

# Frontier Nursing Service Quarterly Bulletin

Volume 45

Spring, 1970

Number 4



Spring at Wendover

The lovely color photograph of the path between the Big House and the Cabin at Wendover was first used on the cover of the Spring 1949 issue of the Quarterly Bulletin. We have chosen to use it again in the Spring of 1970 because we think we all need cheering up in these troublesome times.

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FRONTIER NURSING SERVICE QUARTERLY BULLETIN  
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## CONTENTS

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ARTICLE	AUTHOR	PAGE
An Editorial		7
Bad Pennies	<i>Alison Bray</i>	25
Beyond the Mountains (Illus.)		35
Come Blow Your Horn With Us	<i>Jane Leigh Powell</i>	4
Courier News		25
Field Notes		40
Frontier Nursing Service Awarded Construction Grant for the Mary Breckinridge Hospital		3
In Memoriam		21
Mrs. William L. Helm, Jr.	<i>A Photograph</i> Inside Back Cover	
Old Staff News		30
Psychodelirium Tremens	<i>Contributed</i>	2
The Family Nurse: Progress Report	<i>H.E.B.</i>	24
The Value of Sports	<i>David Howard</i>	28
Urgent Needs		9

### BRIEF BITS

An Army Cook . . .	<i>Modern Maturity</i>	34
Close Quarters	<i>The Countryman</i>	38
Mountain Happening	<i>The Countryman</i>	33
Readers' Motoring Tales—136	<i>The Countryman</i>	6
The Fastest Creatures in the World	<i>The Colonial Crier</i>	20
The Woman Listened . . .	<i>Modern Maturity</i>	32
White Elephant		39

### PSYCHODELIRIUM TREMENS

Remember when HIPPIE meant big in the hips,  
And a TRIP involved travel in cars, planes and ships?  
When POT was a vessel for cooking things in,  
And HOOKED was what grandmother's rug might have been?  
When FIX was a verb that meant mend or repair,  
And BE-IN meant simply existing somewhere?

When NEAT meant well-organized, tidy and clean,  
And GRASS was a ground cover, normally green?  
When lights and not people were SWITCHED ON and OFF,  
And the PILL might have been what you took for a cough?  
When CAMP meant to quarter outdoors in a tent,  
And POP was what the weasel went?

When GROOVY meant furrowed with channels and hollows,  
And BIRDS were winged creatures, like robins and swallows?  
When FUZZ was a substance that's fluffy like lint,  
And BREAD came from bakeries, not from the mint?  
When SQUARE meant a 90-degree angled form,  
And COOL was a temperature not quite warm?

When ROLL meant a bun, and ROCK was a stone,  
And HANG-UP was something you did to a phone?  
When CHICKEN meant poultry, and BAG meant a sack,  
And JUNK trashy cast-offs and old bric-a-brac?  
When JAM was preserves that you spread on your bread,  
And CRAZY meant balmy, not right in the head?

When CAT was a feline, a kitten grown up,  
And TEA was a liquid you drank from a cup?  
When SWINGER was someone who swung in a swing,  
And PAD was a sort of a cushiony thing?  
When DIG meant to shovel and spade in the dirt,  
And PUT-ON was what you would do with a shirt?  
When TOUGH described meat too unyielding to chew,  
And MAKING A SCENE was a rude thing to do?

Words once so sensible, sober and serious  
Are making the FREAK scene like PSYCHEDELIRIOUS.

It's groovy, man, groovy, but English it's not,  
Methinks that the language has gone straight to POT!!!"

—Contributed by a friend after  
reading "The Purple Haze Collection  
of Fripple Words" which appeared in  
the Winter 1970 Quarterly Bulletin

## FRONTIER NURSING SERVICE AWARDED CONSTRUCTION GRANT FOR THE MARY BRECKINRIDGE HOSPITAL

The Forty-sixth Annual Meeting of Frontier Nursing Service, Incorporated, held at the Executive Inn in Louisville, Kentucky, on Wednesday, May 27, 1970, was an especially gala occasion because of the following telegram which was received just before the meeting began:

Frontier Nursing Service  
Wendover, Kentucky

May 27, 1970

I am pleased to announce the approval of the Frontier Nursing Service Program in the amount of 1,246,000 million dollars by the United States Public Health Service and the Appalachian Regional Commission in Washington, D. C. This amount has been granted by the Appalachian Regional Commission. This money is earmarked for construction of a health facility in Hyden, Kentucky.

It is very gratifying to me that this project will not only help to alleviate a critical health need but also will begin the implementation of a nurse training program that is the first of its kind in the United States. My personal best wishes and congratulations.

Louie B. Nunn  
Governor  
Commonwealth of Kentucky

We were also gratified to receive telephone messages and a telegram from Senator John Sherman Cooper and Senator Marlowe Cook and our Congressman, Dr. Tim Lee Carter, who have supported our application for Federal construction funds from the beginning. It gave us a great deal of pleasure to have Mr. Paul Osborn at the meeting to represent Mr. Frank Groschelle and the Kentucky Program Development Office. The help given the FNS by Mr. Groschelle and Mr. Osborn over the past two years has been of inestimable value, as has been the support and endorsement given our application by members of the Kentucky River Council of the Southeastern Kentucky Regional Health Demonstration Corporation.

When Mrs. Jefferson Patterson announced receipt of the grant, she said that it gave her more pleasure than anything she had done during her ten years as National Chairman of the Frontier Nursing Service. She went on to say that the Board of Governors, at its meeting prior to the Annual Meeting, had

chosen the Ninth Annual Mary Breckinridge Day, to be held in Hyden, Kentucky, on October 3, 1970, for the ground-breaking ceremony for the Mary Breckinridge Hospital. We hope that many of the friends who have helped make the dream of a new hospital in Leslie County a reality will be able to be with us on the first Saturday in October.

Mrs. Patterson reported that Mr. W. F. Brashear and Mr. Eddie J. Moore, both of Hyden, had been elected to the Board of Governors and that Mrs. Richard M. Bean, Lexington, Kentucky, Mr. C. V. Cooper, Hazard, Kentucky, Mr. Melville H. Ireland, Lake Forest, Illinois, and Mr. Clay L. Morton of Louisville, Kentucky, had been elected as Trustees of the FNS. Miss Kate Ireland gave the report of the Capital Finance and Development Committees and Dr. W. B. Rogers Beasley spoke on the Family Nurse Practitioner program. Miss Helen E. Browne, the Director of the Service, presented the operating budget for the fiscal year which began on May 1, and reviewed the activities of the FNS during the past year.

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## COME BLOW YOUR HORN WITH US

by  
JANE LEIGH POWELL

How many times have you heard the FNS toot its own horn? Not very often as it isn't the nature of the Service to take such action (although there are many of us who would like to on certain occasions!!). The FNS is a modest, non-boasting, quietly-doing-the-job-at-hand organization where, unlike some larger institutions, everyone is working together and for the same cause—comprehensive health care for the people of our area.

Now, to step out of line, a little horn blowing is going to occur. This Spring, we have gone over the 16,000 mark in deliveries and this figure does not include emergency or unregistered patients, of which there are hundreds. Our maternal mortality has not changed since 1951 and still remains at 11 deaths, two of which were cardiac cases. This is one of the lowest maternal

mortality rates in the United States and proves the capability and safety of the nurse-midwife in caring for expectant mothers.

Another toot for the continuing ability of the FNS to attract registered nurses. Presently, we have thirty-two registered nurses (plus nine students in the Frontier Graduate School of Midwifery) and of this number, fifteen are nurse-midwives. Applications for positions are increasing and this proves that there are still nurses who want experience in caring for patients instead of caring for paper-work!!!

With the realization that the Frontier Nursing Service has an obligation to the nursing profession to share forty-five years of experience in comprehensive health care, we took a bold step by beginning the development of the Family Nurse Practitioner. Basically, this involves teaching a nurse in a formal way what FNS nurses have been doing informally for so many years. Along with this exciting plan also came the realization that our Hyden Hospital—twenty-six beds but licensed for only sixteen—was too outdated and overcrowded to provide the proper health care for our patients and would never have the space for teaching the Family Nurse Practitioners.

So, as most of our readers know, we embarked on the first fund raising campaign for capital funds in the history of the FNS; first, to build a new facility and second, to develop this new "super nurse". Nobody likes to ask for money. Mrs. Breckinridge's philosophy was that if you had an honest story to tell, and people would listen, the money would come without asking for it outright. Our faithful donors have carried us over many years and we felt they would want to be a part of this tribute to Mary Breckinridge and the innovative program in nursing.

