

FATHOMS

APRIL, 1964

Price 3d.

Official NEWSLETTER for the VICTORIAN SUB AQUA GROUP.



Did you get a description of the cat?

Registered at the G.P.O. Melbourne for transmission
per post as a periodical.

ARTIFICIAL RESPIRATION.

Sometime ago, we asked you to check with yourselves, "Do I know enough about artificial-respiration?"

What was your answer? We certainly hope that it was in the affirmative.

For those who are a little rusty on this most essential subject, set out below are some of the things to remember when applying artificial respiration.

- (a) Artificial respiration must be started at the earliest possible moment.
- (b) The airway to the lungs must be kept clear.
- (c) Continue artificial respiration until normal breathing is restored.

How do you define respiratory obstruction from the cessation of normal breathing?

When a person has stopped breathing, the chest will have stopped moving and when sharp pressure is applied to the ribs it will cause air to issue from the mouth and nose.

Where there is an obstruction there will be violent attempts by the person to breathe but no air will be able to pass through the obstruction. This could be caused by several things, the tongue could be blocking the air passage, or blood, water or even seaweed.

If the Holger Neilson method is being used and the patient has been placed on a slope with the head downwards there will be a tendency for the tongue to fall away from the airway and for water to drain out of the throat.

With other methods it is necessary with the subject on his back (as in mouth to mouth) to take special action and remove the tongue as an obstruction and any solid matter or water.

ARTIFICIAL RESPIRATION (Continued)

Holger Nelson method. The Holger Nelson method is a well tried and successful method, easy to teach, especially as a drill. If properly carried out, it will give more than adequate respiratory exchange of air in the normal healthy adult, such as comprise the majority of Club members.

In this method, air is forced out of the lungs by external pressure on the chest; and drawn in by raising the arms which expands the chest cavity. In order to do this, the subject should be placed face downwards on the nearest flat surface. Whenever possible this should be sloping, and the head put in the lower position.

The subject's arms are then brought forward, flexed at the elbows, and the hands with their palms downwards, placed one upon the other to form a cushion on which the head rests. The head should be turned sideways to keep the mouth and nose clear of the ground so as not to obstruct breathing. The operator should kneel on one knee a short distance beyond the top of the subject's head and the other foot should be placed outside the subject's elbow - the heel about level with it.

The operator's trunk should now be directly above the subject's head and he should place his hands on the subject's back, directly over the shoulder blades, thumbs together, fingers pointing towards the subject's feet.

The expiration movement must take place first as follows. Letting the weight of his trunk gently rock forward on his straight arms until they are vertical, the operator should exert a smooth gently, evenly increasing pressure downwards on the subject's back. This pressure will compress the chest wall and drive air out of the lungs, carrying with it much of the water in the large bronchial tubes and the mouth. The initial clearing of the airway is usually accomplished with this first

ARTIFICIAL RESPIRATION

pressure. Excessive pressure should be avoided as this may possibly cause a fracture of the subject's ribs.

To bring about inspiration the operator rocks his trunk back and his hands move back past the subjects shoulders until they can grip his upper arms near the elbows. At this point, a steady pulling and slight raising of the subjects elbows expands the chest which produces inspiration. The arms are then placed back on the ground as the operator rocks forward again and moves his hands back to the position over the subject's shoulder blades.

The cycle of pressure for expiration and arm lifting for inspiration should take place about ten times a minute - six seconds per cycle.

Next month we will cover the method of Mouth to Mouth resuscitation.

CRAYFISH TALES:

One thing about Mt. Gambier, there is plenty of air; even if you can't get it compressed.

Guess who's face was lobster red when she bet that two couldn't fit in a sleeping bag...

What no romance? Club went on a moonlit night dive, and no one got lost.....

- Q. What did the crayfish say to General de Gaulle?
- A. Nothing. Crayfish don't speak French.

Sincerely,

Crayfish

EASTER HOLIDAY:

Easter holidaytime brought about the annual get together of Club members and among the usual staunch club supporters, we are glad to say, we also welcomed some long lost friends of whom we would all enjoy seeing more.

In weather which was nearly too good to be true, we swam, snorkled and dived in the clear sheltered water of Port MacDonnell, where several nice sized crays were caught and where also, many members took in the sights of an aged though well preserved wreck, which is said to be nearly 100 years old.

An elderly fisherman and resident of Port MacDonnell told us that at least 20 ships had been wrecked on the treacherous reef. If a suitable boat was hired next time, (and a future trip there is on the cards) with the help of some Santa boards, we might be able to uncover another less conspicuous wreck.

The reef is a wonderful breeding area for crayfish and although crayfishing is the trade of many of the locals, there were plenty available for the V.S.A.G.

The main attraction at Port MacDonnell is its fresh water diving facilities. Ewans ponds firstly with their crystal clear blue waters and picturesque und rwater life were a pleasure and tended to draw sighs of admiration from many a person.

The plant life was beautiful and the ponds were full of tiny fish nonemore than 4" long.

In one of the Lakes Picanniny Blue Lake, deep dives up to 200 ft can be carried out, even though. this lake is approximately not more than $\frac{1}{2}$ an acre in diameter and surrounded by swamps.

A trip to Hells Hole was made and although the place is said to be most attractive to the diver, a 90⁰ climb down 90^c ft. sides did not help to invite anyone to this spot, so after a brief stay, just looking sent chills down my spine, we all went back to camp to a hearty tea.

DURBAN:

In Durban, South African, Lionel Harrison, 26, claimed recently a new world endurance record for staying under water. Clad in frogman outfit, he submerged into a hotel swimming pool for 37 hours, 20 minutes and 24 seconds.

ANY TAKERS?

FUTURE OUTINGS:

26th April. Canadian Bay. Mt. Eliza.
Meeting place, car park, 10 a.m.

1st May. Night dive, Black Rock,
Meeting place, Half Moon Bay jetty, 7 p.m.

10th May. Torquay wreck - boat trip.

24th May. Pt. Cook - boat trip.

EQUIPMENT FOR SALE:

One medium Parkway 7th thick nylon lined suit and hood, 1 weight belt plus 13 lb lead, 1 single 53 c.f. unit with porpoise regulator, 1 twin hose super Sealion regulator fully reconditioned, 1 pr. Voigt flippers (new) 1 snorkel.

Best offer Phone 294752.

April, 1964

EQUIPMENT FOR SALE.

15' Power Catamaran - suitable for diving. £55
including trailer. Phone. 936560

GENERAL MEETING.

The next general meeting will be held at Scots Church Hall, 99 Russell Street, Melbourne at 8.00 p.m. on Friday the 17th April, 1964.

As you know the meetings are taking the form of a get together with business at a minimum. Supper is served afterwards for a moderate charge.

This month there is a showing of slides of Heron Island which should be very interesting.

In future all meetings will be held at Scots Church Hall.

BOON VOYAGE.

Lots of luck to Ian Deeson, who is leaving for Sydney in early May. Although only President for a few short months we will all miss him. Good luck Ian.

LIBRARY:

All types of books on diving, etc., are available from the Librarian, Pat Reynolds. These books may be taken out at the General Meetings, but must be returned at the following meeting.