

# Frontier Nursing Service Quarterly Bulletin

Volume 50

Autumn, 1974

Number 2

## Rune of the Peat Fire

The first layer of peats is laid down in the name of the God of Life, the second in the name of the God of Peace, and the third in the name of the God of Grace.

The Sacred Three

To save,  
To shield,  
To surround,  
The hearth,  
The house,  
The household,  
This eve,  
This night;  
Oh, this eve,  
This night,  
And every night.  
Each single night.  
Amen.

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From the staff of the  
Frontier Nursing Service  
to all of our friends  
around the world:  
HAPPY NEW YEAR

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Ring out the old, ring in the new,  
Ring, happy bells, across the snow;  
The year is going, let him go;  
Ring out the false, ring in the true.

Ring out the grief that saps the mind  
For those that here we see no more;  
Ring out the feud of rich and poor,  
Ring in redress to all mankind.

Ring out a slowly dying cause,  
And ancient forms of party strife;  
Ring in the nobler modes of life,  
With sweeter manners, purer laws.

Ring out the want, the care, the sin,  
The faithless coldness of the times;  
Ring out, ring out my mournful rhymes,  
But ring the fuller minstrel in.

Ring out false pride in place and blood,  
The civic slander and the spite;  
Ring in the love of truth and right,  
Ring in the common love of good.

Ring out old shapes of foul disease;  
Ring out the narrowing lust of gold;  
Ring out the thousand wars of old,  
Ring in the thousand years of peace.

Ring in the valiant man and free,  
The larger heart, the kindlier hand;  
Ring out the darkness of the land,  
Ring in the Christ that is to be.

—Alfred, Lord Tennyson  
*In Memoriam, CVI*

## MARY BRECKINRIDGE HOSPITAL

By the time this Bulletin reaches those of you who are in the United States, you will have received an invitation to the dedication of the Mary Breckinridge Hospital and Frontier Nursing Clinical Training Center which will be held in Hyden, Kentucky, at 1:30 p.m. on January 5, 1975, followed by open house for all those who are willing to brave the uncertainties of January weather to be with us. So this long-awaited announcement will come as no surprise but we want to brag a bit and also to take this opportunity to send the news to our friends overseas.

January 6 is still remembered, in many areas of the Appalachian South, as Old Christmas, so it is perhaps appropriate that this important event in the history of the FNS and in the lives of Leslie Countians should come on the eve of a traditional holiday. Certainly the completion of and the move into the new hospital is the nicest possible present for Christmas—Old or New— that the FNS could possibly receive.

Since this Autumn Bulletin must go to the printer in early December, there is still a bit too much clutter in and around the new hospital for us to take good pictures. But the Mary Breckinridge Hospital in all its glory, and the grand opening ceremonies, will be featured in the Winter 1975 Bulletin—and that's a promise!

## “FEELING GOOD”

We are happy to invite FNS friends who are interested in seeing the nurse-midwives of the Frontier Nursing Service in action to watch the program “Feeling Good” on their local Public Broadcasting Service (PBS) station at 8:00 p.m. on Wednesday, January 15, 1975. One of the documentary segments of this new television show, which premiered on Wednesday, November 20, on the 250 stations of PBS, was filmed in Kentucky in late October and will present FNS nurse-midwives in the classroom, in clinic and in the home of a patient.

“Feeling Good”, produced by the Children’s Television Workshop, which was originally created to do experimental education programs for children (“Sesame Street” and “The Electric Company”), is designed primarily for young parents who play major roles in influencing the health of their immediate families. The show has a variety/magazine format composed of a number of different elements and employing a wide range of entertainment and informational techniques—drama, song, comedy and satire, animation and documentaries, and includes guest celebrities in cameo roles. The theme is prevention, and the objective is increased public awareness of good health practices and personal responsibility for one’s own well-being. The twenty-six week series will stress “self-help ideas: how to stay well, how not to get sick; the fact that most people have more control over their health than they realize”. While prevention is the main theme, the series will also cover health problems that are relatively easy to detect and treat as well as more serious problems which have a high incidence in our society. Other topics, in addition to the prenatal care featured in the segment filmed at FNS, will include alcohol abuse, child care, dental care, exercise, nutrition, mental health, and aspects of the health care delivery system.

## THE MARY BRECKINRIDGE FESTIVAL

The thirteenth annual Mary Breckinridge Festival was held in Hyden on the last week end in September and focused on the youth of Leslie County and their accomplishments.

A few days before the Festival, a few of the young people were honored on Hazard TV Channel 57 and Lucille Knechtly wrote of the occasion:

"In a day when so much publicity is given to deviate youth, Leslie County can point with pride to its young leaders. How many counties in the State could have presented such a delegation—all under twenty-eight years of age:

Allen Muncy, Leslie County Judge  
McKinley Morgan, Attorney  
Billy Joe Napier, Conservation Officer  
Glenn Hendrix, Hayes Lewis Elementary School Principal  
Joe Lewis, FNS Pharmacist  
Joyce Wooton Fortney, 1973 President of the  
Leslie County Education Association  
Kaye Vanover Begley, FNS Nurse  
Johnny Keen, 1974 President of Jaycees

"These busy young people are actively and effectively involved in many civic programs. McKinley is chairman of the Leslie County Development Association; Allen is a Boy Scout Leader; Billy Joe is active in Leslie County Development, the Deer Hunters Club and the Humane Society; Glenn devoted much time to sports, especially to the boys—Little Leaguers—in his community; Joe Lewis finds time to give drug education classes in the schools, to be treasurer of the Humane Society and vice-chairman of the Leslie County Mental Health/Mental Retardation Association; Joyce is a wife, a mother, and an outstanding teacher, involved in environmental and career education programs in the schools, and a 4-H leader. Johnny Keen is an Army Reserve Drill Sergeant and shoulders work in any number of civic projects that come along; Kaye is an excellent nurse and participates in hospital activities.

"These are only a few deserving County youth leaders. We of the Mary Breckinridge Festival Planning Committee salute you, all of you!"

A group of attractive high school students—all FNS babies—were candidates for the Festival Queen and Theresa Valentine, daughter of Mr. and Mrs. William Valentine, was a popular choice as the 1974 Queen. Faye Farmer (Mrs. Edward) had done her usual marvelous job of lining up craftsmen for the annual Craft Show. The Wendover float won the grand championship in the Mary Breckinridge Day parade. Those who had worked on the

float considered this an especial honor since all of the floats were exceptionally well done this year.

Frontier Nursing Service pins, denoting five years on the staff of the FNS, were presented to Louise Brock, Ann Browning, Juanita Couch, Wanda Hacker, Mary Rose Hoskins, Gertrude Isaacs, Paul Jones, Sharon Koser, Jewell Sizemore, Marsha Vanover, Zuba Watts and Virginia Whitehead.