We set our goal at \$2,800,000 and professional fund raisers said we would never raise more than \$1,750,000 and it would take over two years to do. It took us less than one year to raise \$2,000,000 in pledges and today, we are only \$87,000 away from our goal in pledges. Most campaigns figure on approximately ten percent of the pledges not being fulfilled and now comes the big blast on the horn—of the 1,832 donors who have contributed to the fund drive, only seven pledges have not been honored and two of these are from donors who died before their pledges were paid. Approximately ten percent? Not so for the FNS, where

unfulfilled pledges amount to only .38% of the whole. There are 138 donors still fulfilling their pledges but they are up-to-date and continue to make payments.

Having faced the challenge of raising \$2,800,000, our donors have once more proven that they believe in what the FNS is doing and what it plans to do in the future. There are no words to express our gratitude and we feel that by bragging just this once, it is a way of saying how grateful we are.

Please keep in touch with us as we hope that there will be some grand person who will want to put us over the top by the time the Summer Bulletin goes to press.

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### READERS' MOTORING TALES—136

In Greece sheep-dogs are large fierce animals who guard the flocks against thieves and wolves. Herding is no part of their job, and the sheep would not understand it anyway. Driving along a country road between Mistra and Sparita, we overtook a flock of sheep walking on the edge of the open field—all but half a dozen which were straggling line abreast across the road, bringing us almost to a halt. The dog, who had been ahead with the shepherd leading the flock, trotted back and proceeded to push shoulder to shoulder against the outside sheep, which pushed the second, and so on, the dog putting all his weight into shifting the whole string. Once he had pushed them well off the road he turned his head towards us as though to say, 'Get a move on while you can'. The shepherd had taken no part in this action, of which indeed he seemed unaware.—*D. W. Hough*

—*The Countryman*, Spring 1967, Edited by John Cripps, Burford, Oxfordshire, England.

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## AN EDITORIAL

How does it feel to be the recipient of a government grant of nearly a million and a quarter dollars? Well, the official notification just came through yesterday and, frankly, we are all feeling a bit numb. We are happy, certainly; we feel a certain satisfaction and justification. We celebrated by having the first strawberries of the season for lunch at Wendover today.

This grant did not come to us on a silver platter. Hard work—by a lot of people—went into each one of the several applications we have submitted in the last few years.

By the mid-1960's it had become obvious that the Hyden Hospital and Health Center, a cottage hospital designed in 1928 with twelve inpatient beds, was no longer sufficient to meet the needs of Leslie County. Health education, better roads and communications, Medicare and health programs for the medically indigent had encouraged more people to seek medical care. In 1967 our Board of Governors decided to seek funds for a modern hospital in Hyden and approved two approaches to raise the money needed. We would apply for government aid and we would ask our loyal friends to contribute to a capital fund drive. We set a goal of \$2,800,000 for capital development—the major portion to be allocated to the Mary Breckinridge Hospital, a lesser amount to provide additional staff that would be needed for the new hospital, to provide additional faculty for the educational program, to raise salaries of the existing staff. The phenomenal success of our own fund drive is reported by Leigh Powell in "Come Blow Your Horn With Us" printed elsewhere in this Bulletin.

It was not so easy to obtain government funds.

In the beginning of the FNS, Mrs. Breckinridge told her nurses to go sell their personalities to their neighbors. Well, we had to sell our personalities—and our program—all over again, this time far beyond the Kentucky mountains. It has been a hard grind. At times we felt success was just around the corner; at other times we felt that we would never convince the government planners that the FNS had a role within the scheme of health care for the citizens of southeastern Kentucky. However,

we persevered because the need for a new hospital in Leslie County was great and because we felt we had forty years of experience in the field of comprehensive health care to offer others who were becoming interested in this concept.

It will be no surprise to our readers to learn that construction costs have risen considerably in the three years since we began the capital fund drive! Had we been unsuccessful in obtaining government construction funds, it would have meant that most of the 2.8 million goal would have gone into the construction of the facility, leaving us without any additional capital to meet increased operating expenses.

What the government grant means to us, primarily, is that it insures that a reasonable portion of the capital funds raised over the past three years may go, after all, to run the Mary Breckinridge Hospital as was originally intended and which was outlined in our booklet "To See Ourselves Surpassed . . ." sent out to friends at the beginning of the capital fund drive. This gives us a great deal of satisfaction, and we think it will please our friends, even though we all realize that the sum we will have will by no means meet all the expenses of the new hospital! We will continue to need the help of our donors. That we are confident of your continued interest and support in no way lessens our gratitude. This support, together with the encouragement we have received from you and from a number of health professionals in and out of government who have believed in us from the beginning, has meant everything in the world to us during the last few difficult years. In a sense a government grant for construction of a new health facility in Hyden is a compliment to private philanthropists who have provided health care for the people in this section of Appalachia for forty-five years. It is also an accolade for a nurse who was fifty years before her time in her concept of health care—Mary Breckinridge—and for the nurses who have followed in her footsteps.

Perhaps Helen Browne summed it up for all of us when she said, in response to congratulations on receipt of the grant, "I guess it is worth all the grey hairs!"

**URGENT NEEDS**

**HYDEN HOSPITAL PLANT**

Again, we count on our kind and generous Bulletin readers to help us meet the URGENT NEEDS listed in this column. We head the list with one of the most pressing needs—office space in the hospital for Miss Lester, superintendent.

- 1. **BUSINESS OFFICE EXTENDED:** materials and labor.....\$1,666.60

As the office staff at Hyden Hospital grew, the superintendent's office was taken over by the accounting department and Miss Lester had to use her small room in Haggin Quarters for desk work, interviews and conferences. One end of the business office has now been extended to provide room for Miss Lester again to have a desk in the Hospital—a great convenience for her and a boon to everyone's spirits.

- 2. **ANESTHESIA MACHINE:** ..... 1,516.38

When our outmoded anesthesia machine broke down, the cost of repairing it was exorbitant and impractical. We had to buy a new one which can be moved to the new hospital when it is built.

- 3. **AUTOMATIC PRINTING CALCULATOR:**..... 652.50

- 4. **SPECIAL ELECTRIC CIRCUIT FOR NCR COMPUTER GIVEN US:**..... 66.20

- 5. **ELECTRIC TYPEWRITER—16" CARRIAGE:**..... 358.50

- 6. **ELECTRIC ADDING MACHINE:**..... 550.00

These office machines are part of the equipment required to meet the increased load in the record and accounting departments.

- 7. **HEATING SYSTEM—BOILER REPAIRED, NEW CONDENSATE PUMP AND NEW MOTOR FOR STOKER:** parts, materials and labor..... 630.63

Our private water system, with its high mineral

content and corrosive quality, took its toll in equipment before we connected with the municipal system last summer. One of the expensive items was the heating system: new parts had to be put in the boiler and a new condensate pump installed.

- |  |        |
|--|--------|
| 8. <b>ANNEX—ELECTRIC HEAT INSTALLED IN LECTURE ROOM:</b> equipment, materials and labor—estimated.....   | 394.00 |
| The steam pipes to the lecture room in the Annex are so badly corroded that we cannot heat the room in cold weather. We find that it would be more expensive to replace the pipes and rusted radiators than to install electric heat. Furthermore, with mines closing down and the cost of coal soaring, electric heat is rapidly becoming more practical and more economical. |        |
| 9. <b>PULMONARY FUNCTION RECORDER:</b> .....   | 135.75 |
| 10. <b>SONLATOR REPAIRED:</b> (for patients with muscle spasms) .....  | 80.75  |
| 11. <b>FILING SHELVES BUILT IN MEDICAL RECORDS OFFICE:</b> to give more working space for clerks; to release steel files for use elsewhere; and to facilitate referring to patients' medical histories—materials and labor.....  | 226.20 |
| 12. <b>REFRIGERATOR FOR WARD KITCHEN:</b> for vaccines and medicines.....  | 190.00 |
| 13. <b>REFRIGERATOR FOR OBSTETRICAL WARD:</b> for babies' formulas.....  | 179.00 |
| 14. <b>WARDS PAINTED:</b> by our men—materials and labor.....  | 111.80 |
| 15. <b>SELF DOOR-CLOSER—FIRE PROTECTION:</b> for door to stairway—required by State fire regulations.....  | 27.95  |
| 16. <b>LABORATORY STOOL:</b> .....   | 21.00  |
| 17. <b>ALUMINUM ROASTER:</b> .....   | 19.95  |

**MARGARET VOORHIES HAGGIN QUARTERS  
FOR NURSES**

- |  |          |
|--|----------|
| 1. <b>DINING ROOM CHAIRS—REPAIRED:</b> new cane seats and rungs re-glued to make tight—7 @ \$7.50 ea. .... | \$ 52.50 |
| 2. <b>NEW SLIP COVER FOR LARGE SOFA IN LOUNGE—OTHER COVERS PATCHED:</b> materials and labor.....           | 47.12    |
| 3. <b>STAINLESS STEEL FLATWARE:</b> knives, forks, teaspoons—2-doz. ea.....                                | 16.80    |
| 4. <b>COMMERCIAL CAN OPENER—HEAVY DUTY:..</b>  | 20.00    |
| 5. <b>PAINTING 5-BEDROOMS:</b> materials and labor—estimated.....  | 150.00   |

