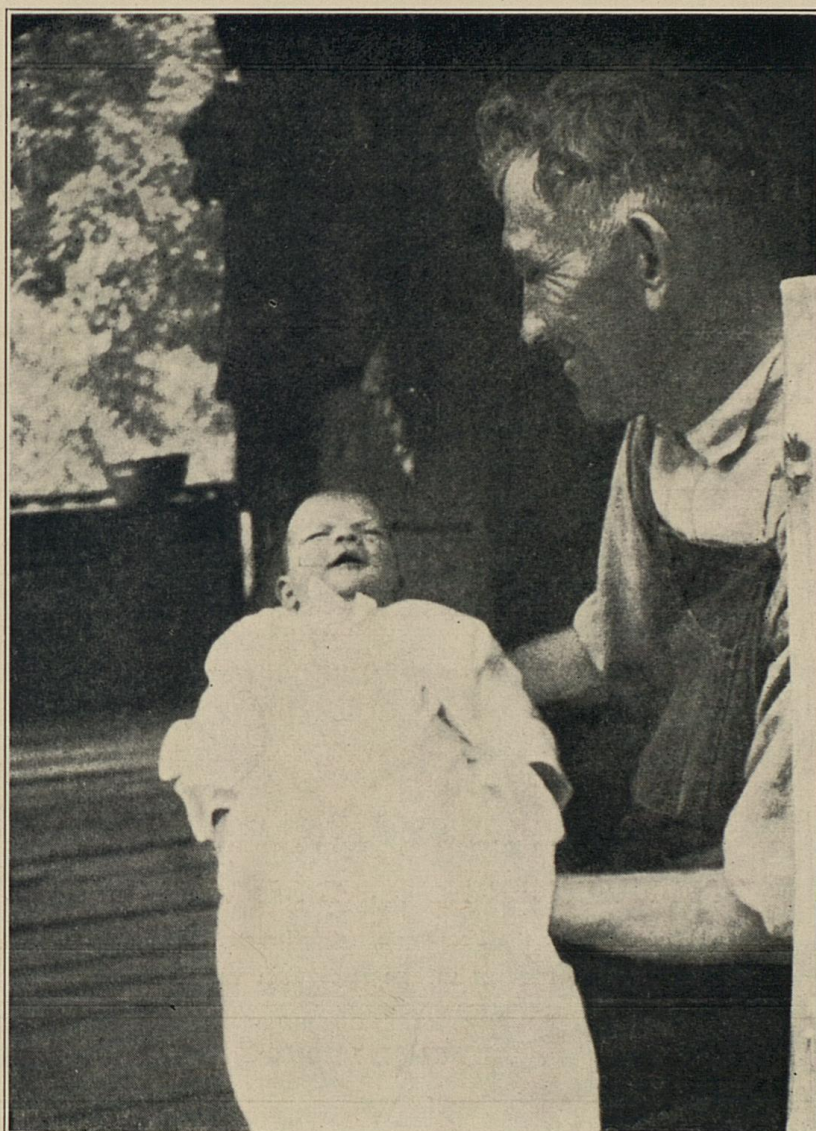


# The Quarterly Bulletin of The Frontier Nursing Service, Inc.

VOL. VI.

AUTUMN, 1930

NO. 2



A MOUNTAINEER FATHER





## CLINIC DAY IN THE WINTER

### THE QUARTERLY BULLETIN OF THE FRONTIER NURSING SERVICE, Inc.

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VOLUME VI.

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*"Entered as second class matter June 30, 1926, at the Post Office at Lexington, Ky., under the Act of March 3, 1879."*



## FOREWORD

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But for the superb work of the American Red Cross, we should be facing Christmas with the bitter knowledge that early in the new year nearly half of our population would be entirely without food for themselves and their live stock. Even with the major disaster of a famine averted, the task of the Frontier Nursing Service is not a light one this year. With four out of every five wells dry, and the only drinking water a foul slime for months past for thousands of people, with water for bathing often one and two miles distant, the results in sickness—especially dysentery and the skin conditions, can readily be imagined.