The weather was good, the crowd was large, and the Senior Citizens served a delicious lunch! Plans are already under way for the 1975 Festival at which the Senior Citizens will be honored.

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## LOW ROAD AND HIGH ROAD

About forty years ago, I and a companion were delivering a grand piano to a very remote farm on Exmoor. On reaching the nearest village, we asked the way of a young and keen-looking policeman. 'Over the bridge,' said he, 'turn left, straight on up the hill, through the four cross way, left...' and so on until we were more than a bit bewildered. However, we thanked him, and set off over the bridge and up the hill. On reaching the top our van, an old model 'T' Ford conversion, was boiling furiously, so we pulled in along side an old stone-cracker breaking stones by the roadside to let the engine cool. 'Where be gwaink?' asked the old man, then. 'Dis know thee way?' We told him we had had directions from a policeman but were not too sure. 'Well now,' said the old man, 'Thee see they there telephone poles? Thee follow they, and when thee casn't see any more, well there you be, cos the last one is in the yard of the place you be looking for.'—*Leslie Land, Somerset.*

—*The Countryman*, Autumn 1973, Edited by Crispin Gill, Burford, Oxfordshire, England.

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## THE FAMILY NURSE AND DISTRICT EXPERIENCE

(Condensed)

By PEGGY C. WIESER, R.N., B.S.N.  
Student, Frontier School of Midwifery and Family Nursing

I feel that a family nurse is simply what the words imply—a nurse whose interests and endeavors encompass the entire family unit. My concept of the function of the nurse in this role is more difficult to define. Part of the difficulty lies in the very nature of any concept; it is rarely, if ever, something that can be stated unequivocally. A concept is perpetually in a state of formulation and change. At present, my concept of the family nurse's function and significance in relation to the family would best be expressed as follows: one who works concomitantly with the family in assessing their idea of health, in identifying areas of health care need, in establishing goals for the attainment of the family's maximum potential for wellness, and in maintaining their level of wellness by focusing on health promotion and preventive care rather than by being crisis oriented.

I first met the family I selected to follow during my district experience as a student when I was working on district prior to entering the School. On my initial visit to the family, I found they were experiencing a period of great financial difficulty. The father, a disabled miner, had been classified as eligible for "Black Lung" benefits but it might be some time before he would begin receiving compensation. In the meantime, the sole income was under \$200 a month from unemployment compensation which was due to be discontinued shortly. The children were relatively healthy looking and very friendly, but one child had obvious strabismus and all had occasional respiratory infections. The mother complained of a weight problem and also of having bad headaches and of feeling dizzy on occasion. She had been seen by a physician at Hyden who had advised her that she had hypertension. She had been placed on diuretics, counselled regarding a low-sodium diet and weight loss, and was advised of the importance of regular follow-up clinic visits for evaluation of her progress. However, she had taken the medication for only one month and had not returned for follow-up "because we just didn't

I felt that the family had several areas of health care which needed to be explored more fully with the family on future visits, and it would be beneficial if I could follow them during my district experience as a student. I had advised the family to apply for Medical Assistance. My primary function would be to guide the family toward reaching their potential for wellness by making the necessary medical appointments for them, supporting them with follow-up care and teaching after the appointments, and then helping them to maintain their level of wellness by concentrating on health promotion and preventive care. With this in mind, the following goals were established:

1. To make an appointment at the Eye Clinic for the child with strabismus
2. To make an appointment for the mother in Diagnostic Clinic for evaluation of her hypertension
3. To counsel the mother regarding the importance of proper management and control of hypertension and the means of achieving this
4. To make appointments for all the children in Pediatric Clinic for well child care and to explain the importance of well child care
5. To discuss factors influencing the maintenance of good health, including adequate sanitation and personal hygiene measures, regular physical check-ups and appropriate follow-up for all family members, and following medical advice consistently.

When I started making weekly home visits to the family, I learned that the situation was not simple as I had thought. The family did seek medical care for a few problems, but in each case the seeking was more or less crisis prompted. The only move toward health promotion was to take the children for their well child appointments. A strong, healthy relationship existed between the parents and the children and the parents were really concerned with providing for the children's well-being. At the end of four months in Family Nursing I, I felt that the family was still functioning on the adolescent level as defined in Tapia's "Model for Family Nursing" but they have definitely started to make some degree of progress. With continued guidance and encouragement, the family has much potential for becoming more future-

oriented and functioning at the adult level as described by Tapia. I have discussed with the district nurse the progress made and the areas in which the family needs additional support.

Even though I had worked as a district nurse for a few months prior to entering the School, the district experience with this family proved to be a good learning experience. It reminded me that, when working with a family, the goals that are established must be the goals of the family rather than those of the nurse. Only when the family feels the need of setting specific goals and working toward their fulfillment will progress be made. Also, the experience helped me to focus my attention on the entire family rather than seeing each person as a single unit without considering the effects that all family members have on the individual as he identifies his problems and decides what he will or will not do about them.

---

## BATTERING RAM

One Whitsuntide our Scout camp on a hill farm coincided with haymaking, and the farmer welcomed our help. At the end of the first day he pointed out two broken rake-handles near the stable, and the next evening we found a third in the same place. Knowing none of us was to blame, for we had been in sight of one another all the time, we organized a rota of inspection every half-hour on the following day. When my turn came I saw a ball of fury charge across the stable yard head on at a rake leaning against the wall. Before I could get near, it wheeled around and repeated the assault. I got hold of the rake and had to use it to drive off the attacker—just the pet ram-lamb, bored by his own company.—*George Hudson.*

—*The Countryman*, Summer 1970, Edited by Crispin Gill,  
Burford, Oxfordshire, England.

The year 1974 marks the one hundredth anniversary of the birth of Winston Churchill, a towering giant of the Twentieth Century. Let us remember what he meant to the world during the dark days of World War II:

To W. S. C.

When ears were deaf and tongues were mute,  
You told of doom to come.  
When others fingered on the flute,  
You thundered on the drum.

When armies marched and cities burned  
And all you said came true,  
Those who had mocked your warnings turned  
Almost too late to you.

And then doubt gave way to firm belief  
And through five cruel years  
You gave us glory in our grief,  
And laughter through our tears.

When final honors are bestowed  
And last accounts are done,  
Then shall we know how much was owed  
By all the world to one.

—*Norwich*

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## OLD COURIER NEWS

Edited By  
JUANETTA M. MORGAN

### **From Patricia Bodell, Providence, Rhode Island**

—September 5, 1974

I have had a great summer working on a boat and on October 31 I am heading for a very exciting voyage around the world on a 65-foot schooner.

. . . .