**MARDI COTTAGE**

**Quarters for Frontier Graduate School of Midwifery**

- |   |           |
|---|-----------|
| 1. <b>INTERIOR PAINTING:—LIVING ROOM, 2-BEDROOMS AND BATH:</b> paint and labor—estimated..... | \$ 100.00 |
| 2. <b>NEW WASHING MACHINE—WRINGER TYPE:</b> less trade-in of old machine.....                 | 180.00    |
| 3. <b>CONNECTING MARDI COTTAGE WITH MUNICIPAL WATER LINES:</b> materials and labor.....       | 107.65    |
| 4. <b>NEW LIVING ROOM LAMPS:</b> replacing some that "came out of the Ark!"—3 @ \$32.00.....  | 96.00     |
| 5. <b>BEDROOM LAMPS:</b> 3 @ \$4.00.....  | 12.00     |
| 6. <b>NEW 4-SLICE TOASTER:</b> replacement.....   | 25.00     |
| 7. <b>HEATING SYSTEM—REPAIRED:</b> parts and labor—estimated.....                             | 50.00     |
| 8. <b>BATHROOM SCALES:</b> Not urgent but wanted badly!.....                                  | 10.00     |
| 9. <b>WINDOW FAN:</b> for bedroom.....  | 19.95     |
| 10. <b>COMMERCIAL TYPE CAN OPENER:</b> .....  | 20.00     |

Note: The upright piano given Mardi Cottage years ago no longer holds tuning. The stu-

dents love to relax, when they can, by singing in the evenings. They hope that someone will be kind enough to give them a good, small spinet type piano. Every class has one or two musicians in it and they sorely miss a piano.

### JOY HOUSE

#### Gift of Helen Newberry Joy

Dr. and Mrs. Dodge, with their three charming children, are now living in Joy House. They have bought their own curtains, a sofa for the living room, a rug for the dining room and new floor covering for the kitchen. The items listed below are all things that needed to be done before the new doctor and his family moved in, but the money was not available for them. Please help us put Joy House in the good condition in which it should be kept.

- |  |            |
|--|------------|
| 1. <b>ELECTRIC HEAT INSTALLED:</b> replacing very old, smoking hot air system beyond repair—complete installation..... | \$1,465.00 |
| 2. <b>TRIM OF HOUSE AND SHUTTERS—PAINTED:</b> last painted in 1963—materials and labor—estimated.....                  | 750.00     |
| 3. <b>CERAMIC TILE INSTALLED AROUND TUB IN ONE BATHROOM:</b> materials and labor—quoted @.....                         | 85.00      |
| 4. <b>INSTALLING SHOWER HEAD AND GLASS TUB ENCLOSURE IN ABOVE BATHROOM:</b> materials and labor—quoted @.....          | 65.00      |
| 5. <b>STEPS TO SIDE PORCH REBUILT AND HAND-RAILS INSTALLED:</b> materials and labor—estimated.....                     | 75.00      |
| 6. <b>BROKEN LAVATORY—REPLACED:</b> installed @  | 40.00      |
| 7. <b>KITCHEN AND DEN—PAINTED:</b> materials and labor—estimated.....  | 125.00     |

**BOLTON HOUSE**  
**Gift of Frances P. Bolton**

1. <b>BOARD FENCE AROUND YARD:</b> creosoting fence, running chicken wire along inside it—materials and labor—estimated.....	\$ 100.00
2. <b>DOUBLE BED WITH BOX SPRINGS AND INNERSPRING MATTRESS:</b> complete.....	144.85
3. <b>CONNECTING WITH CITY WATER SYSTEM:</b> materials and labor.....	120.45
4. <b>WALL TYPE ELECTRIC HEATER FOR FIRST FLOOR BATHROOM:</b> replacement.....	49.69
5. <b>NEW COMMODE:</b> installed.....	54.33
6. <b>CURTAINS FOR LIVING ROOM:</b> 3 pairs.....	30.00

**SCOTT HOUSE**

Scott House, a 4-room cottage adjoining the site for the new hospital, was first occupied by a relief doctor and his family. Now, two of our midwifery instructors live there. To furnish the house, we collected bits and pieces from storage at Hyden and Wendover; but, we had to buy some furniture and household supplies, and more is needed, as listed in this column.

1. <b>LIVING ROOM FURNITURE:</b> sofa, 2-chairs and rug.....	\$ 264.85
2. <b>BREAKFAST TABLE AND 4-CHAIRS:</b> .....	44.95
3. <b>AIR-CONDITIONING UNIT:</b> to cool all four rooms—special circuit, unit and labor—estimated.....	425.00
4. <b>KITCHEN UTILITY CABINET—METAL:</b> .....	24.95
5. <b>KITCHEN UTENSILS:</b> .....	17.82
6. <b>CURTAINS FOR LIVING ROOM AND BEDROOM:</b> materials and rods—estimated.....	50.00
7. <b>NEW REFRIGERATOR:</b> old one has freezing unit door held together with tape and is too old for new parts to be available—quoted @.....	275.00

### WENDOVER

1. **OVERALL REPAIRS—UPPER SHELF:** staff living quarters—
- |                          |          |           |
|--------------------------|----------|-----------|
| materials—estimated..... | \$250.00 |           |
| labor—estimated.....     | 500.00   | \$ 750.00 |

The following is the minimum amount of work that has to be done before another winter to make the building safe; to make it tight enough to prevent excessive heat loss in winter and to keep insects out in the summer; and to make the rooms clean and more cheerful for the girls who live on the Upper Shelf:

Jack up the building, clear out from underneath debris washed off hillside in heavy rains; and repair all cement drains around building.

Replace rotten sills and support them on concrete blocks, set on concrete footing; and put sturdy handrails around the porch.

Repair and make fit tightly all doors, windows and screens.

Caulk all cracks in walls, around chimneys and hearths, preparatory to painting.

Paint exterior trim and underneath eaves of house; and interior of four rooms and bath.

Remove tub and lavatory and replace wornout wall covering behind them; and patch warped boards in floor and replace all worn tiles.

2. **GARDEN HOUSE—FLOOR COVERING FOR 7-OFFICES AND HALLWAY:** these floors have not been refinished since the Garden House was built in 1942. Something must be done and we find that floor covering is more practical and less expensive than having floors refinished—commercial vinyl floor covering—installed @..... 724.00
3. **GARDEN HOUSE—EXTERIOR PAINTED:** house creosoted and trim painted—last work done in 1964—materials and labor..... 975.76



4. **PEBBLE WORKSHOP—EXTERIOR PAINTED:**  
house creosoted and trim painted—last work done  
in 1964—materials and labor..... 125.82
5. **OLD HOUSE AND GARDEN HOUSE—GUTTER-  
ING REPLACED:** materials and labor..... 96.14
6. **STONE STEPS—OLD HOUSE TO ROAD:** reset  
and larger stones put in—labor..... 87.85
7. **PIG ALLEY PARKING AREA:** two old barns and  
a kindling shed torn down, the sites leveled off,  
the road bed widened and drained; and river  
gravel spread to make parking space for employ-  
ees' and staff cars—labor..... 576.68  

**Note:** The bulldozer and operator used in sloping  
the hillside above the road and cutting  
drainage ditches were free of charge.
8. **NEW BEDS:** innerspring mattresses and box  
springs on metal frame—3 sets quoted @ \$47.95.. 143.85  

**Note:** Through Mr. Rex Farmer, one of our in-  
valuable local trustees, and dealer for a  
Kentucky bed manufacturing firm, we have  
been given the "basic factory cost" price  
on these beds and Mr. Farmer has foregone  
all of his profit. This kindness and gener-  
osity on the part of Mr. Farmer and the  
manufacturer make it possible for us to  
replace sagging coil springs and thin felt  
mattresses with comfortable beds as  
needed.
9. **POSTURE CHAIRS:** for clerks and typists—  
quoted @ \$31.50 ea..... 252.00  

**Note:** All office chairs, now in use, were purchased  
secondhand years ago and are past repair  
and uncomfortable. Backs are howling for  
chairs with proper support. One or eight  
chairs will be tremendously appreciated.
10. **ELECTRIC ADDING MACHINE FOR EXECU-  
TIVE SECRETARY'S OFFICE:** quoted @..... 350.00

11. <b>RELOCATING TWO SEWAGE DRAINAGE FIELDS, INSTALLING NEW LINES AND DISTRIBUTION BOXES:</b> essential to prevent pollution of river below—materials and labor.....	1,000.00
12. <b>FIRE HOSE:</b> replacing one 50' section.....	25.50
13. <b>DOGTROT CHAIRS—CLEANED AND REPAIRED:</b> loose rungs glued and made tight—20 chairs @ \$1.50 ea.....	30.00
14. <b>OLD HOUSE LIVING ROOM FIRE SCREEN—REPAIRED:</b> new wire put on and painted.....	20.00
15. <b>DOUBLE LAUNDRY TUB UNIT:</b> replacing salvage from Garden House fire in 1942—tubs and installation—quoted @ .....	65.00

### THE GEORGIA WRIGHT CLEARING

One of our Wendover cooks, Opal Morgan, with her husband and their three school children, lives in our house at "The Clearing." It does not have a bathroom in it and it is not feasible to build one onto the house—there is no approved location for a sewage drainage field.