And now Christmas is coming upon us again and we are sending out the only printed appeal from headquarters that we send out during the whole year. There are over 4,000 children among our patients now; only a few hundred among them have toys or even enough warm clothing, and many will even be without shoes unless the great hearts of America remember that mountain children love gaiety and a glad time at Christmas just as much as city children do. Last year we appealed for Christmas supplies for over 3,000 children and got enough for every child. We are confident that this year the little cabins, so hard-hit and so uncomplaining, will ring again with the laughter of the children whom Santa Claus has not been allowed to forget.



YALE UNIVERSITY  
THE SCHOOL OF MEDICINE

AFFILIATED WITH THE NEW HAVEN HOSPITAL ON THE  
ANTHONY N. BRADY MEMORIAL FOUNDATION  
ANNA M. R. LAUDER DEPARTMENT NEW HAVEN, CONNECTICUT  
OF PUBLIC HEALTH

September 13, 1930.

Mrs. Mary Breckinridge,  
Wendover, Leslie County,  
Kentucky.

My Dear Mrs. Breckinridge:

I want to thank you most warmly for the opportunity of studying the work of the Frontier Nursing Service on the ground and for the many courtesies extended by you and your colleagues during the five days I spent with you in Leslie and Clay Counties.

I have of course long been familiar with the general program and policies of the Frontier Nursing Service but after studying it on the ground I find that my admiration is only deepened and intensified. A program of fundamental soundness is being carried out with efficiency and economy by a staff of remarkable quality and unexampled loyalty and devotion.

The significance of what the Frontier Nursing Service is doing extends far beyond the areas to which you are bringing comfort and relief. All over the world the outstanding health problem of the moment is to devise means of bringing the benefits of modern sanitary science to the remote rural districts. I have had opportunity to study efforts being made along this line in France, Italy, Poland, Jugoslavia, Hungary and other countries, but I know of no district in the world suffering from such economic handicaps as yours to which so complete and admirable a maternal and health service is being rendered. The work of the Frontier Nursing Service is an inspiration to all of us to spare no efforts in the difficult task of bringing real equality of opportunity to the backward places of the earth.

Cordially yours,

Signed: C.—E. A. WINSLOW.



TEACHERS COLLEGE  
COLUMBIA UNIVERSITY  
NEW YORK

July 17, 1930.

Mrs. Mary Breckinridge,  
Wendover, Kentucky.

My Dear Mrs. Breckinridge:

During the month of August, 1927, I spent three weeks inspecting the work of the Frontier Nursing Service, and in June, 1930, I revisited it, stopping for one or more days at each Center, and studying its records carefully. In the three years' interval there has been a marvelous growth in the work: First, in enlargement of territory covered and number of nurses engaged; second, in comprehensiveness for health purposes of the kinds of work attempted; third, in the thoroughness and efficiency with which each project is carried on; fourth, and, for permanent usefulness, fundamentally the most important, in the regard of the mountaineers whom it serves.

The fidelity and enthusiasm of the individual nurses is beyond praise. Their faithfulness is supplemented by sagacity in emergencies and matches the skill of the administrative force and the farseeing wisdom of the original planning of the enterprise.

In my judgment, from the points of view of economy of operation, efficiency in meeting an appalling need, and cooperation from its constituency, the Frontier Nursing Service is conducting the most challenging health demonstration in the United States. It deserves the liberal support of all who are interested in the problems it has set itself to solve.

Sincerely yours,

Signed: ELLA WOODYARD,

Institute of Educational Research.



## THE AMERICAN NATIONAL RED CROSS

WASHINGTON, D. C.

October 23, 1930.

Mrs. Mary Breckinridge,  
133 East 40th St.,  
New York, N. Y.

My Dear Mrs. Breckinridge:

This is just a note of thanks for the hospitality extended to Mrs. McAllister and myself on our visit to Hyden Tuesday. It is indeed an inspiration to see the results of your vision, your courage and your energy, and to know at first hand your people, their devotion, their sacrifice and their limitless contribution to the welfare of your Kentucky mountaineers.