### **From Kate Fulton in Providence, Rhode Island**

—November 4, 1974

I have transferred into the Physical Therapy Department at UVM and am swamped with work but thoroughly enjoying it. I hope all is well with everybody. I was so sad to learn that Wendover had to give up the horses. I am always devising plans for coming back to Wendover! I have two affiliations in my program in 1976 and in 1977. Does anyone need an enthusiastic physical therapist student! I think about my experience there very often and long to be there again and see you all.

. . . .

### **From Cornelia W. Hamilton, M.D., Shaker Heights, Ohio**

—November 11, 1974

The recent arrival in my mailbox of the summer issue of the Frontier Nursing Service Quarterly Bulletin, which mentions that some of the midwives come up to Cleveland Metropolitan General Hospital, prompted me to drop you a line. That hospital is one connected with Case-Western Reserve and happens to be where I am now doing a rotation in neurosurgery.

I received my M.D. in June and am now doing a surgical internship as the first step to a general surgery residency, which I also plan to take in Cleveland.

My last rotation in medical school I spent at Nazareth Hospital, Mokameh, India, where Dr. Wiss spent several years. That was my second visit there. A remarkable experience.

**From Janet Brown Dillingham, San Francisco, California**

—November 14, 1974

It has been three years since I was with you, but it seems like yesterday. My thoughts are with you at this time as two of my favorite people are there as couriers—Cyndie Branch and Ann Procter.

Our antique shop takes up most of our time, but we love it. We were in England in August, buying for the store, and on our way home we visited my parents in New York. My parents are coming here for Thanksgiving, and my brother moved here in August, so we'll have a family dinner.

. . . .

**From Lindsay Poole, Princeton, New Jersey**

—November 16, 1974

I'm so glad I was able to spend two short months with the FNS. As time passes I see more and more that I gained from being a courier.

I spent the summer studying chemistry at Harvard and am now back at Princeton, majoring in English. I'm playing on the women's ice hockey team and spend some time doing counseling with Planned Parenthood.

. . . .

**From Louise Pomeroy Gara, Unadilla, New York**

—November 19, 1974

We are fine and it's been a busy year for us! We have a little boy, Jeffrey, eight months old, and we've moved back north.

. . . .

**From Mimi Salisbury, Northeast Harbor, Maine**

—November 19, 1974

My summer was very busy. As time went on, I spent more and more time working at a hospital. I'm now at the University of Maine and faced with the decision of whether or not to return for another semester.

. . . .

**From Theresa Nantz Walton in Paducah, Kentucky**

—November 30, 1974

The children are now thirteen (going on seventeen!) and eleven. They keep me hopping both physically and emotionally. I received my master's degree in May of 1973. I'm glad I've got it but I don't believe I could ever be a full-time student again. It is a terrible strain on family life. I'm not teaching—I decided on an early "retirement" to be with the family and I've not regretted it.

. . . .

Our sympathy goes out to **Felicity Chanler Young** of Lenox, Massachusetts, whose father, retired Navy Rear Admiral Hubert W. Chanler, died in Rochester, New York, in early October.

. . . .

**A BABY**

Born to Mr. and Mrs. Gilbert Watts Humphrey, Jr. (Sally) of St. Louis, Missouri, a son, Gilbert Watts Humphrey, III, on November 15, 1974.

---

**BIG TALK**

An Australian, visiting a Yorkshire farmer, asked how far his land extended. The farmer pointed to a small spinney at the top of a hill and said: 'As far at yon trees at top of hill'. The Australian shrugged and said: "On my farm get my car out and it takes me two days to go round my land'. The Yorkshire farmer was not impressed, 'I had a car like that once,' he replied, 'but I got rid of it.'—*Florence Hopper, Yorkshire.*

—*The Countryman*, Summer 1970, Edited by Crispin Gill, Burford, Oxfordshire, England.

## A LOOK AT FNS

By SALLY HAMBY  
1974 Courier

Being an FNS courier involves long hours of hard, volunteer work in a relatively remote area of the United States. What is it that has attracted hundreds of young women to spend two months or so with FNS for almost fifty years, and what do they find once in Kentucky? Although we probably have general motives in common, we also have distinctly personal reasons for coming to Kentucky. I had wanted to be a courier ever since I was a little girl. My first indirect contact with FNS was through my elementary school. We always gave part of our bazaar profits and class dues to FNS. A number of my friends' mothers had been couriers. Added to this early contact was my strong interest in English-American culture and its Kentucky variation fostered by the lovely hymns and carols, humorous songs, dances, and Jack Tales which I learned from my southern grandmother, at school and, later, from a friend from the mountains of Kentucky. Working for FNS seemed to be an excellent way of learning about life in the mountains and giving something in return. After seeing *The Road* my last year of high school, I vowed to be a courier as soon as possible. That "soon as possible" turned out to be over five years later when I had graduated from college and decided eventually to enter a health care profession, yet another reason for wanting to work with FNS.

I came to Kentucky this October with high expectations, and, after two months, I can only say that I had an even better and more rewarding time than I'd expected and left even more enthusiastic about this wonderful organization than ever. I'll try to explain why.

My first and last weeks were spent at Wendover and the rest of the time I was at the outpost nursing center at Flat Creek. Although while at both these places I did the usual courier chores such as shopping, delivering medicine and supplies, driving patients to Lexington and Cincinnati, taking jeeps to be repaired, living at each place was a unique experience.

At Wendover I came into contact mainly with FNS people, its organization. Couriers are lucky enough to see some of what it



takes to run the organization, to be a part of the interesting mealtime conversations in the Dog Trot, and to meet the various guests. Regardless of the length of time they had been associated with FNS, everyone seemed to share the enthusiasm and dedication to working hard which was apparent at Wendover. This attitude was contagious. Even those courier duties which might seem to be tedious and trivial took on a new significance in this atmosphere of unselfish service. There was also a gracious and civilized atmosphere about Wendover which I feel is unusual for a group of people involved with the details of such down-to-earth, practical work as well as the more subtle issues. Afternoon tea is one example of this attitude. We couriers often grumbled about having to be back at Wendover in time to serve tea, yet at the same time it was a pleasure to have this oasis in the afternoon, to have many of us coming from our different jobs for a half hour or so of tea and conversation and non-practical concerns, to sit in the lovely living room and look out at the river and the mountains. Finally, associated with Wendover are recent memories of escapades with my fellow couriers: working and going places together, taking walks, wading in the freezing river attempting to push upstream a boat stranded on the rocks, making home visits to local people and learning to quilt and bake gingerbread on a wood stove, climbing the fire tower on Lucinda's Knob—every day held some kind of adventure.