Close by the house is a concrete block wash house, no longer needed for that purpose. It already has running hot and cold water in it, and a drain in the concrete floor. We should like to convert this into a shower and dressing room. We would need to install in it a shower and handbasin, and paint it. This would, at least, give Opal and her family the comfort of a shower in the hot, dusty summer.

1. <b>CONVERTING WASH HOUSE TO SHOWER AND DRESSING ROOM:</b> equipment, materials and labor—estimated.....	\$ 300.00
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### CENTERS

Three of our outpost centers have to be painted within the year—the old paint no longer protects the wood. We have a man who can do the work and we hope that responses to this item will come in soon after the Bulletin is in the mails so that he can get on with the work and complete all buildings as soon as possible.

Being in a coal-mining area, all of our centers are heated by coal furnaces or boilers. Until recently, all were hand-fired; but now, thanks to generous friends, three centers have stokers; and, if possible, we must put one in at Brutus before fall.

In these changing times, it is becoming more and more difficult to get a man, living close enough to the center, to do part-time work. Furnaces do not work efficiently, and they are not safe, without proper firing, cleaning and adjustment of controls. Our young nurses are totally inexperienced in the idiosyncrasies of these "monsters". Unless we have a man to take care of them, our men from Wendover have to make numerous trips out to check, repair and make adjustments. Improper day-by-day firing and care of furnaces also results in excessive soot which is frustrating to all good housekeepers! Furthermore, when a nurse is out on district, she often returns to a cold house because the fire has gone out. With a stoker, this does not happen.

**BEECH FORK NURSING CENTER**

**Jessie Preston Draper Memorial**

1. **PAINTING CENTER—EXTERIOR:** last done in 1964—materials and labor—estimated.....\$ 500.00
2. **ALUMINUM COMBINATION STORM WINDOWS AND DOORS—INSTALLED:** to cut down on heat loss—contract ..... 557.50
3. **CONVERTING OLD GARDEN PLOT TO PARKING SPACE:** badly needed to prevent accidents in limited space we have now—cross fence put in one end to divide parking space from small garden plot; site cleared, levelled, drained, culvert pipes installed, gravel spread and posts and rails installed at hillside to serve as "bumper" in parking—materials and labor—estimated..... 200.00  
**Note:** This does not include labor by our regular men or that done as a contribution to the FNS.
4. **NEW CHAIRS FOR LIVING ROOM:** replacing 44-year old ones past repair—2 @ \$49.95..... 99.90

- |  |       |
|--|-------|
| 5. <b>REPLACING WORN FLOOR TILES IN 4-ROOMS AND MAKING SMALL CARPENTRY REPAIRS:</b> materials and labor—estimated.....         | 50.00 |
| 6. <b>SPLIT-BOTTOM CHAIRS—8—REFURBISHED:</b> seats padded and washable covers made for them—materials and labor—estimated..... | 25.00 |
| 7. <b>NEW COUNTER TOP ON OLD KITCHEN CABINET:</b> materials and labor—estimated.....   | 20.00 |

### BRUTUS NURSING CENTER

#### Belle Barrett Hughitt Memorial

- |  |           |
|--|-----------|
| 1. <b>CENTER—EXTERIOR PAINTED:</b> (last painted in 1964)—materials and labor—estimated.....   | \$ 500.00 |
| 2. <b>HEATING SYSTEM—STOKER INSTALLED:</b> to keep fire, day and night, so nurses will not return to a cold house; to provide more efficient heat at a more even temperature; and to lessen the chance of fire due to an over-heated furnace—requires larger electric entrance panel—stoker, materials and labor—estimated ..... | 700.00    |
| 3. <b>ALUMINUM COMBINATION STORM WINDOWS AND DOORS FOR WHOLE HOUSE:</b> quoted @..   | 350.00    |
| 4. <b>NEW BEDS WITH BOX SPRINGS AND INNER-SPRING MATTRESSES:</b> complete with frames—3 quoted @ \$47.95 ea.....   | 143.85    |
| <b>Note:</b> Manufacturer and dealer have given us a special price.  |           |
| 5. <b>BREAKFAST SET FOR KITCHEN:</b> table and 4-chairs—quoted @ .....   | 49.95     |
| 6. <b>RETAINING WALL TO KEEP HILLSIDE FROM FALLING ON DRIVEWAY:</b> estimated.....   | 150.00    |

### FLAT CREEK NURSING CENTER

#### Caroline Butler Atwood Memorial

NONE

**RED BIRD NURSING CENTER**

**Clara Ford**

1. **CREOSOTING LOGS AND PAINTING TRIM OF HOUSE:** scraping off old paint, caulking cracks, painting—materials, labor and transportation—estimated.....\$ 250.00
2. **NEW ROOF ON BARN:** materials and labor..... 119.25
3. **CABINETS FOR KITCHEN SINK:** wooden cabinets made to replace rusted-out metal cabinets—materials and labor..... 128.30
4. **NEW ROOF ON STORAGE HOUSE:** materials and labor..... 86.30
5. **PAINT:** for 2-clinic rooms, waiting room, bathroom and front porch (nurses and couriers will put it on)—5-gals. @ \$5.95 and 1-gal. @ \$7.70..... 37.25
6. **VACUUM CLEANER:** with attachments—replacement..... 99.75
7. **REVOLVING CHIMNEY CAP:** replacement for living room flue—cap and installation..... 35.00

**WOLF CREEK NURSING CENTER**

**Margaret Durbin Harper Memorial**

When work began on the Wolf Creek District, we added on to a small house which already stood on the property we had purchased, and we did not replace the flooring in what became the clinic and waiting room of the Center. The old, rough pine floors will no longer hold paint and it is impossible to keep them clean. Will some of our kind readers please make it possible for us to have this work done early in the summer. It will not only facilitate keeping the rooms clean, but will make them much more attractive for the patients and for the nurses who live and work there.

1. **FLOOR COVERING FOR CLINIC AND WAITING ROOM FLOORS—LARGE ROOMS:**  $\frac{3}{8}$ " plywood laid on top of old floors and a good grade of floor covering laid on top of that—materials and labor—estimated.....\$ 300.00

**2. LIVING ROOM FURNITURE—REPAIRED AND SLIP COVERED:**

Maple sofa and 1-chair: new foam padding and slipcovers.....\$67.13

2-platform rockers: slipcovers only..... 32.57      99.70

**3. STOKER—REPAIRED:** new parts and labor..... 114.94

**4. LIVING ROOM AND HALLWAY—PAINTED:** by nurse and couriers—paint..... 25.00

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**THE FASTEST CREATURES IN THE WORLD**

Riding in a space ship or even in a slower-moving jet plane at 600 miles per hour, man is likely to look down on the earth and feel superior because he can get from one place to another so fast. The fact is that when man gets away from air or ground vehicles he is a rather slow-moving creature.

Man's top speed on land—by himself—is 20 miles per hour. The elephant does better at 25 miles per hour, while the average house cat, if pressed, can make 30. Neither can compare with the ostrich at 50 miles per hour, the gazelle at 55, or the cheetah at 65.

In water, man is even worse off, churning away at five miles per hour. The barracuda travels at 30 miles an hour, the sailfish at 40 and the whale at 20.

In the air, of course, man is really lost because he can't fly without help. The housefly clips along at five miles per hour, and some common birds will make between 20 and 30 m.p.h. The real speedsters in the air are the falcon, the Indian swift, the eagle and the duck hawk. All travel at better than 100 miles per hour, with the duck hawk the fastest at 175.

The duck hawk must think it strange indeed to look down on a golf course and wonder why man will spend all afternoon pushing a white ball 6000 yards or more and then act like he has done something great!