I regret exceedingly that I missed seeing you on the occasion of your visit to Mr. Fieser's office here and also on my visit to your section. We are most grateful to you for the cordiality which your girls have so generously given our people—Mrs. McAllister and Mrs. Connolly. I hope that as our work develops in Kentucky we may have opportunity to repay your organization as well as to render some service to these very interesting people whom you have been helping in the field of health in such a signal and successful manner during these years.

Very truly yours,

(Signed) A. L. SCHAFER,

Director, Disaster Relief.



SIR ROBERT JONES—Bart.

11 NELSON STREET  
LIVERPOOL

5th August, 1930.

Mrs. Breckinridge,  
Frontier Nursing Service,  
The Cosmopolitan Club,  
133 East 40th Street,  
New York City.

Dear Mrs. Breckinridge:

I have read with very great interest the story of your Frontier Nursing Service. I do think you are doing a most wonderful work, and those brave nurses are really doing pioneer work and must have tremendous difficulties during the cold and wet seasons.

The founding of this Service must have been very thrilling, and I was interested to note how you had taken a course in general nursing in order to be more proficient in the work.

With kind regards,

Yours sincerely,

(Signed) ROBERT JONES.



## MRS. CLINTON ROGERS

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### THE TRIBUTE TO A FRIEND\*

The death of Mrs. Clinton Rogers, which occurred in this city Sunday, has brought to many people not only personal sorrow, but a realization that with Mrs. Rogers there has passed into memory a quality of life not easily recaptured and measurable only by value of the spirit.

In the daily press comment is often made upon the death of men conspicuous in business or philanthropy, or the world of letters, and upon women whose efficiency is undisputed. It is not often one's privilege, however, to pay tribute to a gentlewoman whose last and perhaps greatest achievement, after years and years of unremitting activity, has been that of a rarely beautiful and serene old age.

Mrs. Rogers was almost the last leaf on the tree of her generation, yet her hold on life never wavered, her keen perceptions never failed. None of the bitterness, the futile fussiness and obstinate clinging to outgrown codes, that so often disfigures old age and makes it tragic, marred the latter years of Mrs. Rogers' life. She lived in the present—men and women, the world of affairs interested her enormously, yet in her presence young people were conscious always of a gracious past, a past rooted in traditions and in the loyalties overlooked today.

It was, perhaps, this blend of past with present, that added a special flavor to Mrs. Rogers' gift of companionship. Certainly it can be said of her, as was written of Henry James, "It (illness) wore out his body, which was too tired and spent to live longer, but he carried away the power of his spirit still in its prime."

\*Written by (Miss) Katharine Van Cott Stebbins.

Mrs. Rogers was the mother of our Rochester Chairman, Miss Helen Rochester Rogers. This tribute is so exquisite and so true that we have begged for permission to publish it.



## THE SUMMER'S WORK

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We have had a stupendous summer! Aside from the drought and the extra work that involved, including the fearful difficulties of nursing the sick and taking care of maternity cases when the nearest wet well was a mile away from the patient, aside from all that, we have put over the heaviest working program in our five years existence.

In the first place, we have opened up two entirely new territories—one in Perry and one in Clay County, and have been building new nursing centers, through the generosity of Mrs. Hiran Sibley of Rochester, and the Hughitt family of Lake Forest, Illinois—each center a memorial to a loved mother. One is called the Margaret Durbin Harper Center, and the other, the Belle Barrett Hughitt Center. We have also had the money for an Annex to the hospital given by Mrs. Warren Thorpe and Mrs. John E. Rousmaniere of New York, which enables us to house the district nurses outside the hospital and also provides a wing for cases of infectious diseases. We have put badly needed improvements on the Georgia Wright 50-acre pasture land and have built a "horse hospital" at Wendover—in fact, we have kept from 20 to 60 men employed the whole time and have done our bit to lessen the miseries of unemployment.

