

(Panting) Taking a little breather. Sounds like I just got back from jogging, doesn't it? You can almost see the old heart pumping and the blood circulating.

Well---actually I'm not really made for jogging. If you look closely, you can see I look like a dummy. But---I'm not an ordinary dummy. In fact, I'm really pretty smart. If you practice CPR on me, I can let you know exactly how you're doing. And that's smart, because CPR can save lives. In fact, it's already saved hundreds of lives and the number is increasing as more and more people--concerned people like you--learn CPR.

How do you learn CPR? Easy. Just call you local Red Cross or Heart Association and they'll tell you where classes are given all over the state.

^A ~~It~~ ^{course} takes only three or four hours. In that short time, they'll explain the symptoms of heart attacks and why more than half of the heart attack victims die before they ever reach the hospital. And what's more important, they'll explain how you can help keep someone alive until he starts breathing or professional help arrives. CPR--- or cardiopulmonary resuscitation as it's formally called---is a very simple procedure: that's used anytime someone's heart has stopped beating and he's no longer breathing. By doing mouth-to-mouth breathing and chest compressions, you make sure that oxygen is supplied to the brain and other tissues so they don't die. It's so easy to learn CPR that hundreds of people, including high-school students, have already taken the course and been certified. Lots of people know how to do CPR, but it's important that you learn it from a qualified instructor and practice on me or on another Resusci-Annie like me. Practice is probably the most important part in learning

to do it correctly. If you want to know more, you can ask for a demonstration now. But ~~then~~, do take the time to sign up for a real course. Remember it's only a few hours. And you never know when you might come into contact with victims of heart attacks, drownings, electrical shocks or others who need CPR. They could be your own family or friends. They're all depending on you. In fact, we'll all breathe a lot easier if you learn CPR.

Hey, wait a minute. I'm not sure we've met. I'm Resusci-Annie. That's right. Annie. Resusci-Annie. Oh. . . the name sounds familiar, but —I know—you can't seem to place the face.

Well, actually my name is pretty famous. You've probably seen it in newspapers or on TV or heard it on the radio—that sort of stuff. Usually in connection with CPR. That's short for cardiopulmonary resuscitation. CPR is used to keep a person alive when his heart has stopped beating and he's no longer breathing.

Normally I don't say anything about CPR. I just lie pretty quiet—kind of play dead, if you know what I mean. Sort of like an actress. Boy—can't you see it now—my name in lights—"Resusci-Annie: Starring in 'Annie Get Your Breath.'" It would be like a revival of the old westerns. The town being stalked by the silent killer—heart attacks. But nobody would die in my western. All the townspeople would learn CPR. Picture it. One by one they lean over me trying to get me breathing. Ah—practice makes perfect. Then the real thing. Heart attack strikes, Strikes again. But someone is always there with CPR. Sounds corny? Well, we all have our fantasies.

True, I'll probably never be a big star. That's just the dream of a teacher's aide. But the other stuff I told you—the part about heart attacks being the silent killer—that's no fantasy. You want the facts? OK. I'll shoot straight from the hip.

Heart attacks are the most common medical emergency. Did you know that one-half of the heart attack victims die before reaching the hospital? That was about 350,000 Americans last year. But many of them could have been saved through CPR. That's a special technique combining mouth-to-mouth breathing and chest compressions. When you do CPR you're actually supplying oxygen to the blood and moving the blood out of the heart, into general circulation. This oxygen-carrying blood is then carried to the brain and other tissues so they don't die.

CPR is easy to learn. In fact, whole communities and junior and senior high-school students in Maryland have already learned it. Hundreds of people like you practice on me every week. You see, I'm specially made so I can let them know how they're doing. I respond like a real person.

It doesn't take very long to learn CPR—only about 3 or 4 hours. But it's important to learn it from a qualified instructor and to practice on me if you want to do CPR correctly. I travel around a lot because CPR classes are given all over the place. If you want to find out where, just call your local Red Cross or American Heart Association..

You never know when you might come into contact with victims of heart attacks, drownings, electrical shocks or others who need CPR. They could be your own family or friends. They're all depending on you. In fact, we'll all breathe a lot easier if you learn CPR. ~~Hope I see you again.~~