—*The Colonial Crier*, Mar.-Apr. 1970  
Colonial Hospital Supply Company  
Chicago, Illinois

## In Memoriam

MR. DILL ASHER  
Hyden, Kentucky  
Died in 1969

MRS. HENRY FORSTER  
Garrison, New York  
Died in January, 1970

MISS FRANCES K. M. BOWDOIN  
New Windsor, Maryland  
Died in April, 1970

MRS. JETER R. HORTON  
New York, New York  
Died in December, 1969

MRS. SHILO BOWLING  
Creekville, Kentucky  
Died in January, 1970

MR. RAY LANGDON  
Confluence, Kentucky  
Died in February, 1970

MRS. GEORGE A. CROCKER  
Cold Spring Harbor, New York  
Died in February, 1970

MISS JEAN C. MCKINNEY  
Pittsburgh, Pennsylvania  
Died in November, 1969

MRS. LEONARD T. DAVIDSON  
Crestwood, Kentucky  
Died in April, 1970

MR. GILLOUS C. MORGAN  
Hyden, Kentucky  
Died in February, 1970

MRS. ELLIS J. FINCH  
Monmouth Heights, New Jersey  
Died in 1970

DR. JOHN W. PRICE, JR.  
Louisville, Kentucky  
Died in February, 1970

MRS. H. CHURCH FORD  
Georgetown, Kentucky  
Died in March, 1970

DR. EUGENE TODD, JR.  
Lexington, Kentucky  
Died in February, 1970

The splendours of the firmament of time  
May be eclipsed, but are extinguished not;  
Like stars to their appointed height they climb  
And death is a low mist which cannot blot  
The brightness it may veil.

From *Adonais*  
Percy Bysshe Shelley

It is difficult to give up old friends, but now that we have passed our forty-fifth year, we realize that the span of life on earth must one day run out for all of us. Among those medical friends we have lost are Dr. John W. Price, Jr., the distinguished Louisville physician and husband of our faithful trustee. We were all saddened by the sudden death of Dr. Eugene Todd, Jr. of Lexington, Kentucky, in February. Many people will long be grateful to this skillful surgeon, including our own Anna May January. Dr. Todd gave freely of his time to FNS patients when he came to our hospital to conduct annual surgical clinics.

Mrs. Leonard T. Davidson of Louisville served as a trustee of the FNS for twenty years. She was a generous supporter of our work, and shared her interest in FNS with her husband, who is a member of our National Medical Council, and her sister, a member of our Board of Governors. We know how much she will be missed.

Our New York Committee has lost two members of long standing. Mrs. George A. Crocker had worked with Mrs. Breckinridge in France after World War I and Mrs. Jeter Horton was a cousin who had stood behind Mary Breckinridge from the time she began the FNS. Mrs. H. Church Ford of Georgetown, Kentucky, who died within a year of losing her husband, had been a firm friend of the FNS from its early days, as a member of our Blue Grass Committee.

We have lost staunch neighbors and friends. Mr. Gillous Morgan, Mr. Dill Asher, and Mr. Ray Langdon gave us much support and help in our local community for many years. We will miss them all. Mrs. Elsie Bowling of Creeksville will long be remembered as the "barn lady" for our Flat Creek Center. She was small of stature, but nothing daunted Elsie who would stand on a small stepladder to groom the horses! Her barn was always a well kept home for "her horses".

We are deeply grateful to the donors who remembered us with a legacy: Miss Frances K. M. Bowdoin of New Windsor, Maryland, and Miss Jean C. McKinney of Pittsburgh, Pennsylvania. Our heartfelt appreciation also goes to the families of Mrs. Henry Forster of Garrison, New York, and Mrs. Ellis J. Finch of Monmouth Heights, New Jersey, who suggested donations to the FNS in their memory.



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To the families of all these good friends we send our sincerest sympathy on the loss of those they loved.

TWILIGHT

Twilight it is, and the far woods are dim, and the  
rooks cry and call.  
Down in the valley the lamps, and the mist, and a  
star over all.  
There by the rick, where they thresh, is the drone  
at an end,  
Twilight it is, and I travel the road with my friend.

I think of the friends who are dead, who were dear  
long ago in the past,  
Beautiful friends who are dead, though I know that  
death cannot last;  
Friends with the beautiful eyes that the dust has  
defiled,  
Beautiful souls who were gentle when I was a child.

—John Masefield

## THE FAMILY NURSE

### Progress Report

Recent issues of the Quarterly Bulletin have told of the conferences and meetings that have been attended by the medical and nursing directors of our Family Nurse program. Professional groups in the health field have given favorable reactions to the concept of the FNS Family Nurse whom we hope to train in our own field of work. We consider 1970 as our experimental year in the clinical field as we still believe that "one learns by doing".

In June we will begin an in-service education quarter for four of our present staff nurses. They will study health assessment and management of illness. This group will enter the Midwifery School in September. Our hope is that these nurses will be better prepared to assess and manage the families with whom they will be working; and that this in-service program will become a requirement for admission to midwifery. The nurses who start the in-service program in June will continue as staff nurses at our hospital in Hyden during the summer, so they will have the opportunity of adapting their learning to practice as they care for the patients.

Dr. Gertrude Isaacs has planned a workshop in July and August. She has recruited well qualified nurse educators to participate in the exploration of program development for the Family Nurse. We hope this workshop will also provide useful information for the Vanderbilt University faculty attending the workshop. The University will be developing a program at the Master's level for the Family Nurse Practitioner, and has signed a contract with the FNS for this program.

The nurse-midwife has been the key worker in the FNS since the work began. We will continue to include the study of midwifery in our Family Nurse program.

—H.E.B.

## COURIER NEWS

In these days of a "new look" for the Courier Service, when our young volunteers spend far more time in jeeps and in helping the nursing staff at Hyden Hospital and at the outpost center, it is something of a novelty to find them spend hours—day and night—in the barn with a sick animal. For the past week Sarah Brooks, who is back for a visit, and senior courier Bonnie Reilly have been giving excellent nursing care to Ted, the mule belonging to our neighbor, Ed Morgan.

Denny Doak, who came to Wendover in March, moved over to Hyden Hospital for fulltime nurses aide work at the end of her courier term.

Our junior couriers this spring are Priscilla Auchincloss, Syracuse, New York, Susan Ziel, East Lansing, Michigan, Anne Patton, Highland Park, Illinois, and Magdalena (Markie) Wheeler, Weston, Massachusetts.

. . . .

We were delighted to have Alison Bray, our English courier, back for a visit this spring, and we will let her tell you her impressions:

### **BAD PENNIES — OR WENDOVER RE-VISITED**

by  
ALISON BRAY

Bad pennies turn up again, so they say, and I did just that after an absence of nine years.

There were many changes since my last visit and even more since I first came to Wendover as a courier in 1938. For instance, I flew from London to Lexington in one day, instead of taking a week crossing the Atlantic by boat and another two days on the train. There were few roads in the early days and all traveling was on horseback. Now there are cars everywhere, roads opening up in every direction and only three horses at Wendover. Imagine my surprise to find a road from Hyden on the Wendover side of the river; no more crossing at the mouth of Muncy, with the doubtful thrill of "drowning out" in the middle of the river if the water were high, or braving the (to me) terrifying swinging bridge when neither jeep nor horse could get across during a

'tide'. There is more prosperity in the area, though still plenty of room for improvement. Now even remote houses up the creeks have electricity, bringing the advantages of a modern cooker, refrigerator and deep freeze, washing machine and the inevitable T.V.—a far cry from a smoky lamp and an old coal stove.

There are changes in the FNS too; more people in the offices to cope with the complicated records required by Medicare and exciting new projects such as the Nurse Practitioner scheme and the Mary Breckinridge Hospital, not to mention the conversion of Aunt Hattie's barn from an equine to a human habitation—a change of the times indeed!

All this progress and improvement is encouraging to see and a sign that the Service is alive, moving with the times, not standing still.

**But**, in spite of all the changes, so much remains happily the same. Wendover is as it has always been (and so is the Wendover road, as bumpy as ever!) and nothing can spoil the beauty of the mountains in springtime. The people have the same friendliness and kindly welcome. There is still chapel on Sunday after tea. The "atmosphere" and whole character of the Service is unchanged, all of which I found most heart-warming and comforting. I hope that it will still be like that when the bad penny turns up again in ——— how many years time?

. . . . .

Old Courier Wendy Vaughn spent her spring vacation in the mountains and has subsequently written:

I am presently designated as a pre-nursing student. I am taking four courses, two of which are microbiology and biochemistry. The other two are electives—a political science and an art history course. I like all my classes, but am not overly enthused about Wayne itself—it's huge, impersonal and lonely. I'm now thinking of **not** going to nursing school here and have sent for catalogues and applications for Columbia, Cornell and Western Reserve.

I leave June 22 for Holland to see Clem. [The Dutch friend who visited Wendy at Wendover last summer.] After a week at their summer house, we are off on a student trip to Vienna. Then Paris and London. It sounds great!

I had a great time at Wendover in March and plan on another visit after Europe this summer.

. . . . .

We have heard from her mother that old courier Leland (Andy) Williams is now Mrs. Thomas M. Maddox. Andy and

her husband are in Europe this summer but they plan to return in the early fall to enter college at the University of Colorado to complete their undergraduate work.

. . . .