Flat Creek was a different experience altogether. Staying with a district nurse was an opportunity to see first hand the humane, competent, and personal care that is the outcome of the organization at Wendover and Hyden. Getting to know some of the nurses and seeing them at work let me appreciate even more the kind of care that is possible when nurses and doctors know patients well, know whole families, their histories, etc. The nurse I stayed with was fairly new to her district and was in the process of going up each creek and visiting each family regardless of whether or not anyone was sick. As I met families on these visits, I soon saw how friendly everyone was to us. We were always invited in and had cordial conversations, often very interesting. In these visits, in seeing the people who came to the clinic, those who worked there, going to a nearby church, I got to know many of the people in the district. In fact, except for the nurse, most of my time at Flat Creek was spent with the people on the district, many of

whom became very good friends. I have happy memories of a sunny November afternoon when we played tag with our neighbor's children, chanting, "One, two, three, get off the old man's apple tree", followed by a game of basketball and ending with two boys about twelve years old challenging the nurse and me to a tag team wrestling match (which we lost); and of having to climb out of a warm bath to accompany the nurse one rainy night to visit a frail old man propped up in bed surrounded by relatives; of singing songs with an old man and eating withered apples with a wrinkled old woman. Never in my life have I gone to a strange place and felt so much at home so soon. The day I left Kentucky I went to visit a friend near Flat Creek whom I'd particularly liked. As I was leaving we were holding hands and she said, "God bless you, honey. We'll miss you. You seemed like one of us from the very beginning." How could one help but feel at home among people with that kind of hospitality?

Now when I hear former couriers telling how their time at FNS was one of the most important experiences of their lives, I can understand and agree. It is rare to come into contact with an organization that seems to be as close to its ideal, without being static, as FNS. I hope to come back and visit soon and, hopefully, some day to work. But whether or not I actually do, I shall always have with me the wonderful memories of everyone I knew and all that they did in Kentucky. It was a joy to be briefly a part of the work at FNS.

---

### SAYINGS OF OUR CHILDREN

A four-year-old to the Wendover nurse when the electricity went off:

"I wish the juice man wouldn't do that!"

—Contributed

## JUST TALKING

By JOAN FENTON, RN, MS, CNM

"Just talking" is a way of describing my efforts at undertaking an oral history of the Frontier Nursing Service. Oral history is not new. Traditions and history have been handed down by word of mouth from generation to generation. The tape recorder has added a new dimension. Using the tape recorder for this purpose originated at Columbia University in 1948, and, in 1967, the Oral History Association was formed. Presidential, university and college libraries are all sources of oral history. This resource is just now being tapped by historians as documentary evidence.

My particular project developed out of an idea to collect the letters of Mary Breckinridge. This idea was quickly abandoned after learning she had destroyed her diaries, letters and family memoirs after writing *Wide Neighborhoods*. Not to be deterred, I approached the Director, Helen E. Browne, about interviewing early staff regarding their memories and impressions of Mrs. Breckinridge. Upon receiving approval I proceeded to the library to read anything and everything on oral history. I looked in the catalogues and indexes, the librarian looked in the catalogues and indexes, and finally I was sent to the department of history and social sciences. There the librarian went to a filing cabinet and brought back a folder and handed it to me. It contained the proceedings of the *Colloquims On Oral History* for three years and a few articles. I pored over these proceedings but finally realized that if I were serious, I had better quit reading and start doing something. My first step was to purchase a tape recorder and then find someone to interview. There never was any doubt in my mind that it should be Agnes Lewis who graciously said yes. This was my pilot project and if it succeeded I would be able to proceed with further interviews.

So, armed with my tape recorder which, everyone said, would pick up everything (and it did!), I flew to Kentucky for my first interview. It took place in Agnes' room in the Garden House and it started out with "just talking". For me the interview was a success. We talked for approximately one hour and the tape recorder did record everything—rain, birds, ringing telephone,

and people going up and down the steps!

The interview was only the beginning. The tape had to be transcribed and because of my ineptness in using the recorder I had to do the transcribing myself which took approximately twenty-five hours. Last, but not least, comes the editing, which is the crucial factor. Everything I read emphasized this again and again. It is a shock to people when they read their extemporaneous speaking. In some instances they will refuse permission to use the tape. I was lucky! After Agnes recovered from the initial shock, she not only gave permission for the tape to be used but said she would edit for publication.

After the first taping I realized that my original topic was much too narrow and enlarged it to include the entire Frontier Nursing Service. At the time of this article I have reached only a few of the early staff but plans include not only early professional and auxiliary staff but representatives from the Board of Governors, contributors, local citizens, the medical and nursing councils and relatives of Mary Breckinridge. In his book *Breckinridge Soldier Stateman Symbol*, William C. Davis opens his preface saying, "The search for reasons leads inevitably to men." This quote certainly describes my experience in beginning this project.

My reason for beginning such a project was curiosity. Why? How? Who? What was it like to be part of a new concept in the delivery of health care? The best reason I have found was given by Harry Truman in *Plain Speaking*. Here President Truman describes his reasons for participating in an oral history of his administration. "I want children to know what we've got here in this country, and how we got it, and then if they want to go ahead and change it, why that's up to them. But I want them to understand what it's all about first." That's exactly how I feel about the Frontier Nursing Service. I want everyone to understand what it's all about.

The *Quarterly Bulletin* will put me in contact with many people who have been instrumental in the success of the FNS. For this oral history to be successful, I would like to hear from anyone who would volunteer to be taped regarding experiences, views or comments concerning the FNS. Interviewees have final authority over their tapes and can put their own restrictions on their use. Although the main thrust of this project is taped recordings, it is not in any way limited to this. Written accounts of experience will

be gratefully accepted. I am also particularly interested in any tapes that might exist of Mary Breckinridge and, of course, any letters. If you have either, and are willing to share them, please contact me at Wendover and I will make arrangements to copy them.

When I think about this project I am reminded of Mrs. Breckinridge's comments about going to sea in a sieve. We need tape-recorders, interviewers, transcribers and editors, but most of all there must be a beginning and that has been done.

