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A CHRISTMAS PRAYER

Help us rightly to remember the birth of Jesus, that we may share in the song of the Angels, the gladness of the shepherds, and the worship of the Wise Men. Close the door of hate and open the door of love all over the world. Let kindness come with every gift and good desires with every greeting. Deliver us from evil by the blessing that Christ brings, and teach us to be merry with clear hearts. May the Christmas morning make us happy to be Thy children and the Christmas evening bring us to our beds with grateful thoughts, forgiving and forgiven, for Jesus' sake. Amen.

—*Robert Louis Stevenson*

A BABE WAS BORN AND THE WORLD FLOWERED

by
NANCY RICHEY RANSON

On that wonderful night of the Nativity when animals knelt in their stalls and conversed with each other in Latin (according to the old legend), trees burst into bloom and flowers, some of them appearing on earth for the first time, lifted their heads above the wintry ground in full bloom.

Fruit trees not only bloomed that night but bore fruit as well.

Wild animals left their dens and lairs for a trek to Bethlehem to glimpse the Babe in the manger.

Birds too flew in a seemingly endless procession by air, leaving behind warm nests and roosts high in trees, even in faraway countries.

The robin was there, ready to fan the dying coals to flame to keep the Christ Child warm in the chilly night hours, even though the fire scorched its breast to an eternal red.

Only the owl was absent. Too drowsy to heed the call from the swiftly flying birds, he woke to find himself alone in silent surroundings.

Alarmed at such loneliness, he queried, "Who called? Who? Who?"

No other bird remained to answer, and he still asks his plaintive question: "Who? Who? Who?"

Faded wild flowers and withered herbs among the dried hay that Joseph brought in from the fields and roadsides for Mary's bed and for the manger on the night that Christ was born burst into fresh bloom and sent forth a delectable aroma which they still retain, after hundreds of years.

Those that bloomed for the Christ Child are known as the Manger Herbs. Also in His bed were the sainfoin and the baby's breath.

Best known in Mary's bed were thyme, woodruff and groundsel.

When the thyme blossomed in the hay on which Mary lay,

its bloom, which had hitherto been white, turned a clear lavender, the color of her robe. And its fragrance has remained, whether it is used in cookery or as a medicinal herb, "to comfort the heart."

Groundsel (*Senecio*) is a common weed in countries of the Old World. It is a composite and has multitudinous tiny yellow flowers in its round heads. Mixed with distilled water, syrup, wine, or even vinegar, the dried flowers and leaves of groundsel were once given as medicines and used in magic. One whiff of the roots of this fragrant plant sufficed to cure stubborn headaches. Dried leaves mixed with medicine with a strong odor made the latter quite palatable.

Woodruff (*Asperula*), known as sweet woodruff ever since that first Christmas Eve when it took on fragrance, has a dainty little white star-shaped blossom with a whorl of light green leaves growing beneath; it loves shady places, including rock gardens. Its powdered leaves were once mixed with "fancy powdered snuffs" because of their enduring fragrance. The French called it musk of the woods. Old herbalists spelled it Woodde Rowffe. It grows wild in the woods so is not as well known as cultivated herbs, though famous in legend as being one of the plants in Mary's bed.

Our Lady's bedstraw (*Galium*), legend tells us, made up most of the Christ Child's bed in the manger. Its common name, false baby's breath, was given because of the daintiness and airiness of the delicate white flowers, which turned to pale yellow on the night that Christ was born and blossomed to make a golden crown for His head.

It was the sainfoin that left a circle of deep lavender flowers where His head had lain when the Wise Men lifted Him to give Him homage. This plant, an important forage crop in the Old World, is a member of the pea family.

After the guiding star had led the Wise Men to Bethlehem, it suddenly burst into millions of small pieces and fell to earth. The fragments grew into small clusters of white lilies which we know today as star-of-Bethlehem (*Ornithogalum unbellatum*).

But the Wise Men stumbled about the little narrow streets of Bethlehem, unable to find the place where the newborn King

lay. Suddenly Melchior dismounted from his dromedary to examine a small star-like flower beside a stable door. It was a white chrysanthemum.

"This is the place," he said, "for here is the symbol of the star." The door swung open, revealing the Holy Family within.

Shepherds and townsfolk came, bearing gifts for the young Child. But one small girl, daughter of a shepherd, wept outside the stable. An angel appeared and asked her why she was sad. "Because I have no gift to offer," she said. He told her to look down to the ground at her feet and she would find one.

She saw a cluster of little white flowers and rushed with them to the manger. The Christ Child reached out and touched them. Immediately they became suffused with delicate shades of pink and green. The flower is known now as Christmas rose. To botanists it is black hellebore.

A young shepherd boy, watching his sister choose her gift, searched the path and found beside it a brilliant yellow flower. Rushing with it to the stable, he presented it to Mary, who told him it was more precious to her than gold, and wore it in her bosom. It is the gay and lovely marigold of our gardens (*Tagetes*).

Another beautiful offering was a sprig of holly with gleaming white berries. In His delight at its beauty, the Christ Child took it in His hand and was wounded by the sharp thorns. Blood from His finger stained the white berries red, far more lovely than they were before. This plant was dedicated to Jesus in Bethelhem, and legend relates that it grew in His footsteps as He walked the earth and that it was used as the crown of thorns at His Crucifixion.

The berries took on an even deeper shade of scarlet when a little bird plucked a thorn from the crown to relieve the Savior's suffering, staining its own breast with the blood.

Another legend is that the robin fanned the dying fire in the stable into flame to warm the Christ Child, and scorched its breast red.

Many flowers were dedicated to the Virgin Mary at Bethelhem, including notably the rose, lily, iris and the carnation, which bloomed for the first time on that long-ago Christmas Eve.

A little plant that had been for a long time a cure for almost every known disease was the strong-smelling camomile, and legend tells us that the Wise Men brought it with their gold, frankincense and myrrh as a precious gift to the newborn King.

Some say that the fir was originally a magnificent tree with enormous leaves and rich, delectable fruit, and that it was the fir's fruit that Eve ate. As a punishment to the tree, its leaves shrank to needles and its fruit to cones. However, on that first Christmas Eve it became as it was originally: a gorgeous tree, the Child's first Christmas tree.

Another story lists the pine as the first lighted Christmas tree. It grew with an olive and a palm outside the stable door. The olive offered its fruit as a gift, the palm its dates, but the pine was desolate because it had no fruit to give. Sympathizing with it, the stars fell from the skies to its branches to add their shining lights, and it became the first lighted Christmas tree in the world.

The mistletoe, symbolizing peace, love and good will to all men—to Druids, Romans, and to people of many nationalities—was dedicated to Jesus at His birth.

Trees too demonstrated peace, love and good will to the Holy Family during their flight into Egypt.

When Herod's soldiers were about to overtake them, it was the trees that offered shelter and protection.

The pine let its long limbs down to touch the ground and formed a quick green curtain that hid all three travelers, Joseph, Mary and Jesus, until the searching soldiers left. For its aid, Jesus lifted his hand to bless the pine tree. Since then, one can now and then find a pine cone that, if split lengthwise, shows the imprint of a baby's hand inside.

The ancient fig tree opened its huge trunk, inviting the family into a huge room. Then it closed the opening, and the soldiers went on their way, not suspecting their presence.

The juniper merely offered a large branch as a cradle for the child, holding him securely as Joseph and Mary wandered off apparently aimlessly until the danger had passed. To this day, the juniper lifts the ends of its branches as if to form a resting place for a child in danger.

Mary hung freshly laundered clothing on a sturdy bush to

dry. It was a rosemary, and it immediately took on a rich fragrance which it holds to this day.

She hung her own garments on a lavender bush, which since then has not only been softly gray like her dress but has taken on the lavender shade of her coat, and has held such a wonderful aroma that modern woman likes a whiff of the foliage among her own clothes.