Our sympathy goes out in the fullest measure to **Margaret Watkins** on the loss of her father, James K. Watkins, in February, 1970; to **Helen (Hought) Barber** whose mother, Elsie Barber, died March 29, 1970; to **Claire Hodupp Irving** on the death of her father, J. Jay Hodupp, on May 3, 1970; and to **Barbara White Dailey** on the death of her husband, Gibson F. Dailey, on May 20, 1970.

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#### POSTSCRIPT

As we go to press we have learned of the death of Mrs. John A. Papps of Hambledon, Surrey, England, the sister of our two old couriers, **Jane Leigh Powell** and **Lois Powell Cheston**. We extend our deepest sympathy to Leigh and Lois and all the members of Edith's family.

## THE VALUE OF SPORTS

by

DAVID HOWARD

Physical exercise is an absolute necessity in the modern age. There are tremendous opportunities and an increasing need for body exercise since all the modern conveniences, especially the automobile, tend to substitute for the excellent exercises people would normally get, especially from walking.

Most boys are interested in some type of sports and have many dreams of some day becoming great athletes, and with the available athletic programs in our school system, many of those precious dreams can become realities by active participation.

Through sports, as probably through no other device, boys learn that life is a competitive business.

Athletic competition prepares for the future. The preparation is mental, physical and spiritual. Lessons learned in competitive sports are many and varied. Boys learn to control emotions, frustrations and anger. They learn cooperation and the importance of working together for a common goal. They learn the essence of victory and defeat, both of which will most certainly be confronted in the future.

Selfishness and individuality must be cast aside. Sports replace idleness and induce good citizenship.

J. Edgar Hoover said, "Our statistics show that our courts, jails and institutions have fewer conflicts with men and women who have actively engaged during their youth with some form of sports."

Competitive sports build confidence and character. President Eisenhower, who played football at West Point said, "Thirty years afterward, I found myself in the midst of war. I had occasion to be on the constant lookout for natural leaders. Athletes take a certain amount of kidding, especially from those who think it is always brawn versus brains. But I noticed with real satisfaction how well ex-footballers seemed to have leadership qualifications and it wasn't sentiment that made it seem so—not with names that turned out to be Bradley, Keys, Patton, Simpson, Van Fleet, Harmon, Hobbs, Jouett and Prichard. Among many

others, they measured up. I think this was more than coincidence. I believe that football, perhaps more than any other sport, tends to instill in men the feeling that victory comes through hard, almost slavish, work, team play, self-confidence, and an enthusiasm that amounts to dedication."

While engaged in the most horrible war known to man, this great leader was called upon to command the most powerful army on earth, the army of the free world, and it became his responsibility to choose leaders to serve under his command to win that war. It was such men as Patton, Van Fleet, and other ex-athletes who helped General Eisenhower lead the Allied forces to victory.

Yes, as the General said, sports instill in men the feeling that victory comes through hard work and the athletic experiences prepare men for leadership—leadership so drastically needed in the modern world.

Today more than ever we need good strong leadership to meet and solve the problems of our generation—which are varied and many.

Sports and physical fitness will help to do this. It also promotes a well-rounded individual and helps us to meet life's demands. It helps us to grow mentally, physically and spiritually. These are some of the values we reap from sports.

**Editor's Note:** David Howard, the son of Mr. and Mrs. James Howard of Wendover, won a blue ribbon in the 12-year old boys class and the Grand Championship at an eight-county 4-H Speech Rally held in Jackson, Kentucky, in April of this year. David's teacher has commended him for the hard work he did to gather the material for his speech, to write it with only a little help from his Principal, and to memorize it for the competition. We appreciate his allowing us to print "The Value of Sports" in the FNS Quarterly Bulletin.

Other Leslie County youngsters who won ribbons in Jackson were Brenda Sizemore and Darrell Jones in the 9-year old class; Martha Hayes in the 10-year old class; Danny France in the 11-year old class; Ruthanne Cook in the 12-year old class; and Patty Mullins and Bobby Dees, Jr. in the 13-year old class. We congratulate all of these young people on their success.

## OLD STAFF NEWS

Edited by  
EILEEN H. MORGAN

### **From Marie Sullivan in Territory de Roraima, Brazil**

—February, 1970

This week I finished the advanced language study course in Waica and I am quite encouraged to be able to converse simply with the Indians as I treat them.

Although it usually comes two seasons late, I thoroughly enjoy reading each Bulletin of FNS news. I surely do miss you all.

. . . . .

### **From Audrey Lafrenz Biberdorf in Wabag, New Guinea**

—March, 1970

In March we spent a lovely two weeks in Madang on our annual holiday. Swimming, picnicking, shopping and just relaxing made the time pass all too quickly.

Major road work has been in progress in the Lae River Valley. A few concrete bridges are in use and new cuts appear everywhere. The Administration wants to make the Wabag-Wapenamanda road a two-lane one, and expects to spend about one million dollars on it. Most of this money will remain in the hands of the Engas in this area, as they are doing the pick and shovel work on it.

At the same time, influenza was taking on epidemic proportions throughout the Highlands. Over one thousand people died in the Western Highlands (our area) alone and five hundred in the Southern Highlands. Special measures were taken to confront the situation, but it still was grim. I had between one hundred and twenty to one hundred and fifty treatments in my clinic at Watumanda.

. . . . .

### **From Mrs. Grace A. Terrill (Pixie) in Louisville, Kentucky**

—April, 1970

Cecile Watters is in Atlanta visiting her daughter, then will go on to visit her son at St. Albans.

We have really had some windy weather here during April.



Nancy was on the fringe of a young tornado the other week. There was quite a lot of damage in their neighborhood.

I have just re-read WIDE NEIGHBORHOODS and enjoyed every bit of it. It is much more interesting when you know some of the persons mentioned in the book and know of others.

. . . . .

**From Carol Gidney in Pittsburgh, Pennsylvania—May, 1970**

This morning I received a package from Joyce Wiechmann which included a tape of the program Miss Gage gave some time ago at Pluck's Rock. While listening to it, I was back in the hills again. This is a fairly common occurrence, my being in the city, yet there with you. All but one of my English themes had to do with FNS and Kentucky!

Last fall I attended the University of Pittsburgh part time and worked full time at the Western Pennsylvania Hospital. In January I began classes full time and work part time. This first year is mostly liberal arts subjects. In the fall we will get into more nursing subjects, including clinical practice. There are about twenty RN's in my group, including two fellows! I expect to graduate in June, 1972.

I have gotten in touch with Sandy Conville Stahl and plan to visit her shortly.

My parents have been forwarding their Bulletins to me and I am particularly interested in the news of the new Family Nurse Practitioner Program. It sounds as if it is really going great.

Please give my greetings to everyone there. I will make it back for a visit sometime.

. . . . .

**From Carolyn Coolidge Godfrey in Washington, D. C.—May, 1970**

The tea at Mrs. Neel's was wonderful and made especially so by Miss Lester's presence and little talk on FNS.

We had Eve Chetwynd over for dinner Thursday evening and got brought up to date on FNS in Eve's entertaining way. It surely made me homesick!

We are trying to plan our trip to Kentucky and find we want to see so many things and people that we have decided to take five days. After a visit to FNS, we want to go on to Cincinnati to see Tom and D. J. (Howald). We are really looking forward

to our trip and are prepared to see new faces and new additions to FNS. We especially look forward to seeing the old faces and old friends.

. . . .

### Babies

Born to Mr. and Mrs. Carl R. Bender (**June Moore**) of Sheridan, Wyoming, a daughter, Donna Louise, on April 9, 1970, weight 8 pounds, 9 ounces.

Born to Mr. and Mrs. James A. Wordeman (**Katherine Vandergriff**) of Atlanta, Georgia, a son, James H., on March 29, 1970, weight 8 pounds, 11½ ounces. He has been dubbed "Jamie."

Our congratulations to the proud parents.

. . . .

We send our deepest sympathy to our old staff member, **Alice Ford**, in the loss of her mother in March.

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The woman listened patiently while her husband told the marriage counselor that he was leading a dog's life at home. When her turn to talk came, she said very thoughtfully: "It's probably true, counselor. He barks at nothing, growls at his food and tracks his muddy feet across my clean floors."

—*Modern Maturity*, June-July, 1969

## MOUNTAIN HAPPENING

by  
RICHARD GRAHAM

'God has descended', said the woman in the cafe, 'to give us such beautiful weather'. We had been staying for several days in the snug little Auvergne town and the weather had been perfect: dry, cloudless, shimmering. But that morning the air was heavy and the sun had a sting in it. Clouds were gathering over the hills to the south-west.

We bought a picnic lunch and drove in search of a mountain stream. Soon the sky was becoming overcast; the colours of the countryside were dimmed. Only the poppies shone with fluorescent red. By the time we had found our stream the sky was black and turbulent, with angry patches of orange. We sat in the car and waited—but not for long. The storm flashed and crackled in the middle distance, until suddenly there were deafening reports like cannon fire; and here and there coils of brown vapour rose from the bracken on the hill above us. To the right a small brown cloud detached itself from the rest and hung, almost motionless, with its tail twisting down toward the hill top. We remarked that this extra-ordinary spectacle, whatever it might be, was surely the origin of primitive belief in Jehovah visiting Earth. Clearly God had descended, but in a wrathful mood.