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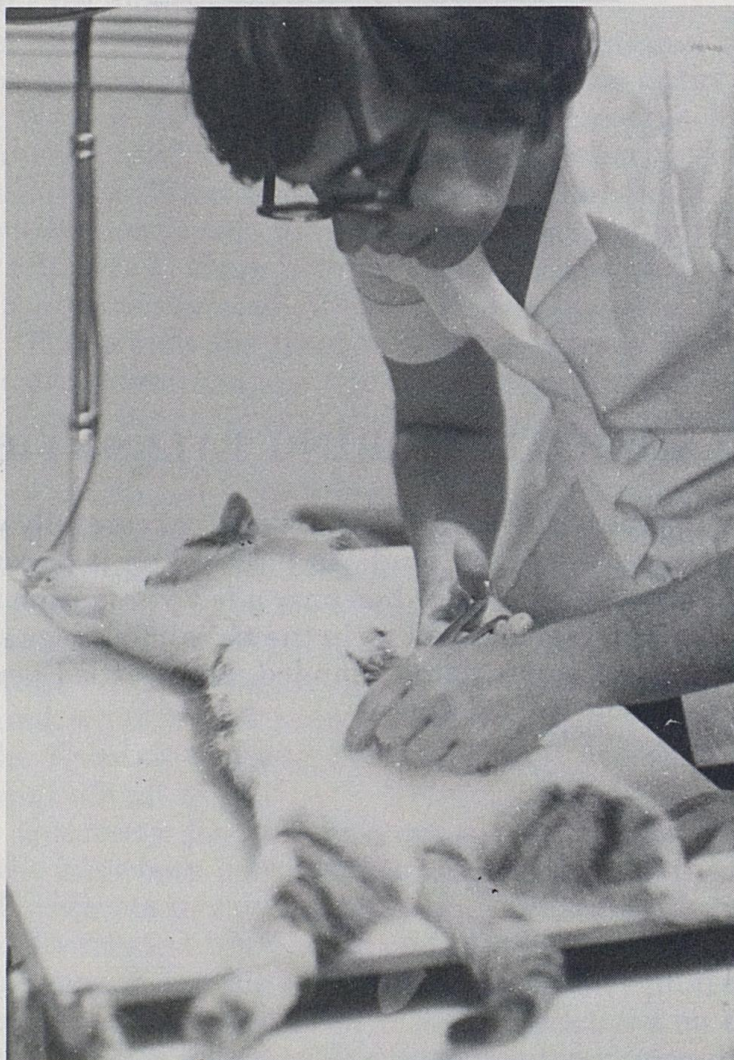
### READER'S MOTORING TALES—146

Breasting the top of a hill, I saw a ginger cat carefully walking down the centre line of the road. As I gained on it, it continued imperturbably on its way; so when only a few yards from it I blew my horn. The cat shot straight up in the air, all four legs stiff and every hair on end, spun round, landed and hurtled across the road into the hedge.—*D. Davies.*

## THE ANIMALS

By ANNE CUNDLE, R.N., C.N.M. and  
PEGGY BURDEN, R.N., C.R.N.A.

Many a new FNS nurse has looked somewhat askance when she has walked into the x-ray room at the hospital and has seen a dog with a broken leg stretched out on the table, or has found herself accompanying the doctor on a home visit to stitch up a pig that has been attacked by stray dogs.



Peggy Burden and One Of Her Patients

Years ago we were fortunate to have the services of Mr. Fawbush Brashear who was experienced in the ways of sick animals and knew just how to pull out a stuck calf or give a rabies shot. Since his death, which was indeed a loss to Leslie County, and until recently, the nearest veterinarian was over fifty miles away and had little time to give to sick animals in this county. The veterinarians would come over to treat large animals that were serious emergencies but few people could afford their services. The State provided a Rabies Clinic once a year but, generally, it has been "the survival of the fittest". Many old home remedies were tried, some causing unavoidable trauma to the animal. For instance, a cow would go down with some kind of ailment and be diagnosed as having "soft tail". The treatment was to split the tail and put salt in the wound. Inevitably, the cow would struggle to rise to her feet, and would be pronounced cured—whether she was or not!

Now there is hope for the many sick animals in Leslie County and an opportunity to provide some professional services at a reasonable cost. The community has founded the Leslie County Humane Society and, after Peggy Burden had taken her dog to Dr. Howard Renneker in Lexington, a veterinarian was found to hold a monthly clinic in the county. Dr. Renneker's clinics are eagerly anticipated and patients and their owners start arriving by 9:30 a.m. for the clinic which continues from 10:00 a.m. to 6:00 p.m. Three clinics have been held so far, at least fifty animals have been treated and five cats have been spayed.

The Humane Society has worked hard to raise enough funds to keep the clinic solvent. (See Inside Back Cover). The initial expenses were high as the clinic must be stocked with drugs and supplies, the services and transportation costs of the veterinarian must be paid, and the Humane Society wanted to keep the charges as low as possible.

Local people and FNS staff, all volunteers, help with the clinic which is held in the little old log Stinnet Clinic which FNS allows the Humane Society to use rent free. Some work needed to be done on the building as the roof leaked badly. Volunteers were found to fix the roof and supplies were donated. There was no electricity for the first clinic but now that has been hooked up again. Water must still be carried from the house next door and the heat is from an old pot-bellied stove.

The proper care of animals contributes not only to their well-being but also to the general good health of people. As a long-term but important side benefit, control and care of our animals helps in solving the difficult problems of the "ecology scene". This is a beginning.

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### QUALIFIED FRIEND

Two villagers were discussing the 'gentleman in the big house' in the next village. Said the first, 'He seems a friendly sort of chap.' The other replied, 'Oh aye, he might be friendly, but he likes the owd "Sur" and the poke of yer cap!'—*T. W. Evans, Shropshire.*

—*The Countryman*, Autumn 1973, Edited by Crispin Gill, Burford, Oxfordshire, England.



## In Memoriam

MRS. MYRTLE C. APPLGATE  
Louisville, Kentucky  
Died in October 1974

MR. JOSEPH CARSON  
Milwaukee, Wisconsin  
Died in July 1974

MME. DRAPER BONCOMPAGNI  
Washington, D. C.  
Died in August 1974

DR. RICE J. KIRBY  
Hazard, Kentucky  
Died in August 1974

MRS. GEORGE S. BURNAM  
Richmond, Kentucky  
Died in November 1974

MRS. KENNETH S. KIRKLAND  
New York, New York  
Died in October 1974

MR. WALTER R. MULLINS  
Creeksville, Kentucky  
Died in October 1974

When we come to die we shall not find  
The day has been too long for any of us  
To have fulfilled the perfect law of Christ.  
Who is there that can say "My part is done  
In this; now I am ready for a law  
More wide, more perfect for the rest of life?"  
Is any living that has not come short?  
Has any died that was not short at last?

Whenso'er it comes —

That summons that we look for — it will seem  
Soon, yea, too soon! — Let us take heed in time  
That God may now be glorified in us!

—H. Hamilton King

**Mrs. George S. Burnam** of Richmond, Kentucky, had served us as a Trustee for seventeen years. She gave generous support to our work and will be much missed in her community.

Three long time supporters of Frontier Nursing Service and cousins of our founder have left us this year. **Mrs. Kenneth S. Kirkland** of New York was the mother of our Board member, Mr. Brooke Alexander. She served as an active member of our New York Committee for many years. **Mme. Draper Boncompagni**,

an FNS Trustee, supported the Helen Draper Ayer Memorial Nurse for over thirty years. Her generous contributions helped our Washington Committee with their annual John Mason Brown lecture. **Mr. Joseph Carson** of Milwaukee was a great admirer of his Cousin Mary's work in Kentucky and he included the FNS in his will.