The latest plant added to the collection of the many that bless our Christmas came across the border from Mexico.

It is the brilliantly colored Poinsettia, called flor de Noche Buena (flower of the Holy Night) in Mexico.

Its legend is much the same as that of the Christmas rose. One small girl in a great throng of worshipers proceeding to services in a great cathedral wept bitterly because she had no gift to lay at the altar for Jesus.

When an angel appeared and told her to take what she found at her feet, but to take it with love in her heart, she joyfully broke off some tall, coarse weeds and carried them into the church. Straight up the aisle she went, with worshipers staring incredulously at her ragged clothes, her bare feet and the ugly weeds she bore.

When she laid the plants down at the altar, their tips flamed into color, the bracts around the tiny yellow flowers becoming the gorgeous poinsettia that is so popular in our Christmas decorations.

We know that lovely plant as poinsettia because Dr. Joel Poinsett, our ambassador to Mexico, introduced it into this country.

Many other plants have a prominent part in our Christmas celebration, including especially the evergreens. From time immemorial, they have been the symbols and the messengers of peace and love at the Christmas Season—our beneficent allies without which we could not exist in this pollution-ridden world.

Reprinted from *The Dallas Morning News*,
December 20, 1970

MARY BRECKINRIDGE DAY — 1971

The Tenth Annual Mary Breckinridge Day Festival was held at the Fish and Game Club in Leslie County on Saturday, October 2. The Chairman of the Festival, Mr. Rufus Fugate, and the members of his committee once again planned and executed a memorable day for all of us. The theme of the parade was The Environment and the floats were attractive and imaginative. The W. B. Muncy School at Wooton won the grand championship for the second year in a row. A photograph of their float appears below, but a black and white picture does not really do it justice. One side of the "mountain" in the center of the float showed well-kept homes, woods, gardens and lawns. The other side of the mountain illustrated what happens when strip-mining destroys the forest and the land below becomes a desert of eroded soil, earth slides and abandoned houses. With what we trust is pardonable pride, we report that the Wendover float won first prize in the "community" group and we know, from experience, that much hard work by a great many people goes into the construction of the floats.



Mrs. Edward Farmer had again assembled a group of craftsmen to display their quilts, woodwork, weaving, candle-making, sunbonnets, corn-shuck dolls and flowers, stools and chairs. Mr. W. Roy Sizemore was Master of Ceremonies for the program, a Mary Breckinridge Festival Queen was crowned, and Dr. Martin Jolly, President of the Hazard Community College, was the guest speaker.



Photo by Gabrielle Beasley

Mrs. Preshie Bledsoe of Coon Creek enjoys a few minutes rest on the Mary Breckinridge Festival Queen's throne. With her are her daughter, Ethel, and her district nurse, Karen Knapp. Ethel is known to our staff and many of our guests as the one who prepares our good meals at Wendover.

It was good to see many old friends back in the county for the day. Nan Sersig took a week end off from college to help with the Hyden District float. Margaret Martini came over from

Berea and Alice Prince drove all the way from New York where she is a freshman medical student at Columbia. Kristin Hill, Jane Williams and Ginny LaRoche spent the week end at Flat Creek and Margaret McCracken came over from Virginia to spend a couple of nights with Lucille Knechtly. Mrs. Clifton Rodes Breckinridge brought Dr. K. H. Sehra, an Indian physician, up from Lexington, and Miss Elsie Warner, a member of our National Nursing Council, came from Philadelphia.

The Mary Breckinridge Festival Committee has announced that the Festival next year will be held on Saturday, September 30.

THE MORE THINGS CHANGE . . .

The more things change, the more they remain the same, says a philosopher. If that is true, the next male fashion in hair may be wigs for men. Wigs are already big for women.

According to Alice Earle in "Home Life in Colonial Days," the popularity of wigs for men started early in the 17th century and lasted for at least a century. It followed an age when men wore long hair.

The Cavaliers (the author reports) had long and perfumed love locks. The hair of the Puritans also waved over the collar and sometimes over the shoulder. The Quakers were another long haired group.

The government and some ministers were denouncing wigs in 1675, but the criticism seemed only to make them more popular. There were many variations in style and in materials. The latter included human hair, horsehair, goats-hair, calves' and cow's tails, thread, silk and mohair. You could have a "grave full bottom," a "giddy feather-top," a "long-tail," or a "drop-wig."

All were heavy and hot . . . and the price was the equivalent of about \$100 today. If you were a gentleman, you needed eight or ten to cover every occasion. It's coming, there's no doubt about it, and we're not yet ready.

—*The Colonial Crier*, Nov.-Dec., 1970
Colonial Hospital Supply Company
Chicago, Illinois

A PIECE OF GOOD NEWS

Mary Breckinridge Hospital

On Friday, November 19, 1971, we received, by telephone, the news that Part IV of our application to build the new hospital had received the approval of the State Agency and the Atlanta Regional Office of the U. S. Public Health Service. One week later this news was confirmed in writing. It is the final step we have all been eagerly awaiting during the past several months. It means the contract for construction can be signed and arrangements are being made for this to be done as we go to press. We hope excavations for the new building will be well under way before Christmas.

Next to building the first hospital in Hyden in 1928, this is probably one of the most significant steps to be undertaken by the FNS. Forty-three years ago Mary Breckinridge undertook to meet a need by building a small cottage hospital. As the years went by and the FNS started its education program for nurse-midwives, it became evident that there was a real need for a modern health center which would serve as a hospital for the community as well as an education center for nurses interested in our type of work. There is increasing need throughout the country and indeed throughout the world for more physicians and nurses to do the kind of work we have been doing since 1925. So, once again we take a step to help fill the need, and thank our many friends who continue to encourage and support us on our way.

We invite each of our readers to tell our story to a friend who may not know of our work. Each new friend will be a magnificent Christmas present from you to us. We will be happy to mail our Quarterly Bulletin to anyone who may request it for a friend. We join Charles Dickens' Tiny Tim in saying, "God bless us everyone!"

THE ROAD UP IS HARDLY EVER STRAIGHT

The graduate who doesn't get quite the job he wants, or the young man who has already worked a couple of years and feels he is in a maze, ought to be compelled to see a Somerset Maugham story which is not new but appears on television from time to time.

It deals with a church verger (assistant sexton, if you will). The bishop and his deacons discover with some consternation that the verger, though he has been a good man on the job for several years, cannot read or write. He is fired.

He returns depressed to his lodging house and to the sympathy of his landlady. Both of them are single. One thing leads to another, possibly because the landlady has a few hundred pounds saved up. Anyway, they get married and at once make a fine team. They pool their savings and buy a small tobacco and candy store. They work hard and do well, and later they buy another and another.

Years pass. The ex-verger and his former landlady love each other and hard work. The few shops multiply into a chain; their profits rise to thousands, then hundreds of thousands of pounds.

The denouement comes when the ex-verger's banker sets up a trust for the couple. The banker asks him to read and sign the document. The verger confesses that he can neither read nor write.

The banker is saddened. "What a pity," he says. "Just think what you could have become if you had learned to read and write."

"Yes," answered the millionaire. "I would have been a verger in a church at five pounds a month."

Education is the greatest . . . but it isn't all!

—*The Colonial Crier*, July-Aug., 1970

A STUDY OF THE ROLE OF THE PROFESSIONAL NURSE WORKING WITH THE FRONTIER NURSING SERVICE

Presented to the Faculty of the College of Nursing of
Northeastern University in Fulfillment of Senior Nursing Course 85.201

by
PAULINE ELIZABETH LEE

May 25, 1971

[**Editor's Note:** Over the years the Frontier Nursing Service has offered field experience to senior nursing students. Pauline Lee came to us from Northeastern University in Boston, Massachusetts, for two months in the spring of 1971. We are pleased to print her report of her experiences.]