We have extended our territory in still another direction by placing a nurse under Dr. Harlan S. Heim at Beverly at the Evangelical Settlement School. Dr. Heim in return, is giving us clinics every six weeks at the two nursing centers, for which he is the nearest physician. Our nurse under him carries his normal deliveries and lessens his load and he in turn comes to us more often to help lighten ours. Miss Ellen Marsh, an old reliable in our service, is the new nurse at Beverly, and her territory takes in the borders of four counties—Leslie, Clay and Belle, and the Stinking Creek section of Knox. This raises the



territory we are covering to over 700 square miles. We are on the last lap of our first 1,000 square mile demonstration area, and we are moving a little ahead of schedule time.

We have had many guests this summer—all delightful people, and six of the best young horsewomen in America have acted as our volunteer courier service and taken guests and patients and physicians over the long trails. Miss Marvin Breckinridge, with one or two helpers, and Bluey, the pack mule, following after, have gone around for the last time to get the final scenes for her wonderful motion picture—"THE FORGOTTEN FRONTIER." With the help of Miss Ella Woodyard, from Columbia, three of our service spent the better part of one month in putting into final shape the material for our RECORD ROUTINE, a copy of which will be sent any health organization who writes for it.

The immense part of the summer's work, however, lay in the huge clinics we have put over through the courtesies of physicians on our Medical Advisory Board and from the State Board of Health, whose services have been given us in full. The little 18-bed hospital at Hyden from May 10 to September 16, inclusive, took care of 318 patients a total number of 1541 days, an average of nearly 12 patients a day.

The first of the clinics was one held by Dr. Scott Breckinridge for three days in July. He made 29 gynaecological examinations and did 12 operations with entirely successful results.

Next came Dr. Thomas' eye clinic for three days in August. During that time he did complete refractions on 103 patients and prescribed glasses for 84. Five of these patients would have become quite blind had they continued to use their eyes without glasses, and all for whom they were prescribed, desperately



needed them. The American Optical Company sent a representative up to fit the frames for all cases and furnished the children's glasses at cost, namely, at \$3.50 a pair, complete.

In September, we had a tonsil clinic given us by Dr. C. B. Kobert of the Kentucky State Board of Health. In spite of poor health and the hot, dry weather, Dr. Kobert, over a period of five days, admitted and examined 202 patients and operated on 148. Children for this clinic came in wagons—some as far as a two-days' journey. We had as many as 70 overnight at the Hyden Hospital. All of the children were kept three days and nights, the last night in the neighborhood to be near the doctor, and were then returned in convoys under the escort of the nurses. There was not one case of hemorrhage—no accident—no trouble of any kind. The operations were performed under local anaesthesia. One little girl of 11 got up from the chair, her eyes wet, her lips frothing with blood, and said, "Thank you, Doctor." No other child in the world, not royal, would have the poise and courtesy of a mountain child under a strain like that. Another little girl, for an hour after her operation, kept exclaiming in a gently modulated voice, "Oh mercy me! My neck is sore. Oh mercy me!"

We had several emergency operations through the summer, and one, a case of intestinal obstruction—one of our own nurses, at the time of Dr. Breckinridge's clinic. This nurse, Miss Mary Harry, was nursing during the war in a hut bombed by a Zeppelin. All of the patients were killed but one, and all of the nurses but two—and they were badly wounded, Miss Harry on the right side. Five years later, they opened up her side again and took out five pieces of shrapnel that had been overlooked in the excitement of the war! Now, eight years later, a bit of the intestine got caught in the old adhesions, causing intense agony and the greatest danger. As our own surgeon, Dr. Collins, from Hazard, had gone away, we had to appeal to Lexington. Dr. Breckinridge called up Dr. Francis Massie of our Medical Advisory Board at 2:00 o'clock in the afternoon, Dr. Massie left



Lexington by motor at 3:00, reached the Hazard hospital at 10:00 that night, operated successfully on Miss Harry at 11:00 and started back for Lexington at midnight to perform his regular operations at 8:30 the next morning.

Sometimes we think there is nothing that those of us working in the field accomplish for the welfare of our patients quite so good as the resources from the outside world so freely and so generously made available, both from the doctors who come in to us, or from the hospitals and doctors to whom we send patients on the outside. During the past summer we have sent whole convoys of children to the children's hospitals of Louisville and Cincinnati, where the most marvelous free care has been given each child. We sent three emergency fracture cases, all young children, within a few days, down to Cincinnati.