**Mrs. Myrtle C. Applegate**, a prominent nurse in Kentucky, was a member of our National Nursing Council. She served the FNS well during the years she held office in the State Nurses' Association.

**Dr. Rice J. Kirby** of Hazard, Kentucky, was a member of our Hazard Committee and a good friend to many of our staff and patients in his field of dentistry.

**Mr. Walter R. Mullins** of Creeksville served as a staunch friend of FNS since the day the Flat Creek Nursing Center opened. He served as secretary of our Flat Creek Committee for many years and will be much missed in the community.

We send our sincere sympathy to the families of these good friends of FNS.

We die; which means to say, the whole's removed,  
Dismounted wheel by wheel, this complex gin —  
To be set up anew elsewhere, — begin  
A task indeed, but with a clearer clime  
Than the murk lodgment of our building-time.

—Browning

## OLD STAFF NEWS

Edited by  
EILEEN H. MORGAN

### **From Mary Redman in Leslie, Michigan—September, 1974**

It doesn't seem possible that it has been almost nine years since I first came to FNS. So many changes have taken place since then, and I know Hyden would seem like a very different place to me now. I have attempted to keep up a bit by reading the Bulletins and I do enjoy them.

After leaving FNS in 1967, I spent five years in Ann Arbor, Michigan, where I worked for University of Michigan Medical Center in their delivery room for two and one-half years. Then for two and one-half years I worked in the offices of Drs. Morley and Middleton, two OB-GYN men on the staff.

In the fall of 1972 I went to Kansas City, Missouri, to attend Calvary Bible College. I spent two years there, graduating this past May with a BS in missionary nursing.

June found me in candidate school with The Unevangelized Fields Mission. I was accepted by them and appointed to the field of Irian Jaya, Indonesia, which is the western half of the large island just north of Australia. There is a small hospital there, a doctor and a couple of nurses. As far as I know I will be the first midwife to go to this particular area.

I will be leaving in September, 1975 after doing deputation and getting some linguistic training. I will be learning the Indonesian and Dani languages.

. . . .

### **From Hazel Canfield in Ft. Defiance, Arizona**

—October, 1974

I do want to thank you and all the other people at FNS for all your assistance and kind consideration while I was there. The friends I made and the experience I had are invaluable.

Currently I am employed by the Johns Hopkins Project. The Project was short two midwives so I began working the first of October. We are very busy but I am enjoying the work. I'm having to brush up on my Navajo language. There's so much to be done

and I hope I can do my share to help improve the health care on the reservation.

**From Hazel Sheidler Hurst in Kenai, Alaska**

—December, 1974

Since 1965 I have been working as Itinerant PHN in Kenai. Due to improved roads, I now have only one place where I go overnight so it isn't a truly itinerant job such as the ones with sixteen villages or so. Every now and then I meet someone with an FNS background such as Marion Nighman and Ivaleen Caudill Brooks. The State of Alaska is working on some legislation now to spell out the role of the nurse-midwife. The nurse practitioner is well accepted here since this is essentially what the public health nurses have always been expected to do.

The changes at FNS are amazing, especially the new hospital. I don't see how the old one held together for so long! Give my regards to all old-timers.

**From Susan Hull in Managua, Nicaragua**

—November 1974

I am enjoying my work here. It is very interesting living with people who live and think so differently. My Spanish is coming slowly but it is improving and I can usually make myself understood. It is interesting how one develops other communicative skills when one doesn't have words to explain! I am really getting my exercise here. We have a three mile walk from the main road to the clinic and we can only drive to the clinic during the dry season which lasts for two months. We have a very stubborn mule whom I call Lois.

I do miss my Kentucky friends and will be back to visit when I return to the States. I am really glad that I was able to work at FNS and take the Family Nurse course. I hope you are getting ready to move into the new hospital soon. I know everyone is looking forward to it.

**WEDDING**

**Miss Ann Whitney Burton and Mr. Henry Smith Trentman**  
in Lake Forest, Illinois on October 20, 1974.

Our very best wishes go to this young couple for many happy years together.

### BABY

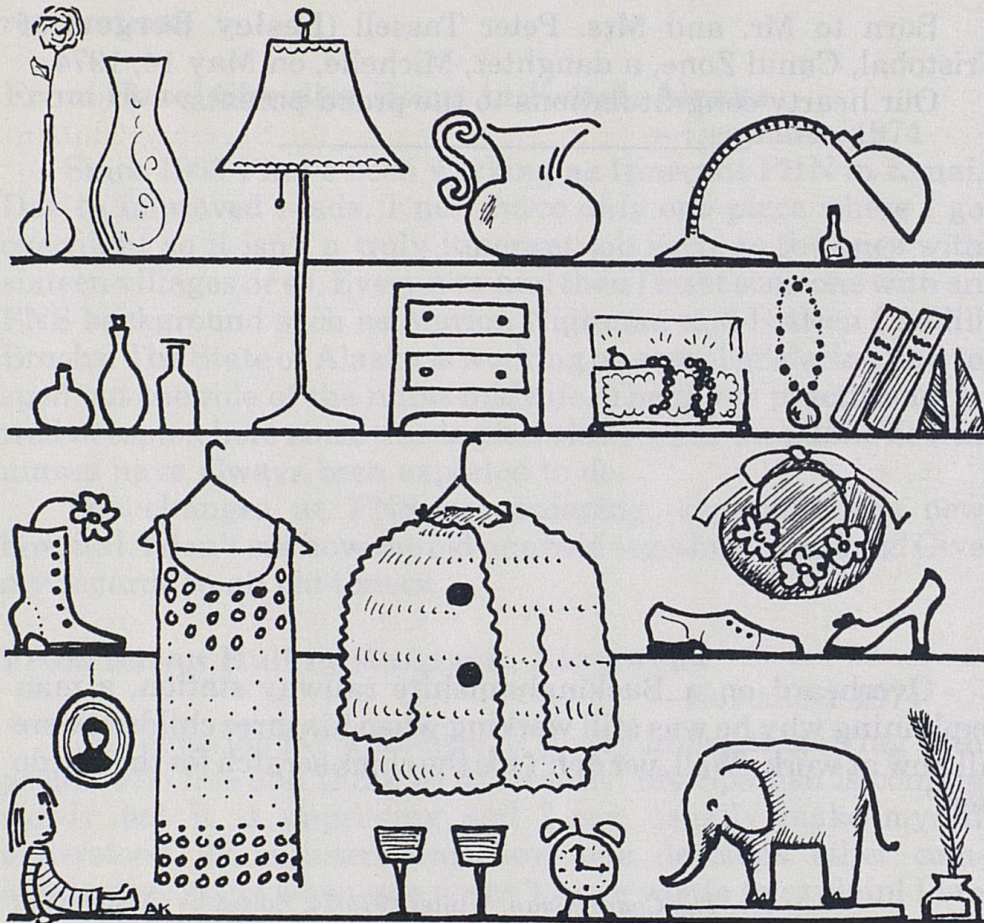
Born to Mr. and Mrs. Peter Tassell (**Lesley Berger**) of Cristobal, Canal Zone, a daughter, Michelle, on May 14, 1974.  
Our hearty congratulations to the proud parents.