II. Introduction—

A. Frontier Nursing Service

Wendover, Leslie County, Kentucky 41775

B. Objectives

1. To gain a broader nursing perspective.
2. To work with a rural medical team in Family Health Planning.
3. To increase my practical experience in the Maternal-Child Health field.
4. To use technical skills and problem-solving techniques which I have acquired.
5. To develop further leadership ability and acceptance of responsibility.
6. To come to an understanding of general and specific Frontier Nursing goals.
7. To evaluate this learning experience in relation to nursing theories, ideas and techniques.

III. A. Identify the role of the professional nurse in the selected placement experience.

“Let someone go and live among the people and become their friend.”¹ These words very simply express the foundation of the role which the nurse in the mountains must assume. Initially, she is an outsider and until she has gained the confidence of the peo-

¹E. J. Merry and I. D. Irven, *District Nursing* (London: Baillier Tindall and Cox, 1955), p. VII.

ple she will not be accepted. Once accepted, however, her role as the nurse evolves and becomes more clearly defined. The mountain people play a vital part in the development of the nurse's role. Their needs, both individually and as a family, help to expand and broaden the role and also help to establish priorities for the rendering of health care.

The District Nurse, who may also be a nurse-midwife, resides at one of the nursing outposts within the 700 square mile area in which the Frontier Nursing Service renders care. She may be alone or with another nurse. Usually, if she has a one-nurse center, she also has a volunteer courier, who offers company, willingness to help and the ability to maintain the center in the absence of the nurse. If the nurse is not a midwife, then midwifery care is done by a visiting nurse-midwife from Hyden who visits the center usually on a weekly basis for clinics. Care is based on the family unit and while primary consideration is given to illness and treatment, concern is also given to the family's social situation—is there running water, enough food, what kinds of food. All of these factors must be weighed by the nurse. She assesses and evaluates in reference to each individual family. Her past experiences, the doctors in Hyden, the nursing field supervisor and her clinic references and resources are readily available for consultation; but, she must be personally responsible for initiating the interactive consultation. She is independently responsible for utilizing the problem-solving technique in making her nursing decisions. She may be alone on district and many times decisions must be made immediately, and so, she must make a judgment in health care. Her preparedness for this rests with her understanding of the people with whom she is working. It is through listening, observing and asking that one learns a great deal from the people of the mountains. There is much wisdom to be heard in the hills. For many years common sense has saved their lives, borne their children, and cured their ailments. It is by understanding their ways and building onto their methods that the nurse tries to establish good health care in the homes.

The role of the nurse-midwife is somewhat different. Her main area of concern is with the family who is preparing to receive a "new member". Her chief concern is the mother who is with child, but she too, must be equally concerned with the existing family situation. The nurse-midwives follow the mothers pre-

natally, throughout labor and delivery and the postpartum period. It is through communication from the districts that the hospital learns about many new prenatal registrations, and it is from the hospital that the District Nurse learns of the new family member in her district. Such lines of communication enhance the delivery of complete health care. In reference to communication, I must mention that by far the best source of information is the people themselves. Theirs is the language of the heart which expresses a deep concern for the welfare of their fellow man.

Today, in the hills, most of the babies are delivered by the nurse-midwives in the hospital at Hyden. Sometimes there are cases where families are unable to get to the hospital, and so, the nurse-midwife, with her saddle-bag delivery bags, goes out into the "hollers" and up the creeks. All the nurse-midwives work under the direction of the Medical Director of the Frontier Nursing Service. The nurse-midwife also evaluates and assesses. Her evaluation includes history-taking, medical, obstetrical, social and dietary. Physical screening is done by the nurse-midwife and any minor treatments which are necessary are cared for by her under a set of orders referred to as the Midwifery Routine. This routine and the standing orders followed by the district nurses were developed by physicians of the Medical Advisory Committee of FNS. In both roles the nurse has the responsibility to make decisions based on assessment and evaluation. Her added responsibility is to know when she needs assistance, and to seek it.

In summary, the role of the District Nurse and that of the nurse-midwife are interrelated. It is because of the presence of these two roles that such an extensive family nursing program can be maintained and be effective. The Frontier Nursing Service has recognized the need for a person formally trained in the care of the family unit. The Family Nurse Program is an integral part of the Midwifery Curriculum at the Frontier Nursing Service's Graduate School of Midwifery. "It offers nurses a broader latitude for developing their skills and knowledge; it demands a high degree of commitment and responsibility; and it provides new opportunities for working in a meaningful alliance with the physician in joint endeavors to meet the health needs of the people."²

²Gertrude Isaacs, D.N.Sc., Education Director, Frontier Nursing Service.

Much of what has now been formalized in this program has been a part of the District Nurses' role for over 40 years; however, the nurses now have the opportunity to integrate the family nurse concept into their role with the aid of classes and supervised field training. This added training serves better to prepare the nurse to meet the needs of the people, by enhancing her awareness and ability in evaluation, in preventive health measures, in management of health problems, and in the provision of emergency services in absence of a physician.

III. B. Identify the factors inherent in the selected placement experience which either facilitated or hindered the delivery of health care.

The factors which facilitated the delivery of care came from two basic sources. One was organizational and the other was human. Organizationally, the Frontier Nursing Service provides decentralization of health care facilities. Descriptively, it is similar to a wheel, with the Medical Director and the Hospital at Hyden in the center. The seven nursing outposts which span the 700 square mile area in Leslie and Clay Counties are the spokes with lines of communication flowing to and from. It is through this system that the health needs of the people can be assessed at home when they arise. The system also provides for the utilization of the screening process by the nurse so that utilization of the Doctors' time can be for those requiring a doctor's care. The use of nursing centers with clinics provides the people with the opportunity for preventive health measures and teaching. In this setting health care can become an integral part of community living. Health is seen as an ongoing process of daily life.

The second source is the human involvement. By this I mean that the patients, warm and friendly as they are, help to facilitate health care. I can't think of a more vital part of the system than the personal relationship which the people have with their nurses. It is because of the efforts of Mary Breckinridge, who brought the first nurses to the mountains, that the health care system in the mountains exists today. Through the trust and respect which Mary Breckinridge instilled in the families for the knowledge and skill of the nurse, the vital work continues. Today, as before, these personal relationships are carefully nurtured and bring about growth in the individual, his family and the commu-

nity. Equally important as the human relationships developed within the community, is the lifestyle of the community itself. It is slow paced, but definite in its direction. This more relaxed approach offers greater time for the development of nurse-patient relationships which extend to the family. There is also ample opportunity to listen and observe. The standing orders which are used by the nurses definitely facilitate the provision of health care. These orders give the nurse the right and the responsibility to offer care and treatment in certain situations. This right enlarges the scope of the nurses' role and, at the same time, supports the doctors' role in an active and manifest manner.

The factors which I felt hindered the delivery of health care were mainly sociological and environmental. Sociologically, the customs and traditions of the people were sometimes a hindrance. For example, the fierce pride of the mountain people would often cause medical care or advice to go unheeded. As an example, a father should stop working in the mines because of his lung condition, but, rather than see his family suffer because of the loss of money, he continues. There is also a deep fatalistic attitude in relation to illness, disease, retardation, death and accidents. It is one of acceptance of God's will. "If God wants it that way, I reckon that's the way it'll be."³ Tradition is a major part of their lifestyle. The old ways are ingrained and deeply rooted and will only be changed when they feel the need and the desire. Travel in the mountains has improved greatly since the early days of FNS, but the dirt roads in the hills still make driving a slow, deliberate process. The people have more transportation available to them today, but the cost is often very steep. Finance plays a relatively small role in the hindrance of health care, but I feel it should be mentioned. The cost of the care is only what the person can pay, be it nothing at all or a dollar. The financial factor involves running and maintaining the car or keeping the family supplied with some of the small "extras" in life. These factors are important and play a vital role in keeping up the morale of the family.