The Kentucky State Dental Association, through the State Board of Health, has again affiliated with us through the courtesy of their Volunteer Secretary, Dr. Owen, and allowed us the invaluable service of Dr. Arthur M. Laird. Complete dental care has been given during the past four months to 680 children, at a cost of 10c a child, which has been met in about two-thirds of the cases, and the same care has been given to a number of prenatals and nursing mothers.

Under the general orders of the State Board of Health, and the immediate direction of Dr. Capps, we have given, during the same four months—from June through September, 11,023 inoculations against typhoid, diphtheria, smallpox and influenza. We have gone considerably beyond our own territory, at the urgent request of the population in other uncovered areas, to give some of these inoculations. In fact, we have covered considerably more than 1,000 square miles in this aspect of our work. In one section of Clay County, we were asked by the Superintendent of Schools to come and inoculate the children. A great many adults joined them, and in all, in one day, two nurses gave 498 inoculations. This was at the request of a population where



there had been not one word of propaganda. This would hardly be true of any other population in America, for, as a rule, an enormous amount of propaganda is necessary in a city to get any kind of an inoculation clinic at all.

Lastly, and in some ways most important of all, our summer was made wonderful by the presence among us of Dr. Gilbert Otto, Dr. Harold Brown, Dr. B. H. Robbins, under the direction of Dr. Paul Lamson, pharmacologists and helminthologists; all but Dr. Otto financed by the Rockefeller Foundation, through Vanderbilt University; and Dr. Otto financed by the American Child Health Association, through Johns-Hopkins. These gentlemen set up a field laboratory at Jackson and treated 820 worm cases with a new drug called hexylresorcinol, with really marvelous results. This drug (the outcome of years of patient laboratory findings) is infinitely safer than any that have been used up to now in the treatment of hook-worm, and is extraordinarily effective in treating both hookworm and round worm. Special cases by way of illustration:

Leona S., age 6, had 250 round worms, measuring 250 feet in length if put end to end; after treatment, four eggs only, equalling one feeble worm; Crit B., 16 years of age, 2,000 hook-worms. After treatment, 100 only.

We have cooperated in this splendid piece of work, in eliminating these devastating intestinal parasites from our children. We would like to make the American public worm-conscious until every American child is worm free.

We close, in grateful appreciation, with the closing lines of Dr. Lamson's last letter: "I should like to congratulate you upon the spirit in which your whole work is undertaken and the way it is done. It is as inspiring a sight as anything I have ever seen, and we all wish you the best of success with it."



## New York

The Frontier Nursing Service is having a huge meeting in New York on the night of Thursday, January 15th, at the Mecca Auditorium. An outstanding program will be widely published in advance. At this meeting will be shown the wonderful new motion picture of the Service—"THE FORGOTTEN FRONTIER," in which the volunteer actors are all mountaineers and the nurses of the Frontier Nursing Service. After this meeting, The Forgotten Frontier will be released for use by any group anywhere which will pay express on it both ways. Application should be made to the Executive Secretaries of the New York and Chicago offices:

Miss Anne Winslow, 63 East 57th Street, New York, and  
Mrs. John C. Gardner, 1018 North State Street, Chicago.

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## Map

Through the courtesy of the Fordson engineers at Red Bird River, the Frontier Nursing Service has a remarkable map, made expressly for the Service by the engineers. The whole country covered by the Service, plus the country to be covered in its complete 1,000 square mile area, and the nearest railroad towns, are all included in this map which is 19 1-2 x 17 1-2 inches and is mounted on linen. This will be sent any friends, postage paid, who wish to have one and will forward \$2.00 to the Frontier Nursing Service at Wendover, Ky. It will be sent to groups sewing for the Frontier Nursing Service, free.

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"And when the time comes . . . hit would ease my mind  
iffen I could know, and iffен I could know you had a woman-  
person to help."

The Great Meadow (p. 117),  
ELIZABETH MADOX ROBERTS.



## Two Requests

In every Bulletin we remind our friends of a few special needs.