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Overheard on a Buckinghamshire railway station, a man explaining why he was still working when his three children were all now at work: 'Well, yer don't see the chick scratch for the 'en, do yer?'

—*The Countryman*, Winter 1973-74, Edited by Crispin Gill, Burford, Oxfordshire, England.

### 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

## BEYOND THE MOUNTAINS

### Board of Governors' Meeting, Washington, D.C.

The fall meeting of the Board of Governors of Frontier Nursing Service, Incorporated was held at the Sulgrave Club in Washington, D. C., on October 19, 1974. The FNS Washington Committee, under the chairmanship of Mrs. Robert W. Estill, had invited the Board to hold its fall meeting in Washington and gave a formal dinner on the evening of October 18, honoring our National Chairman, Mrs. Jefferson Patterson, and members of the Board.

The Honorable Clarence J. Brown, Congressman from Ohio, was a delightful Master of Ceremonies at the dinner and presented a moving tribute to Mrs. Patterson. Lady Ramsbotham, the charming wife of the British Ambassador to the United States, spoke briefly of the long association between her country and the FNS.

The Frontier Nursing Service was honored to have the Honorable Caspar W. Weinberger, Secretary of Health, Education, and Welfare, as the featured speaker at the dinner. In his interesting speech, the Secretary said, in part:

"Since our founding as a nation, America has been known more for action than words.

"For nearly fifty years the Frontier Nursing Service has exemplified the finest aspects of this American character of action. It began with the vision and energy of your founder, Mrs. Breckinridge. It has continued through today with the dedication of your leaders, your staff and your supporters.

"The accomplishments of this organization are, of course, well known to you. It is difficult to know the order in which to compliment you for them. Your initiative in identifying the health needs, and your direct action to provide health services to those in need is in the highest tradition of pioneering service to the needy. The debt owed you for the lives you have saved, brought safely into this world and improved through your ministrations is immeasurable. Beyond even that, the training your organization has provided and the information and expertise which you have afforded visitors have benefited areas of the country beyond eastern Kentucky, even to other nations of the world.

"It is perhaps easy to assume that the problems faced by the Frontier Nurses are unique to eastern Kentucky or perhaps to

Appalachia. But that assumption would be wrong. The truth is that, despite much progress in recent years, too many sections of our country, including our cities, face shortages of health personnel. Many do not have enough of the right kinds of personnel. And others face financial obstacles to health care.

"I believe that now the nation has come to recognize that the adequacy of our health manpower supply goes beyond having some perfect absolute quantity of physicians, nurses or other health professionals. We must now turn to the more difficult problems of improving the distribution of health personnel and the kinds of care they are providing to assure reasonable cost of the care being provided and to provide new training directions to meet the needs ahead. Your organization has been a pioneer in addressing these issues.

"We live in a world of finite resources, and we must weigh carefully—especially in the economy of today—the benefits of programs against their costs. Our proposed support for nursing education and for the growing role of the nurse practitioner stems from more than the humanitarian objective of providing care for patients. It must be tied also to the ability of the nurse practitioner to make our health personnel more productive and accessible to those who have trouble getting care.

"Expanded primary care roles for nurses are not new—and they become even less new the closer we come to your 50th anniversary. Nurse-midwives, like yours, have long been serving outlying rural areas. And visiting nurses are a traditional service in overpopulated, physician-poor urban areas. However, the concept of preparing specialized nurse practitioners capable of decisive action as part of an extended health care team is relatively new. This concept supports our objectives of improved distribution and productivity of health personnel and helps to provide quality health care at reasonable cost. And we are encouraging more of it."

The Secretary discussed some of the programs which are currently being funded by HEW to help meet the need for more nurses trained in the provision of primary care. He then went on to say, in conclusion:

"The President has asked every American to enlist personally in the fight against inflation. And he has sketched out how people, in their every-day living habits, can help to win that fight by cutting out wasteful practices.

"That idea must be carried into our professional thinking and practices as well. We need to develop more effective ways to work more productively—and that is especially true in the health care field.

"The health care field has its historical roots in a spirit of caring. And that is an excellent legacy. Now it is time to recognize that there is nothing in the least contradictory between that tradition and the need to use limited resources with maximum effectiveness.

"Given a finite amount of resources, we must look to careful planning, a coordinated effort and commitment to greater effectiveness. Your organization has been doing this for nearly a half century.

"You recognize—more than most—that vision, initiative and



determined action weigh at least as strongly as funding in achieving an objective. And you are on the frontier in that sense, too.

"You have always been committed to that concept. That, together with your commitment to the people you serve, is your strength. It is my deepest hope that it will become the Nation's inspiration in the years to come."

Among the distinguished guests who attended the dinner were members of the Washington Committee and their guests, Mrs. Weinberger, Dr. and Mrs. Roger Egeberg and Dr. Faye Abdellah from the Department of Health, Education, and Welfare, Dr. Lucy Ozarin of the National Institute of Mental Health, Mrs. Helen O'Rourke of the Better Business Bureau, and Miss Nancy Yardley of the American Red Cross. We were especially pleased to see a member of the FNS New York Committee, Mrs. Ten Eyck Lansing, who came with her daughter, old courier Mary Lansing, and old courier Julie Breckinridge Davis who came from Vestal, New York, to attend the dinner with her grandmother, Mrs. James Carson Breckinridge.

Members of the Washington Committee offered overnight hospitality to members of the Board and Mr. and Mrs. Jefferson Patterson were also hosts to several members of the staff.

At its meeting on Saturday, the Board of Governors was pleased to welcome a new member, Mrs. John Marshall Prewitt of Mt. Sterling, Kentucky, a niece of the late Mrs. Mary Breckinridge, and to elect to the Board a second new member, Mrs. Arthur Perry, Jr. of Concord, Massachusetts, old courier Mardi Bemis.

