute.

Excess air blown into the belly causes bulging between the ribs and navel. This may occur with victims of all ages. To remove air, press the victim’s belly gently. Check his throat for solids or liquids before you continue rescue breathing. When possible, use gravity to prevent fluid from entering the lungs by keeping the head lower than the chest.

Press belly if air causes it to bulge.

THE ROYAL LIFE SAVING SOCIETY
ONTARIO BRANCH

STATEMENT OF REVENUE AND EXPENDITURE
FOR THE YEAR ENDED 31ST DECEMBER, 1959

REVENUE

Net revenue from sale of awards $ 2,208.42
Net revenue from sale of literature 776.17
Net revenue from examination fees 4,159.25
Membership fees 1,343.00
Affiliation fees 837.00
Bank and bond interest 312.10
Donations 323.65
Received from Canadian Council for expenses of administration 1,300.00
Ontario Department of Education Grant 2,000.00 Total: $13,219.59

EXPENDITURE

 Honoraria and office salaries $ 5,173.10
Printing and stationery 2,588.38
Office expenses 1,215.77
Dinners and meetings 1,343.30
Travelling expenses 1,756.30
Programme training 920.00
Educational booklets 550.00
Newsletter and promotion 807.22
Auditor’s fees 75.00
Depreciation on office equipment 50.00
Miscellaneous 361.60
Total: $14,218.67

NET LOSS FOR THE YEAR $ 959.08
Audited and found correct, Toronto, 2nd February, 1960.

signed "W. Bert Weldon", Chartered Accountant.

EIGHTH OR HIGHER BAR TO AWARDS PASSED DURING 1959

BARS TO THE AWARD OF MERIT

Mrs. Kathleen Prior, Willard Hall
Edna Newton, Toronto Central Y.W.C.A.
Mrs. Edna Newton, Toronto Central Y.W.C.A.
Mrs. Iris H. Pyppers, Willard Hall
Mrs. Jessie Strachan, Willard Hall
Mr. John W. Gilmour, Niagara Falls Optimists Club
Mr. George D. Sawyer, Niagara Falls Optimists Club
Mrs. Hilda March, Willard Hall
Mrs. Martha Stuart, Port Dalhousie Lions Club
Miss Catherine Lund, Toronto Central Y.W.C.A.
Cpl. Robert R. Canning, R.C.M.P. Regina

BARS TO THE BRONZE MEDALLION

Edna Newton, Toronto Central Y.W.C.A.
Mrs. Iris H. Pyppers, Scarborough Lions Club
Mrs. Jessie Strachan, Toronto Central Y.W.C.A.
Mr. George D. Sawyer, Niagara Falls Optimists Club
Mr. John W. Gilmour, Niagara Falls Optimists Club
Mr. Ray Houghton, Lakeside Swimming Club
Mrs. Christine Tooley, Ontario County Swimming Club
Cpl. Robert R. Canning, R.C.M.P. Regina
Miss Catherine Lund, Toronto Central Y.W.C.A.
Mr. David G. Dean, R.C.M.P. Regina
Mr. Arthur Killen, Lakeside Swimming Club