The cloud immediately above us divided; one half moved south-east, away from the path of the storm. Then came the classic downpour with an alarming accompaniment of sound and light. We moved up the hill towards a hamlet where the road ended. On the way we were bombarded with gigantic hailstones which drummed on the roof of the car and quickly whitened the road. It was a short tense journey.

At the end of the road there was a temporary lull in the storm. In the church the angelus was ringing; in the tiny school-house children were shouting, teasing and throwing dish-water out of windows. Three men walked up by the church from the hillside below. As they passed us we referred to the storm and its ferocity. The youngest smiled and said, 'Yes, it's here. It's certainly with us'. The eldest, with the look of a Maquis veteran, merely smiled.

That evening we described to the *patronne* of our hotel the things we had seen and heard in the mountains. She nodded and said: 'It's like this, you see. When storms come here from the north-east they are not serious, but when they come from the south-west they are wicked. In those mountains there are few vineyards, but some are very special ones. They must be protected. So whenever a vineyard like that is menaced, at an official signal from the mayor little cannons are fired into the sky to break up the clouds and divert the storm. Mind you,' she added, 'at times the situation gets out of hand. Unauthorized firing takes place, and there is too great a disturbance. It is then that the hailstones fall and do damage even to the protected vineyards; and that is not funny'.

—*The Countryman*, Spring 1969, Edited by John Cripps,  
Burford, Oxfordshire, England.

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An army cook had just cooked up a huge order of scrambled eggs for a mob of recruits. While the soldiers gobbled up the eggs, he sat down and wrote a letter to his girl friend.

"Dearest," he wrote, "for two hours shells have been bursting all around me."

—*Modern Maturity*, June-July, 1969

## BEYOND THE MOUNTAINS



His Excellency the Hon. John Freeman, British Ambassador to the United States, installs Miss Betty Lester into the Most Excellent Order of the British Empire. Washington, D. C., February 3, 1970

Jane Leigh Powell and Helen Browne were at Natural Bridge State Park on April 11, when Kentucky's Governor Louie B. Nunn dedicated the Hospital Emergency Administration Radio Network. The system, designed by Motorola, enables all hospitals within the Southeastern Kentucky Regional Health Demonstration area to communicate with each other over the air to discuss care of patients and to facilitate referrals between agencies. One example of the use the FNS has made of the system occurred in early May. A child was brought to our hospital with a nasty dog bite on the face, and we needed to locate rabies serum. (The serum is quicker acting than the rabies vaccine which the FNS always has on hand.) We put in an emergency

radio call for the serum and received a reply from a hospital in Wise, Virginia. The Virginia State Police carried the precious serum to the Kentucky State line where it was met by our area emergency transport driver who delivered it to the FNS hospital at Hyden. We are happy to report that the child made a good recovery.

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Dr. Ramon Neufeld was invited by the Education Director of the Appalachian Regional Hospitals to take part in a spring seminar on "The Patient as a Person" at Cumberland Gap, Tennessee. Dr. Edward Dodge attended a one-day seminar on "The Diabetic Patient" at the Lexington Clinic, and Dr. W. B. Rogers Beasley was invited to be a participant in a symposium on health services arranged by the Mulholland Society at the University of Virginia in early April. Dr. Beasley then joined Gertrude Isaacs for the April meeting of the American Academy of Pediatrics.

In May Gertrude Isaacs flew to New England to meet with nursing faculty members at Yale University; and on to Boston for a conference on public health nursing. Trudy reports that much interest was shown in the FNS concept of the Family Nurse. She then flew to Halifax, Nova Scotia, to see the program at Dalhousie University which prepares nurses for work in remote areas.

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Anne Cundle was in St. Louis in May to attend a meeting of Home Health Agencies, called by the National League for Nursing. Anne reports that the agencies have common problems and that it was helpful to share ideas in the discussion periods.

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Old staff members and friends have shown *THE ROAD* and talked about our work in Colorado, Georgia, New Hampshire and Pennsylvania in the past few months.

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We are most grateful to Mrs. John Freeman, wife of the British Ambassador, for following along with the plan started by Lady Dean. This spring the British Embassy Wives Association packed and shipped thirty-six cartons of clothing to the FNS.

The FNS Boston Committee held its annual meeting at the home of Mrs. Vcevoid Strekalovsky in Dedham, Massachusetts, on April 13. Mrs. "Strek", as she is affectionately known by many of her friends, has ably headed the Committee for the past two years. Appreciation for all she has done was well expressed by Mrs. William Helm (courier Nella Lloyd) who succeeds as Chairman for the next two years. Brownie is grateful to the Committee for inviting her to bring news from Kentucky and to discuss development of the Family Nurse program. Plans for the annual Christmas Preview were discussed with Mrs. Charles S. Cheston, Jr. (courier Lois Powell) who heads the Preview Committee. Her enthusiasm resulted in many offers of help from the members present.

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Our Philadelphia Committee held its Chinese Auction at the Acorn Club in Philadelphia on April 15. Jane Leigh Powell and Helen Browne drove from New York and were the overnight guests of the Chairman, Mrs. J. Gibson McIlvain II. The Auction drew a good crowd and everyone had a good time, as well as raising funds for the benefit of FNS. Many lovely pieces of silver and china had been donated for the Auction which was ably conducted by husbands of two Committee members, Thomas Bright and Ernest von Starck.

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The FNS New York Committee invited friends to a party at the lovely home of Mrs. Rush Harrison Kress on April 30. Guests were invited to bring articles of value for display and sale for benefit of the FNS at the Bargain Box in New York. Our National Chairman, Mrs. Jefferson Patterson of Washington, D. C., attended this occasion.

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Our Washington Chairman, Mrs. Samuel E. Neel, invited friends of the FNS to a tea at her home in McLean, Virginia, on May 11, 1970. Betty Lester flew to Washington to bring news of our work and plans for the Family Nurse program to the Washington group. This was the second trip to Washington this year for Betty. Elsewhere in this Bulletin readers will find a picture of the British Ambassador installing Betty as an Officer of the Order of the British Empire.

Members of the Blue Grass Committee met at the home of Mrs. Floyd H. Wright in early May. Dr. Francis Massie was invited to address the group. Mrs. Richard Bean, who has ably led the Committee for the past year, has turned the chairmanship over to Mrs. John H. Kerr, Jr. and Mrs. Carter Stanfill.

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The many hours of volunteer work given us by members of our Committees beyond the mountains is of immense help in keeping the FNS alive and in the minds of so many people who are far from Kentucky but have supported the work over the years. We thank you, one and all.

*Helen E. Browne*

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#### CLOSE QUARTERS

Father was not a dressy man, but he was fussy about his boots. To make a new pair comfortable, he would buy them at least six weeks before he expected to wear them, and every day he polished the uppers and dubbined the soles, then stood the boots near the kitchen cooker to absorb the dressings and to mellow. By the time they came to be worn, uppers and soles were fully waterproofed and comfortably flexible.

One autumn evening about sixty years ago, his winter boots, which had been undergoing this preliminary treatment for some weeks, were left in their usual place by the cooker. My pet hedgehog, Billy, had the freedom of the stone-flagged kitchen because of his way with the black beetles, and some ancestral urge must have set him looking for a good place to spend the cold season. He found Father's left boot, went in and rolled up into a ball.

When we found him in the morning he was firmly wedged, and the points of the spines had penetrated the softened leather in some places. There was nothing to be done but cut the boot to pieces to release him. 'Oh, well,' said Father philosophically, 'I'm glad it wasn't an old pair I'd grown fond of'.—*Arthur Willis*.

—*The Countryman*, Winter 1969/70, Edited by  
John Cripps, Burford, Oxfordshire, England.



**WHITE ELEPHANT**



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Send it to **FRONTIER NURSING SERVICE**  
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You don't have to live in or near New York to help make money for the Nursing Service at the Bargain Box in New York. We have received thousands of dollars from the sale of knickknacks sent by friends from sixteen states besides New York. The vase you have never liked; the ornaments for which you have no room; the party dress that is no use to shivering humanity; the extra picture frame; the old pocketbook; odd bits of silver; old jewelry—There are loads of things you could send to be sold in our behalf.

If you want our green tags, fully addressed as labels, for your parcels—then write us here at Wendover for them. We shall be happy to send you as many as you want by return mail. However, your shipment by parcel post or express would be credited to the Frontier Nursing Service at the Bargain Box if you addressed it

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## FIELD NOTES

Edited by

PEGGY ELMORE

On March 10, 1970, radio station KRJ-729-Wendover and KRJ-729-Hyden Hospital went on the air as part of the Hospital Emergency Administrative Radio System in a sixteen-county area in southeastern Kentucky.