III. C. Summarize the leadership skills you used in the selected placement experience.

³Jack E. Weller, *Yesterday's People* (Lexington: University of Kentucky Press, 1956).

I feel that the leadership skills I was able to utilize were responsibility, initiative and adaptability. From the moment I embarked on my adventure in the mountains I felt responsible for my own learning experience. What I put into this endeavor, or gained from it, was up to me. When I began work with the FNS, I was given the opportunity to accept as much responsibility as my position would allow. The respect that was afforded me greatly enhanced my ability to accept this challenge. Responsibility was a part of my daily work with my patients, whether on the district or in the hospital. My actions were my responsibility. In my situation I most often conferred with my supervisor once I had decided what I felt was necessary in a given situation. In the area of patient care I used the assessment tools which I had learned and through consultation I was able to increase their meaning for me in a practical way. Initiative was necessary in the mountains because often there wasn't anyone else from whom I could seek immediate help. I was able to initiate my own involvement with patients in their homes and at the hospital. As long as I wanted to become an integral part of the health care team, I was readily accepted. My comments and suggestions were solicited and considered. I saw that my training held me in good stead with the work which was being done and I didn't feel inhibited about offering my services. Had I not been adaptable I don't think I could have accomplished my objectives. Flexibility is the password in the mountains. With it, I was able to cover the entire area covered by the FNS and observe all the nursing centers, do actual field work in two of them, assist at clinics in the hospital, visit on district and act as scrub nurse in the O.R. during Tonsil Clinic. All of these situations called for a degree of adaptability on my part. I felt adequate for the job. It certainly has given me a greater degree of confidence in my own performance. I was able to see that I could function well on my own away from the school and clinic. The insights I have acquired into my own abilities and weaknesses can only enhance my performance if used as a learning experience.

IV. Summarize and evaluate your own performance in the selected placement experience using the objectives stated in the introduction.

How can I evaluate a living experience? This is what I felt

my placement was. I became a member of the Leslie County Community. I became a friend, neighbor, and nurse to the people in the hills. In relation to my objectives, I feel that I was able to accomplish them. My nursing perspective has been broadened because I, as a human being, have been. My understanding of nursing is so much more than patient-oriented. It is people-oriented. I learned the true meaning of the concept of family. The family of man is a part of all around it. It cannot be isolated or separated. It must be treated as a part of the whole. Each man is part of everything around him, and to treat him is to treat all that he is. Throughout my daily work at FNS, I worked with a rural medical health team. I was able to attend some of the meetings where the care of the patients and the utilization of care were discussed. From these I gained an understanding of the care which was needed and learned how I could better offer this. The team aspect of nursing was very helpful to me when I was working on district. I felt that I had someone with whom I could readily consult and learn from. I was able to use my technical skills in every situation in which I found myself. What I didn't feel proficient in, I was able to learn from very capable teachers in the fields of District Nursing and Midwifery. The resource people who were available were tremendously helpful and encouraging to me. I learned best because I was actively involved in the work of the FNS. Learning by observation is of no value unless it is supported by actual experience, and I had plenty of it! I was able to work in the Family Planning Clinic, do well-baby checks, and assist the nurse-midwives in prenatal examinations. My most rewarding experience in midwifery was the delivery at which I assisted. In all areas I was in the action and able to assist. I feel that I was able to develop my leadership abilities to a greater extent because of the freedom with which I was allowed to work. Frontier Nursing Service seeks to provide health care services to all—mothers and babies, and the sick of all ages and sexes. The scope of this service includes prevention, as well as treatment. It seeks to better the lives of the people by helping them to understand health care so that they can be the teachers of their children.

This learning experience has increased my understanding of the theories of interpersonal relations on a human level of daily living. I found an extension of the nursing ideas in relation to

assessment and treatment. I saw a greater utilization of the skills of the nurse, both technically and theoretically. She was called upon to act independently if the doctor could not get to her. To do this she must assume more responsibility and initiative than would be necessary in most hospital situations. This usually is only in emergencies and is not always the case. Nursing ideas in the mountains are basically the same as outside, but they are modified or enlarged upon in relation to the specific situation. This requires adaptability and an understanding of the people with whom the nurse is working. She has increased freedom and flexibility in the delivery of her health care.

The true evaluation of this experience for me will be seen in the work that I will do when I've graduated. What I've learned is a lesson in life, as a person and as a nurse. The things I've seen and the people I've met have affected me; it remains to be seen how all of this will affect my work.

READERS' MOTORING TALES—150

Approaching a double white line on a Cotswold road, I saw a grey squirrel appear and begin to undulate slowly across. I slowed to walking-pace, as did the driver of an oncoming lorry some fifty yards away. When the squirrel reached the white lines, it paused, jumped about eighteen inches up and over them and completed its leisurely crossing, completely ignoring both vehicles.—*Dexter Watts*

—*The Countryman*, Autumn 1971, Edited by
Crispin Gill, Burford, Oxfordshire, England.
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OLD COURIER NEWS

Edited by
JUANETTA MORGAN

From Pamela Dunn Ellis, Tampa, Florida—October 30, 1971

Our life has taken a turn—after twenty-eight years in the service we have decided to retire next July. We have bought the lot next to my sister's place on Lake Michigan in Wisconsin. Construction on our house has begun and we are quite excited about settling down in a small town and having Mother as a neighbor again. We just might be able to make the dedication of the Mary Breckinridge Hospital in two years time and I'd loving seeing everyone again.

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From Helen M. Barber, Los Angeles, California—October 30, 1971

I received a most welcome letter from Wendover shortly after I returned from a trip East and was suffering from a touch of homesickness for the mountains and room to turn around. Urban living leads to such crowding out here that I have retreated to a two story house in the midst of parking lots! May you all have a pleasant gathering at the Big House this Thanksgiving.

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From Kate Fulton, Menton, France—November 5, 1971

I've been here since the fifth of September, living with a French family that my mother met last spring. The family has made me feel very much at home and at school the kids have been wonderful. I go to school six days a week and I am the only American in the school. I still think about my experience with the FNS and I'd love to return some day.

.

From Bonnie Reilly, Rochester, Minnesota—November 3, 1971

School is really keeping Diana Johnson and me busy. We're almost through our second quarter and we are beginning to realize what we are getting into! However, it is all so interesting and exciting and we are anxious to become nurses.

From Priscilla Wade, Washington, D. C.—November 23, 1971

Thank you for the great time Laura Parrish and I had the day we drove down to see you all. I can't tell you how much I enjoyed being back at Wendover. I was so surprised and excited to see the article on Judy Friend in last week's *Life*. I think the article is outstanding and the approach toward midwifery and the FNS is excellent.

. . . .
A WEDDING

Miss Susanna Felicity Chanler and Mr. Stephen Philip Young, on September 18, 1971, in Geneseo, New York.

Our best wishes to this young couple for many years of happiness.

THE CROWNED CRANE

In bright sunshine outside a girl's boarding-school in Uganda a play was being performed in honour of the Minister, who had arrived to open a new school library. Trees provided a natural and beautiful setting, and a slim young girl had been cleverly dressed and made up to represent a crowned crane, chief character in the Kiganda legend on which the play was based. As the girl walked about in a crane's elegant and dignified way, attended by four smaller girls dressed as baby cranes, all eyes switched to the school roof where a real crane was peering down, bending his long neck forward. He walked along the gutter and back again repeatedly, pausing at each end and stretching his neck to get a good look. At the close of the play, when the girls were grouped to hear the Minister's speech, the crane suddenly flew down, stood in front of the girl in the crane's costume and performed a wonderful dance, flapping his wings excitedly as we watched spellbound. The little 'cranes' were rather frightened and drew back, but the leader stood her ground and accepted the adulation. The make-up artists must have felt quite proud.