### WE WANT

#### I. FROM GARDEN LOVERS

Shrubs, hardy perennials, vines and bulbs of all kinds for the grounds of the Hyden Hospital. They may be sent at any time and will be planted as soon as they arrive.

#### II. FROM BABY LOVERS

We want layettes—and then more layettes! We now average a baby a day and very few of them have enough clothing of any kind. The baby of this Bulletin's cover is wearing one of our layettes. Will sewing circles and churches and clubs, please remember us?

Plants and layettes both should be sent as follows: To the Frontier Nursing Service (by parcel post), Hyden, Ky.; (by express or freight), Hazard, Ky.

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## Ozarks

At the request of the St. Louis Committee of the Frontier Nursing Service, we are conducting, as this Bulletin goes to press, a survey of certain counties in Southern Missouri and Northern Arkansas in the Ozark mountains. Upon the results of this survey and its presentation to our lay friends and the medical groups in the states concerned, will depend the program of work the Frontier Nursing Service has to suggest for the Ozarks, to begin next summer.



We are omitting the names of our Trustees and Committee Members from this issue of the Bulletin.

At the request of many friends of the Frontier Nursing Service, we are giving the names and addresses of the Nursing Centers up to this date:

### FRONTIER NURSING SERVICE

Name of Center	Post Office	Freight and Express
HYDEN HOSPITAL and HEALTH CENTER	Hyden Leslie County Kentucky	Hazard Kentucky
WENDOVER	Wendover Leslie County Kentucky	Hazard Kentucky
BEECH FORK (Jessie Preston Draper Center)	Asher Leslie County Kentucky	Pineville Kentucky
POSSUM BEND (Frances Bolton Center)	Confluence Leslie County Kentucky	Krypton Perry County Kentucky
RED BIRD RIVER (Clara Ford Center)	Red Bird River Clay County Kentucky	Garrard Station Clay County Kentucky
FLAT CREEK (Caroline Butler Atwood Center)	Creekville Clay County Kentucky	Garrard Station Clay County Kentucky
BRUTUS (Bell Barrett Hughitt Center)	Brutus Clay County Kentucky	Manchester Kentucky
BOWLING TOWN (Margaret Durbin Harper Center)	Bowling Town Perry County Kentucky	Chavies Perry County Kentucky
BEVERLY (Evangelical Settlement School)	Beverly Belle County Kentucky	Pineville Kentucky



## FORM OF BEQUEST

For the convenience of those who may be willing to remember this institution in their wills, this form of bequest is suggested:

"I hereby devise 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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It is preferred that gifts be made without restriction, since the Trustees thereby have a broader latitude in making the best possible use of them. Of course, however, they are also welcome where a particular use is prescribed.  
To facilitate the making of gifts of this sort, it is suggested that if they come by will there be added to the form shown above some such language as the following:  
"This devise is to be used (here describe the purpose.)"

### **Suggestions for special bequests:**

- \$50,000 will endow the work of a Frontier Nurse in perpetuity.
- \$12,000 will endow a Frontier Hospital Bed.
- \$ 5,000 will endow a baby's bassinet.
- \$10,000 will build and equip a Frontier Center for the work of two nurses.
- \$15,000 additional will provide for the upkeep, insurance, repairs and depreciation on this center, so that
- \$25,000 will build and maintain in perpetuity a center.

A number of these centers have been given and equipped, and two are already endowed.

Any of the foregoing may be in the form of a memorial in such name as the donor may prescribe, as, for example, the Jane Grey Memorial Frontier Nurse, the Philip Sidney Frontier Hospital Bed, the Raleigh Center, the Baby Elizabeth Bassinet.

Any sum of money may be left as a part of the Frontier Nursing Service Endowment Fund the income from which will be used for the work of the Service in the manner judged best by its Trustees, and the principal of which will carry the donor's name unless otherwise designated.



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 purpose:

To safeguard the lives and health of mothers and young children by providing trained nurse-midwives for remotely rural areas where resident physicians are few and far between—these nurse-midwives to work under supervision; in compliance with the Regulations for Midwives of the State Boards of Health, and the laws governing the Registration of Nurses, and in co-operation with the nearest available medical service.