As Brownie explained in *BEYOND THE MOUNTAINS*, the system is designed to facilitate communication between hospitals in this area so that better care may be given to patients and referrals can be expedited when necessary. Within this system each agency has its own "Private Line" to enable the individual agency to cope with its own internal problems and needs.

The two main consoles are located in Hyden Hospital and in the Garden House at Wendover with "remote desk sets" (with practically the same capability as the consoles) at strategic locations at Wendover and Hyden. The main base station is located on the mountain behind Wendover, with an alternate station on the roof of the hospital. The physicians and two or three staff members have pagers to carry. The district nurses have small, high-powered, specially designed portables which allow them to talk with Hyden and Wendover and—sometimes—with each other. By switching off the "Private Line", the district nurses may also communicate with other physicians in the system about patients who may have been referred from other agencies. We also have a direct intercom between the two consoles and all the desk sets.

It has been an interesting experience! We were advised by the Motorola representatives to use the radio as much as possible on a day by day basis, so we would be thoroughly familiar with the system before a serious emergency occurred. So we have used it—tentatively at first but with growing confidence. After about a week, Rose Mary Viars, who is in charge of the console at Wendover, reported that she could now answer the incoming calls, or initiate a call, without her knees turning to water! We have all felt much the same way!

The radio has proved to be useful many times. It is a great help for a district nurse to be able to communicate with the doc-

tor at Hyden from the home of an ill patient without having to travel miles down a creek to find a telephone. But we are not limited to medical and nursing matters. We can discuss maintenance problems, Jeeps, guests, staff meetings—anything that is FNS business.

We still have a lot to learn. There are still a few "bugs" here and there. We are still (and probably always will be) troubled by static and sometimes poor reception. But on the whole, the system seems to be working quite well, considering the hilly terrain and the distances involved.

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We are most grateful to Jane Leigh Powell for bound volumes of the Frontier Nursing Service Quarterly Bulletins which she has given to Haggin Quarters and Mardi Cottage. We hope the staff at Hyden will enjoy these Bulletins as much as we at Wendover have enjoyed the set Leigh gave us last year.

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Work on the renovation of the barn at Hyden Hospital progresses satisfactorily and we think it will be a most pleasant residence for some of our staff. The contractor thinks it will be finished in the early summer but occupancy depends upon how soon we can connect on to the new sewage system which is being installed in Hyden.

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The Frontier Nursing Service Board of Governors held its spring meeting at Wendover on Saturday, April 4, 1970. Our National Chairman, Mrs. Jefferson Patterson, spent several days with us and Mr. and Mrs. Charles W. Allen, Jr., Mrs. Morris Cheston and Mr. Charles S. Cheston, Jr. were here for a night or two. Mrs. F. H. Wright, Mr. E. S. Dabney, Mr. Homer L. Drew, Mr. John H. Kerr, Jr., Mr. Henry R. Heyburn and Dr. James B. Holloway, Jr. came up for the day on Saturday. Kate Ireland and Leigh Powell were already at Wendover and completed the list of members present.

On the Thursday night before the Board meeting, Mrs. Patterson met with local Trustees and Board members. On Friday evening, members of the FNS Hyden Committee came to Wendover to meet the members of the Board who were with us over-

night. We were delighted to have Mrs. Kerr and Mrs. Holloway come up with their husbands for the day on Saturday.

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Late April brought us the excitement of a small flood. This was the highest the water had been since the big flood in 1963. It came in the front gate and inside the pasture fence in front of the Cabin at Wendover. The high water rushing by with its load of debris—plastic bottles, logs and tree limbs, mostly—is a fascinating sight from the high ground around the Wendover buildings but it plays havoc with roads and bridges. The water went down as swiftly as it had risen and we woke up the next morning to a river back in its banks and mud everywhere else.

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Agnes Lewis was back with us for a few weeks this spring to prepare the "Urgent Needs" column for this Bulletin—a tremendous job that we're not sure we'd ever get done without her. In spite of a right hand which still wasn't functioning too well after a nasty wrist fracture, Agnes managed to gather endless detailed information on replacement of equipment and line up such projects as the extensive repairs to the Upper Shelf—all in addition to "Urgent Needs." We thank her a thousand times and are looking for her back at Wendover this summer.

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Our friends will rejoice with us over the news that we have been successful in acquiring additional property for the site for the new hospital. We had been hopeful for months that we could purchase a tract of land parallel to the acreage we already owned, to give us space for expansion in the future and parking. However, this did not appear to be possible at the present time so we were delighted when property adjacent to but behind our land became available. Negotiations for the purchase of an additional three acres were completed in May—taking us another step closer to the new hospital.

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We are pleased to welcome Charlotte Wittekind of Cincinnati, Ohio, to the FNS staff. A public health nurse, Charlotte spent some weeks at the Red Bird Center and will soon become the nurse in charge of the Caroline Butler Atwood Center at Flat

Creek. We are delighted to have Sister Marie Steckler back with us again this summer. Sister Marie spent time at Hyden Hospital last summer and this year she will be at Red Bird.

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Our special thanks go to the physicians and nurses from the University of Cincinnati who came to Hyden in early May to hold a tonsil clinic. The ENT men were Dr. Glenn Bratcher and Dr. John R. Huffman and they were accompanied by an anesthesiologist, Dr. Theodore W. Striker, a nurse-anesthetist, Miss Leeann Hartlaub, and an operating room nurse, Miss Mary Harrington. Thirty-six of our patients had much-needed tonsillectomies during the four day clinic.

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A most welcome guest this spring was Miss L. Joan Grey, former Superintendent of the Queens Institute of District Nursing, who stopped by on her way home to England following a Congress of District Nursing in Australia. Another overseas guest who was with us for a time this spring was Mrs. Susan Mwendwa of Nairobi, Kenya.

Our old staff member, Darline Wilke, again brought a group of student nurses from North Park College in Chicago to spend a few days with FNS nurses. We were pleased to have the Dean of North Park's School of Nursing, Miss Delores Johnson, and the public health nursing instructor, Mrs. Paul Hanson, and her husband and son accompany Darline and the girls.

Dr. and Mrs. Irving Kanner and Mr. Byron Irwin came up from the University of Kentucky Medical Center to see something of our program. Our old friends, Mr. and Mrs. Burton Rogers of Pine Mountain, spent a night at Wendover and Dr. Priscilla Chu and Miss Julia Walker of the nearby Oneida Mountain Hospital brought Dr. Barbara S. Dittmann of Berkeley, California, over to see Hyden Hospital and Wendover. A number of groups of students have visited the FNS this spring to learn more about the work.

Our good friends, Dr. and Mrs. Herman Ziel, lunched at Hyden when they brought Susan to Kentucky and promise to stay longer when they come for her. Mr. and Mrs. William Sault spent the night at Wendover when they came to get Diane at the end of her courier term in late May.

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S.C.M. stands for State Certified Midwife and indicates a nurse, whether American or British, who qualified as a midwife under the Central Midwives Boards' examination of England or Scotland and is authorized by these Boards to put these initials after her name.

C.M. stands for Certified Midwife and indicates a nurse who qualified as a midwife under the Kentucky Department of Health examination and is authorized by this Department to put these initials after her name.



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For the convenience of those who wish to remember the Frontier Nursing Service in their wills, this form of bequest is suggested:

"I hereby give, devise and bequeath the sum of \_\_\_\_\_ dollars (or property properly described) to the Frontier Nursing Service, a corporation organized under the laws of the State of Kentucky."

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The following are some of the ways of making gifts to the Endowment Funds of the Frontier Nursing Service:

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
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3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or the principal go to the Service.
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5. **By Life Insurance.** You may have life insurance made payable direct to the Service.
6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

. . . . .

The principal of the gifts will carry the donor's name unless other instructions are given. The income will be used for the work of the Service in the manner judged best by its Trustees.



### FRONTIER NURSING SERVICE, Inc.

Its motto:

“He shall gather the lambs with his arm  
and carry them in his bosom, and shall  
gently lead those that are with young.”

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic conditions inimical to health and growth, and to conduct research towards that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

Articles of Incorporation of the  
Frontier Nursing Service, Article III.

#### **DIRECTIONS FOR SHIPPING**

We are constantly asked where to send gifts of layettes, toys, clothing, books, etc. These should always be addressed to the FRONTIER NURSING SERVICE and sent either by parcel post to Hyden, Leslie County, Kentucky 41749, or by freight or express to Hazard, Kentucky.

Gifts of money should be made payable to

**FRONTIER NURSING SERVICE,**

and sent to the treasurer

**MR. EDWARD S. DABNEY**

Security Trust Company Building

271 West Short Street

Lexington, Kentucky 40507



Mrs. William L. Helm, Jr., Chairman of the FNS Boston Committee,  
when she was a courier at Wendover.