—*Mary Kegel*

—*The Countryman*, Spring, 1971, Edited by
Crispin Gill, Burford, Oxfordshire, England.

OLD STAFF NEWS

Edited by
EILEEN H. MORGAN

From Ruth May in Halifax, Nova Scotia—June, 1971

Life has been very exciting for me of late with the arrival on May 14 of my adopted daughter, Alison, aged three months. She is, of course, the most wonderful baby in the whole, wide world! She seems to have decided that this world is a good place to live, and I am enjoying her so much. I have an excellent housekeeper for about six hours daily and I am able to take quite a bit of work home to do evenings while the baby is asleep. I consider it essential that she be introduced at some time to the wonderful world of FNS.

I am so pleased to hear that the Family Nurse Practitioner Project is going well.

From Joan Fenton in Baltimore, Maryland—September, 1971

At present I'm working full time at Columbia Clinics and enjoying it very much. I'm doing deliveries at Johns Hopkins Hospital and they are all upper-middle class women. Everyone out here *seems* to accept the idea of a midwife very well but I know that they are all watching me very closely. I feel like the poor little goldfish. The OB-Gyn men are all products of 6-year residency programs at Hopkins. One of them is doing basic reproduction research.

You should see my office. It is huge and my desk is gigantic. Oh well, I'll just sit back and enjoy all these luxuries.

From Dr. Alan H. Mumm in Laos—September, 1971

This is just a short note from the "Land of a Million Elephants." We arrived with the Mekong at flood stage and had to come in via military helicopter. The water is still up and we're in temporary housing until it subsides.

Pakinee is in heaven now that she can get Thai food without having to cook it and my job sounds really great. I'll be working at the village level among the refugees south and southwest of the Plain of Jars, some clinical work but primarily in a public health capacity.

Please circulate this letter to all of our friends. We will keep in touch from time to time after I get started to work and Pakinee gets us settled in our new home.

.

From Jean Kerfoot Fee in Okotoks, Alberta, Canada

—October, 1971

Alberta now has "Medicare" and the paperwork, especially for doctors, has multiplied. In due time, no doubt it will work out. Poor old Hyden Hospital was bursting at the seams when I saw it three years ago, so it is hard to imagine how it could be much fuller now.

I am still working at Turner Valley Hospital. Things are in their usual state of confusion here; we haven't had a steady doctor for two years except for one who stayed six months. However, another just arrived yesterday.

I am trying very hard to get a job in the Occupational Health field, but so is everybody else and there are hundreds of unemployed nurses around here. We seem to have an over abundance of nurses and teachers!

My girls are growing like weeds. Katherine is seven and in Grade 2, doing well and enjoying it. Paddy will be five next month and is a real little mischief. They are both crazy over animals, especially cats and dogs, and in Katherine's case, horses. My summer project was the partial education of a very handsome $\frac{3}{4}$ Arabian, two-year-old stallion. He is by no means a finished performance horse, but very pleasant to ride.

Phil keeps busy between his shop, fencing and fixing things around our little place.

We have had an odd year weather-wise. Last winter wasn't really extremely cold and not much snow, spring was early and nice, but June was cold and wet. Then we had six weeks of 80-90 degree weather with not a drop of rain.

We took a week's vacation to points in British Columbia, but didn't make it as far as Kentucky, much as we would have liked to do so.

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From Emily Campbell in Middleton, Wisconsin—November, 1971

I ran into Dr. Beverly Bowns at some meetings recently. I wish I'd had more time to chat with her. I am terribly interested

in your Family Nurse Program and, of course, wonder how it is progressing for you.

. . . .

From Meta Klosterman McGuire in Chattanooga, Tennessee

—November, 1971

Yesterday I read the article in National Geographic entitled "The People of Cumberland Gap". The memories of thirty years ago rushed in and completely transported me back to the fondest days of my life. The photo of Lottie Caldwell's abode looks exactly as I remember Aunt Becky's at the foot of the Wendover road. Of course, the name Billie Dixon rang a bell,—and I wondered how many of those young people who were mentioned had been delivered by the FNS. The cold wintry photo of Pine Mountain ran the shivers up and down the spine and I could almost feel those icy cold days.

When life closes in and things get too crammed with hardly time to sleep, I mentally take to the Kentucky hills and roam alone at leisure—high on a plateau in the morning mist with the sun breaking through, and there you are, surrounded by a rose-colored cloud; filled with peace and a heart almost bursting with love of a Father who gives his children such beauty to enjoy.

The McGuires are all fit and well—expect another grandchild early in December, which will make two (both Ellen's). Terri and Tommy still live in their log cabin atop Lookout Mountain with their "hound dogs" and are mighty busy people. He graduates in December, but is teaching P.E. at a Catholic parochial school where Terri teaches third grade. I am still at the courthouse but now work only for two judges instead of the former three. Jim and I are so involved in church work at the present time that there's never a free moment.

I had surgery a few months ago and some of the nuns at the hospital had come from Lexington and knew so many of the FNS staff—sort of like old home week.

. . . .

From Christine Morgan in Shibuya-Ku, Tokyo—November, 1971

Tokyo is fascinating. So far, I am enjoying the change from country to city living, but I do miss the mountains, clear water and blue skies.

I find the Japanese very warm and friendly on a personal basis. I am enjoying my extra work at the Baptist student center as an English Conversation teacher and Bible (English) class teacher. It gives me an opportunity to get to know university and high school students personally.

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

—November, 1971

I have been busy. I am about to finish an afghan and have been doing needlepoint work like mad. A few more days will see the end of that project.

Kim is finishing her last year of college and will be free of that about the middle of December. Marc is fifteen and taller than his Dad.

I hear from Cecile Watters quite often and I spent a Sunday with her not too long ago. Harriett Riordan is working here in Louisville and is staying with Carroll's sister.

I saw an interesting item about Anne Cundle in the paper a few weeks ago. Congratulations to her!

My love to all of you.

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Weddings

Susan Nelson Frode and Mr. Robert Thaine Gilliland II on November 27, 1971 in Steamboat Springs, Colorado.

We have also heard that **Judy Becker** is now married to Kenrich Day, a student at Ohio State University, and is working at Mt. Carmel Hospital in intensive care.

Our best wishes to these two young couples for many happy years together.

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We send our heartfelt sympathy to the family of **Gloria Fuchs Becker**, who died on October 21, 1971, and to **Mary Ann Quarles Hawkes**, whose husband died on November 16, 1971.

In Memoriam

DR. L. T. DAVIDSON Louisville, Kentucky	MISS FRANCES A. McCOOK Hartford, Connecticut
MRS. CLEVELAND E. DODGE New York, New York	MRS. ELIHU MOSLEY Hyden, Kentucky
MR. REX FARMER Hyden, Kentucky	MR. SAMUEL H. ORDWAY, JR. New York, New York
MRS. RICHARD M. HARRIS Rochester, New York	MRS. ROLLIN D. WOOD Winnetka, Illinois
MRS. ALBERT D. KAISER Rochester, New York	MR. PHILIP W. WOLF Scottsdale, Arizona

All are not taken; there are left behind
 Living Beloveds, tender looks to bring
 And make the daylight still a happy thing,
 And tender voices, to make soft the wind;
 But if it were not so—if I could find
 No love in all this world for comforting,
 Nor any path but hollowly did ring
 Where "dust to dust" the love from life disjoin'd;
 And if, before those sepulchres unmoving
 I stood alone (as some forsaken lamb
 Goes bleating up the moors in weary dearth)
 Crying "Where are ye, O my loved and loving?"—
 I know a voice would sound, "Daughter, I AM.
 Can I suffice for Heaven and not for earth?"

—Elizabeth Barrett Browning

Several of our good friends who have left us have been supporters of our work for over forty years. Mrs. Richard M. Harris and Mrs. Albert D. Kaiser were both members of the Rochester Committee. Mrs. Rollin D. Wood of Winnetka was a member of the Chicago Committee and maintained an interest in the FNS for many years. Miss Frances A. McCook, a former member of the Hartford Committee, was interested through her friendship with our old staff member, the late Dorothy Buck. Dr. L. T. Davidson, a distinguished Louisville physician, was a member of our National Medical Council.

In the mountains we have lost two of our good neighbors. Mrs. Elihu Mosley was a member of the Wendover Committee. She and her family have done so many kind things for us over the years. We will be forever grateful for permission to park our vehicles in Mrs. Mosley's yard in times of high water during the years we had to ford the river to get a vehicle out of Wendover. Mr. Rex Farmer, an FNS Trustee and a former Chairman of our Hyden Committee, can be counted among our staunch friends. He was not only a good citizen who was interested in his community, but also a real friend to many people and devoted to his own family. We will miss his wise counsel. To the families and friends of all these people we send our deepest sympathy as we share their loss.

We extend our sympathy also to Mrs. Philip W. Wolf, a former Chicago Committee member, on the loss of her husband. Mrs. Wolf ("Leo") had long been interested in the FNS as a member of the Alpha Omicron Pi Sorority. To Mrs. Samuel H. Ordway and her daughter Ellen (FNS courier) we send our love and sympathy on the loss of their husband and father.

When Mrs. Cleveland E. Dodge died, we lost one of the charter members of our Riverdale Committee which was one of the first organized groups to support our work in the early years. The members of the committee made many layettes for our babies as well as becoming annual donors to support one of our nurses.

We were gratified when we were notified that the following friends had left a legacy to the Frontier Nursing Service:

Mrs. David W. Aberle
Mrs. Mildred Horberg
Mrs. Harry Loomis Munger
Mr. Francis T. W. Powell
Miss Edith D. Wright

"... Who gives himself with his alms feeds three, —
Himself, his hungering neighbor, and me."

—James Russell Lowell

BEYOND THE MOUNTAINS

On October 8, 1971 Gertrude Isaacs, FNS Nursing Education Director appeared on Channel 44-TV in Boston to discuss, with Doctor John Grover of Massachusetts General Hospital, the Family Nurse. Trudy reports that she was entertained before the program by members of our Boston Committee who went with her to the TV studio. We regretted that we were not able to get the program in Kentucky, but were happy to get reports from the committee members that the program went very well.

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We hope that those of our readers who see *Life* magazine read the story of the FNS nurse-midwife which appeared in the November 19, 1971 issue. The writer and photographer are to be congratulated on their portrayal of the FNS nurse-midwife and her work with mothers and babies. Graduates of our school of midwifery have carried their knowledge and experience to different parts of this country as well as to the developing countries overseas.

In early November Kate Ireland and Anne Cundle attended a regional conference of the Assembly of Home Health Agencies in New Orleans. They reported that it was a helpful meeting and interesting to discuss problems of health care with representatives of other agencies who are engaged in home care programs.

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Our congratulations go to Dr. James B. Holloway, Jr. of Lexington, Kentucky, a member of the Frontier Nursing Service Board of Governors, who has received a special citation from the Kentucky Medical Association for outstanding service during more than a decade as Chairman of the KMA Hospital Committee.

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Philadelphia

The Philadelphia Committee entertained the Board of Governors at the time of the fall meeting this year. Beautiful arrangements were made by the ladies in Philadelphia under the

leadership of Mrs. Morris Cheston of Ambler and Mrs. J. Gibson McIlvain II of Devon. Sixteen members of the Board who came to Philadelphia from Boston, New York, Washington, Louisville, Lexington and Leslie County, Kentucky, were overnight guests of the Philadelphia Committee members. Standing Committee meetings were held on the morning of Wednesday, October 13, at the Acorn Club. The Board members met for lunch which was followed by a meeting of the full Board in the afternoon. In the evening the Philadelphia Committee and friends were hosts at a dinner for the Board. Dr. W. B. Rogers Beasley, FNS Medical Director, had flown up from Kentucky to talk to the group about the FNS Family Nurse Program which he has helped develop. Our congratulations go to the Philadelphia Committee for a most successful occasion.

Boston

The annual Christmas Preview, sponsored by the FNS Committee in Boston, was held at the Milton-Hoosic Club on October 20 and 21. Sponsors of the Preview were invited to shop and have dinner at the Club on the evening of October 19. Jane Leigh Powell and I had collected Kentucky quilts and other crafts for the Kentucky table. The Benefit Chairmen of the Preview this year were Mrs. John E. Dawson and Mrs. Richard W. Leach. The whole FNS Committee, under the able leadership of our old courier, Mrs. Charles S. Cheston, Jr. (Lois Powell), must feel gratified at the end of another successful year. This year I was the guest of Mr. and Mrs. Robert Lawrence (old courier Patricia Perrin). Patsy was most kind in arranging my transportation in and out of the city. On Thursday afternoon I showed our film, *THE ROAD*, at Massachusetts General Hospital where we were joined by the aunt of Joan Mamelok of Middletown, New York, who is presently a courier in Kentucky, and by old staff member Mrs. Robert Hawkes (Mary Ann Quarles) of Brookline, and by our old courier Laura Tosi who is in her first year of medical school at Harvard. I returned to the Massachusetts General early on Friday morning, October 22, to speak to the Clinic Staff. Before speaking I had the pleasure of meeting Miss Mary MacDonald, Director of Nursing Service, and Dr. John Knowles, Medical Director of the Hospital. After this last engagement in Boston, I met Agnes Lewis and together we went to Logan Airport where

we were joined by old courier Freddy Holdship of Sewickley, Pennsylvania. The three of us went to Hingham for the annual week end with Mr. and Mrs. Roger L. Branham, parents of our beloved courier, the late Jinny Branham. We were overjoyed to have a lovely fall day on the Cape with bright sunshine for a picnic on the dunes at Barnstable.

Chicago

On Monday, October 25, I flew to Chicago where I was met by our Chicago Chairman, Mrs. Edward Arpee (old courier Katherine Trowbridge) and her husband who drove me to their home in Lake Forest. On Tuesday, October 26, Mrs. Melville Ireland, Vice Chairman of the FNS Chicago Committee, had a morning meeting followed by luncheon in her lovely Lake Forest home. A good group gathered to hear the latest news of the FNS which I was delighted to bring them and to answer their questions. I was especially pleased to greet two former Chairmen of our Chicago Committee, Mrs. T. Kenneth Boyd of Winnetka and Mrs. David Dangler of Lake Forest as well as the Illinois and Wisconsin Society Presidents of the Daughters of Colonial Wars. Members of the Society have the FNS as their National Project, and have voted this year to furnish the pediatric ward they have given in the new hospital. We greeted several friends from Wisconsin, including old courier Mrs. Lucian Osborne (Patricia Fitzgerald). Other old couriers I was delighted to see were Mrs. Robert S. Rowe (Barbara Jack), Carlyle Carter, Marcia MacKinnon, and Anne Patton.

The following day I went to Rush-Presbyterian-St. Luke's Medical Center where Dr. James C. Campbell gave me a guided tour of the anatomy and chemistry laboratories of the medical school before introducing me to members of the medical and nursing departments. I gave a brief outline of the FNS educational program and this was followed by a lively discussion led by Dr. Campbell.

Mrs. Charles S. Potter (old courier Barbara McClurg), a former Chicago Chairman, drove me to her Lake Shore apartment where we were joined for dinner by the Edward Arpees and the Melville Irelands.

On the morning of Wednesday, October 27, Katherine drove me to visit Mrs. Donald R. McLennan, a Trustee and faithful

friend of FNS for many years. She was most interested to hear the FNS news. In the evening the Arpees and I dined with a Lake Forest neighbor, Miss Lilace Barnes, who is a long-time friend of FNS.

On Thursday, October 28, Mrs. Charles B. McDaniels gave a luncheon for me in her tower apartment overlooking the lake. She had invited members of the Chicago Committee who were interested in hearing the latest FNS news. Barbara Potter took me to the airport where I took the plane back to Kentucky.

It is most encouraging to realize that our many good friends beyond the mountains continue to be so vitally interested in all that is going on in our work in southeastern Kentucky. My sincerest gratitude goes to all who make arrangements for me in their cities and offer me hospitality in their homes.

Helen E. Browne

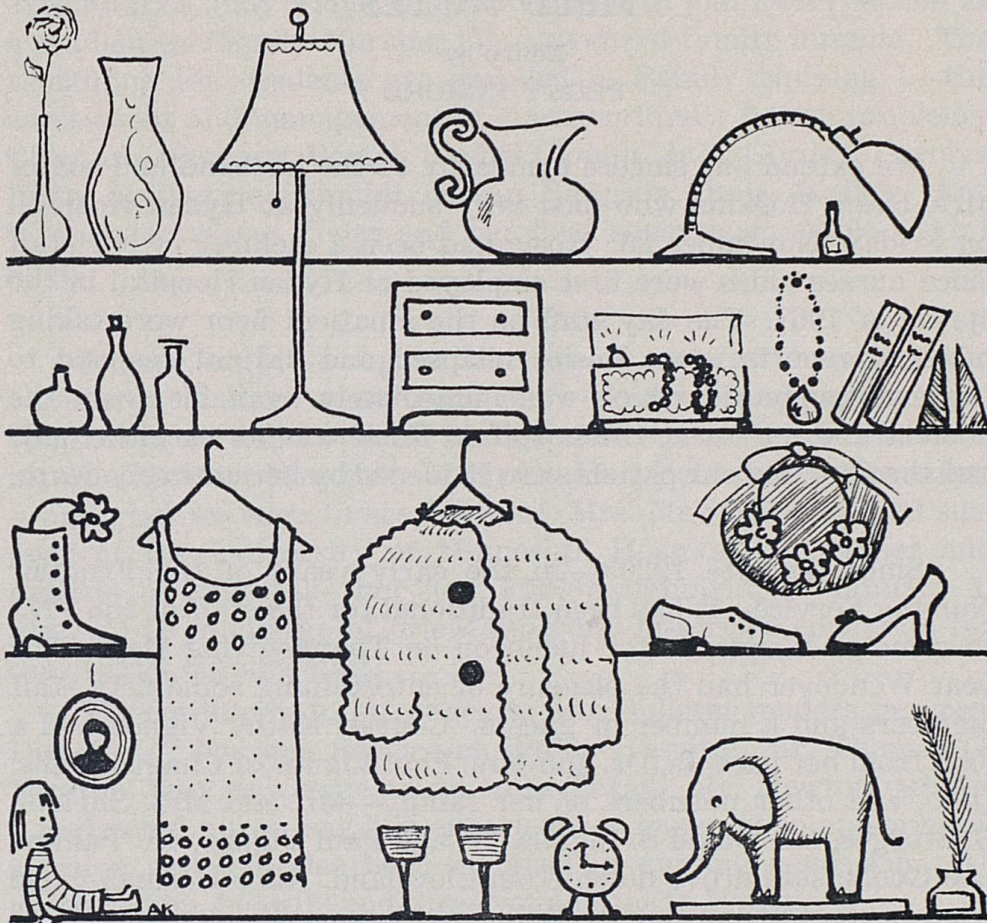
A penniless writer was approached by his landlord who demanded that he pay his back rent.

"You don't know what you're doing to yourself," the writer said. "Twenty years from now people will come by and look at this house and say, 'Clark, the famous novelist, once lived here.'"

The landlord was unimpressed. "Clark, I'm telling you that if you don't pay your rent, they'll be saying that day after tomorrow."

—*Modern Maturity*, Aug.-Sept., 1969

WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT

Send it to **FRONTIER NURSING SERVICE**
 1579 Third Avenue, New York, New York 10028

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

FRONTIER NURSING SERVICE
 1579 Third Avenue
 New York, New York 10028

FIELD NOTES

Edited by
PEGGY ELMORE

We extend our sincere sympathy to the husband and son of Mrs. Rosie Hoskins who died very suddenly at Hyden Hospital on Friday, November 26. Rosie had been a member of our staff since nurses aides were first employed at Hyden Hospital in the spring of 1967. The day staff on the inpatient floor were taking morning reports when Rosie collapsed and did not respond to the emergency aid which was immediately available from the doctors and nurses at the hospital. Rosie was an excellent aide and the staff and our patients are saddened by her untimely death.

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Since the late 1920's—in the early years of the Frontier Nursing Service—it has been traditional for the staff of the FNS to come to Wendover for luncheon on Thanksgiving Day. This year Wendover had the pleasure of entertaining some fifty staff members and a number of guests. Courier Kathy Vignos had a visit from her parents, Dr. and Mrs. Paul Vignos of Chagrin Falls, Ohio, and other members of her family—Mr. and Mrs. Sheldon B. Sturges, Mr. David S. Ingalls, Jr. and Paul Vignos, Jr. Pauline Lee Goolkasian drove down from Cleveland, Alice Herman came from Lexington and Darline Wilke and Velma Wheeler came from Chicago. Joyce Weichmann and Kate Challman did not get in from Mississippi in time for lunch but they were with us for the remainder of the week end. At the same time, the old staff in Great Britain met in London for lunch with Elizabeth Hillman (Hilly) at the South London Hospital. The Thanksgiving Reunion of our English “family” is also a tradition of long-standing.

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The Frontier School of Midwifery and Family Nursing has twenty students enrolled at the present time. In Family Nursing III, advanced midwifery, are Lulu Dunlap, Doris Gibson, Linda Ingles and Irene Swartzentruber, who will complete the course at the end of January. The students in Family Nursing II—maternal and child health—are Connie Becker, Lesley Berger, Judith Floyd, Ann Hamel, Mary Kaldeway and Karen Linkfield. These

nurses will go on into advanced midwifery in February with the exception of Judy Floyd who has chosen to join Doris Gibson as a student in Family Nursing IV—advanced family nursing. The remaining ten students are enrolled in Family Nursing I—the assessment and management of common family health problems. They are Margaret Bartel, Rachel Clough, Judy Gordon, Carolyn Ruth, Katherine Schmidt, Susan Simpson, Julia Walker, Ann Weissinger, Katie Yoder and our field supervisor, Mable (Skip) Spell.

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We are happy to report that two of our staff members who have been ill have made excellent recoveries and are back in Kentucky, or will be back in December. Mrs. Alice Whitman returned to part-time duty at Hyden Hospital in early November—and glad we were to see her too! Mrs. Mabel Turner had surgery at the University of Minnesota Hospital in October and expects to undertake her new FNS assignment on January 1. She will be in charge of orientation and in-service education for the district nursing staff.

We are happy to introduce to our Bulletin readers our new Director of Nursing Service at Hyden Hospital, Mr. Thomas G. Newton, who has come to us from Texas. Mr. Newton, who is a registered nurse, has had experience in supervision and administration and has also been involved in nursing education. We welcome him, his wife and three young sons to Hyden.

In September of this year Marie Price, who had completed the nurse-midwifery course here in 1969, and Peggy Burden, who had joined the staff as a nurse-anesthetist in the spring of 1971, completed Family Nursing I and joined the staff as clinical instructors in the Hyden Hospital outpatient clinic where, our physicians report, they have increased enormously the productivity of the clinic. The two Family Nurses have made it possible for the physician to devote more time to the patients who really need a physicians' care and have also saved them many night calls.

When Judy Friend returned to her home in Canada this fall, we were fortunate in having Margaret Schmees, a recent graduate of the School, to take her place as a clinical instructor of Midwifery.

Nurses who have joined our staff this fall are:

Peggy Bailey, Arcadia, South Carolina
Christine Bohn, Racine, Wisconsin
Frances Crawford, Farmington, Missouri
Ruth Heinsohn, Bangor, Pennsylvania
Nicole Jeffers, Athens, Ohio
Elizabeth Kaiser, Laurelton, New York
Janice Kersgaard, Eugene, Oregon
Esther Mack, Harleysville, Pennsylvania
Donna Murphy, Pittsburg, Kansas

and

Rexanne Willingham, Albuquerque, New Mexico

Nicole Jeffers is a pediatric nurse and is in charge of the pediatric instruction in the Frontier School of Midwifery and Family Nursing. Frances Crawford is an old friend, a graduate of the School in 1961, and is our much-needed "floater" midwife. She is living at Beech Fork but is working at Hyden and Wolf Creek as well.

Dorothy Maffett, who came to us as a voluntary x-ray technician this spring, has decided to remain in Kentucky and has joined the regular staff. Thomas Cahoon III has joined Joe Lewis in the hospital laboratory.

. . . .

Many kind friends come to the mountains and give endless hours of time to helping with the work of the FNS, and we are deeply grateful to them. When Dr. and Mrs. Clyde Snell visited their daughter, "D.J." Howald and her family, Dr. Snell undertook to paint the trim of the entire exterior of Joy House. What a way to spend a vacation! We might add that the house looks lovely. Officials of the Bartlett Tree Company have given us helpful advice about the forest around the buildings at Wendover. Residents from the University of Cincinnati came to Hyden again this fall to examine children with ear, nose and throat problems and four physicians—Drs. D. A. Shumrick, Ted Striker, David Zipfel and Gerry Hofforth—and two nurses, —Mary Herrington and Leeann Hartlaub—spent three days with us in November for a highly successful tonsil clinic. Dr. Thomas Nuzum and other physicians from the University of Kentucky Medical Center have continued to come to Hyden to lecture to the students and to

see patients referred to them by our doctors. One of our most faithful friends is Dr. David B. Stevens who comes regularly once a month to see patients with orthopedic problems.

We thank you all.

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We have been well staffed with our own volunteers—the Couriers—this fall. Joan Mamelok, Middletown, New York, Kathy Vignos, Chagrin Falls, Ohio, Sarah Wilson, Charlottesville, Virginia, and Heidi Carter of Del Mar, California, came to Kentucky in September for two months. Joan and Kathy were able to stay on to “break in” the new juniors who arrived in November—Janet Brown, Mt. Kisco, New York, Holly Cheever, Pittsburgh, Pennsylvania, Sarah Stiles, Swampscott, Massachusetts, and Laurel Winograd, Lancaster, California. In addition to the usual courier chores, these young people have helped with transportation of patients, with time studies which must be done on various staff members, with tonsil clinic and the pharmacy inventory. They have done nurses aide work at the hospital and on the district and have won the hearts of many of our elderly patients by visiting them in their homes to talk with them and show them colored slides. When Kate Ireland has been away this fall, Leigh Powell has been around to help direct all the activities of the Courier Service and Leigh also took on a very important project that no one else had time to do—the careful scrutiny and correction of some forty-five pages of galley proof on the new Medical Directives which are in the process of being printed. We sincerely hope she will be around to read the page proof too!

Of all our volunteers none is more help than Agnes Lewis and we are pleased to report that she has been with us for several weeks this fall—and will be back in the spring.

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On the afternoon of October 9, Dr. W. B. Rogers Beasley and Judge George Wooton dedicated the new Betty Lester Clinic in the Bob's Fork Community nine miles west of Hyden. This new clinic has been built by the citizens of the Bob Fork Community for the use of FNS nurses who go out once a week from Hyden, and it was named in honor of Betty Lester who was the district nurse for the Bob's Fork-Hals Fork area for many years in the early days of the Service. Betty was, of course, the guest of honor

at the dedication. Among the many members of the community who were present at the ceremony were Mrs. Fred Sparks, chairman of the committee for the clinic, and Mr. Bob Gibson who had made land available for the building. The group were pleased to welcome two guests from Scotland, Mr. and Mrs. Peter Eadie. Mrs. Eadie was asked to speak and told the group how glad she was to have the opportunity to be present and congratulated the community on what they had done.

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During the fall the Director has been to two of the outpost nursing centers for Committee meetings—to Brutus on November 5 and to Red Bird on November 20. Miss Browne reports that both meetings were well attended and most interesting.

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For over twenty years students from Keuka College in Keuka Park, New York, have been spending an autumn field period with Frontier Nursing Service. This year the student is Linda Miller of Belleville, New Jersey, who is a senior in the Keuka School of Nursing.

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The living room of the Big House at Wendover is having its face lifted with new slip covers, curtains and a rug.

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The Frontier Nursing Service is cooperating with the Eastern Kentucky Concentrated Work Experience Program in the organization and implementation of a sixteen week course for medical secretaries. Classes are being held in the Vocational School in Leslie County. Mrs. Bonnie Couch of the Vocational School Staff is teaching typing and dictaphone transcription, Dr. Rogers Beasley is teaching medical terminology and Ann Browning and Venita Estep of the FNS staff are teaching medical records. Nine students are presently enrolled. They will spend eight weeks in intensive classroom work and eight weeks in a supervised work experience at Hyden Hospital or one of the FNS outpost nursing centers.

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During the autumn months we have had the pleasure of entertaining a number of guests at Wendover, Hyden and the

outpost centers. Joan Fenton, who is now working as a nurse-midwife in Columbia, Maryland, spent a week end with us and old couriers Pris Wade and Laura Parrish came up for the day. Alice Vardiman brought a group of students from Spalding College in Louisville, Catherine Dennis came up from Vanderbilt with nursing faculty members, and a group of students from Union College in Barbourville visited Wendover one morning in November. Old staff member Georgia Hibbard Stanley and her husband and son came for tea on Thanksgiving week end. Dr. and Mrs. Lester Wilson of Charlottesville, Virginia, came by to pick up Sarah and Mr. and Mrs. Leland S. Brown of Mt. Kisco, New York, brought Jan to Wendover. Members of the Blue Grass Medical Auxiliary were welcome guests as were Mr. and Mrs. Peter Eadie of Paisley, Scotland. Mrs. Eadie was in this country to visit members of her family, including her niece Leigh Powell. Mrs. Burgess Standley, a former Kentuckian who is now a hard-working member of our Boston Committee, brought Mrs. John Cracknell down to see something of our work.

Miss Irene Matousek, the Director of a Nurse-Midwifery service program at the Los Angeles General Hospital, spent several days with us in November when she was visiting nurse-midwifery programs in the United States. Miss Evelyn Johnsen, a nurse-midwife in the Office of International Health of the United States Public Health Service, and Mrs. M. Elizabeth Darden of USPHS who arranges visits to the FNS for many foreign professionals, were welcome guests in the early fall, as was Mrs. Nadene Stockard from the Office of International Training. Our overseas guests have included Miss Kazuko Nakayama, a Japanese nurse-midwife, who is working in an exchange program in New Jersey, Miss Josefina Gatchalian from Pasig Rizal, The Philippines, and Miss Alison Gough, Health Matron, Maternal and Child Health, for the Territory of Papua and New Guinea. Dr. Stella B. Yen of Harvard University spent a week with us in November reviewing FNS midwifery records for a research project.

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And now, as the month of December and the Holiday Season approaches, the staff of the Frontier Nursing Service wish you a Merry Christmas and a Happy New Year.

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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.

FORM OF BEQUEST

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."

HOW ENDOWMENT GIFTS MAY BE MADE

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.
2. **By Gift of Residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.
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.
4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.
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.

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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



"Merry Christmas to all,
And to all, a goodnight."

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