## **Boston**

### **Friday, November 1:**

I flew to Boston where I met Agnes Lewis and Freddy Holdship for our annual weekend with Mr. and Mrs. Roger Branham at Hingham. Saturday was a glorious day for a trip to the Cape where we paid a brief visit to Mr. and Mrs. James Coggeshall. Their granddaughter, Melora, had just returned home from her courier term of eight weeks with the FNS.

### **Monday, November 4:**

Mrs. Eve Alexander drove me to Medfield where I was the overnight guest of Mr. and Mrs. Hanson Robbins. Whitney Robbins took me to Lasell Junior College where I had the pleasure of meeting Mrs. Milner, the Director of the two year nursing program which Whitney is attending. After supper in the school

cafeteria, the Lasell nursing students were joined by students from Newton-Wellesley and I spoke to them about FNS.

**Tuesday, November 5:**

The Chairman of our Boston Committee, Mrs. Burgess Standley, drove me to Noble-Greenough School where I had been invited to address the students at morning assembly. I was introduced by our FNS courier Melora Coggeshall, whose father is in charge of admissions at the school. I enjoyed telling the group of young men and women about our work in Kentucky. Mrs. John Paine, a member of our Boston Committee, whose husband is on the faculty at Nobles, took me to her home for coffee and a chat with two more old couriers, Patsy Lawrence and Hilary Walker. Later Patsy drove me to Dedham where I was the guest of Mr. and Mrs. Richard Higgins. Hanna Higgins, a member of the FNS Board of Governors, had a luncheon for me with our old courier Mrs. Thomas N. Perkins with whom I was delighted to reminisce about the time when she was a courier in the Thirties.

The Sponsor's evening for the annual Christmas Preview opened at 6:00 p.m. in the Parish House of the Dedham Unitarian Church. It was great fun to see so many old friends and to see the rooms in the Parish House gay with the stalls set up by the stores who had rented space. The Boston Committee had prepared and served a delicious buffet dinner.

**Wednesday, November 6:**

Mary Ann Hawkes, our old staff member and now professor of sociology at Rhode Island College, drove me to Providence where I spoke to nursing faculty and students. Also in the group was the Dean of Nursing and some faculty and students from Rhode Island University. Lucy Pitts Grosvenor, Chairman of our Providence Committee, arrived with two friends, one of whom was Hanna Higgins' sister, Mrs. John Higgins. I was delighted to speak to the group about our Family Nurse program and to answer the many questions from those who were interested in the nurse working in the extended role. In the evening Mary Ann had arranged for a small dinner with Miss Lucille Sullivan, Chairman of the Department of Nursing at Rhode Island College, and Lynn Gould, the instructor in maternal and child health. Mrs. Marguerite Smith, the recently retired Director of the Providence VNA, and our old staff member, Martha Morrison, joined us. We

had a delightful evening together after which Mary Ann drove me back to Dedham.

#### **Thursday, November 7:**

I spent most of the day at the Preview and Caroline Standley drove me to her home for the night. She had invited a few young friends and members of the Boston Committee for supper.

#### **Friday, November 8:**

I flew to New York where Dr. Rogers Beasley met me and drove me, together with Mrs. Ann Bliss, Trudy Isaacs and Nancy Dammann, to Jane Leigh Powell's home on Long Island. Trudy and Nancy, of the FNS staff, had spent two days in New Haven with Mrs. Bliss, Program Consultant for the Robert Wood Johnson Foundation. A meeting had been arranged at Leigh's home to discuss the proposal which will be presented to the Foundation for discussion at their meeting in March 1975. Trudy and I were delighted to accept Leigh's invitation to stay two nights with her before flying back to Kentucky on Sunday, November 10. After the meeting Dr. Beasley drove Ann Bliss and Nancy Dammann back to the city. Nancy went on to Airlie, Virginia, to preview the movie showing the work of the FNS family nurses which is being made by Airlie Productions for the Agency for International Development.

My thanks go to all those FNS friends who arranged my transportation and entertainment during this trip outside the mountains.

### **Philadelphia**

We are deeply grateful to Mrs. Harry Clark Boden of Newark, Delaware, an FNS Trustee, for opening her historic home, Mount Harmon, to the members of the Philadelphia Committee and their friends for the benefit of FNS. Mrs. J. Gibson McIlvain II reports on the most enjoyable outing:

"On Thursday, October 24, thirty-seven members of the FNS Philadelphia Committee met at the St. Davids Inn to go by bus to Mount Harmon Plantation, owned by Mrs. Harry Clark Boden, a member of our Committee. The Plantation is situated on the Sassafras River near Cecilton, Maryland. It was a glorious October day and we stopped at the Canal House in Chesapeake City where the younger members of our Committee had ordered a delicious meal for us. We arrived at Mount Harmon around two-thirty where Mrs. Boden met us. The next two hours were fascinating. Mrs. Boden answered our many questions about the beautiful silver and furnishings. After seeing the house, ground and

beautiful gardens, our hostess had a charming reception for us with punch, iced tea, sandwiches and cakes.

"At four-thirty the bus came to the garden entrance for us. As we climbed on the bus and looked back at the garden, there was our gracious hostess standing at the top of the stairs blowing kisses to us as the bus pulled out. It was a wonderful day for all of us."

Sherley Hollos, Karen Moffett, Bonnie Harkins and old courier Amy Chapin Lewis were in charge of arrangements for the Philadelphia Committee's visit to Mount Harmon.

*Helen E. Browne*

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## BLACKMAIL

When I was postman in rural Lincolnshire, I was met regularly at one farm gate by two high-spirited ponies who would allow my small van through only after much persuasion and offerings of sweets. In return, the van was thoroughly examined, windscreens and bodywork lovingly cleaned over.

All went well until the day I forgot the sweets. With a lot of extra fussing I got the van through and the gate safely closed; but having delivered the mail I realised that the ponies were escorting me all round the farmstead in expectation of their reward. Back at the gate they stood quietly broadside, blocking my exit.

Time pressed, for I had hardly begun my round. Soft words proving futile, I tried sterner ones, the shooing and shoving and finally chasing. They got the message and stood well clear while I reopened the gate and got into the van; the one of them dashed out and way off down the lane to the main road.

Back I had to go to the house and confess to the farmer. He looked over my shoulder and out across his land, then laughed. To my great relief the pony was already trotting back, whinnying merrily. I did not forget the candies again.—*Leslie Anderson*.

—*The Countryman*, Spring 1970, Edited by Crispin Gill,  
Burford, Oxfordshire, England.

## ROE DEER IN THE CORN

The first roe deer began moving into the woods adjoining my south-east Devon farm in about 1950. At that time, and until myxomatosis struck in 1954, the farm was in some danger of becoming over-run by rabbits. However by 1957 it was the deer that had become too numerous. Because of the damage they were doing to the young plantations, a deer drive with shot guns was organized, followed by selective control with the rifle at dawn and dusk.

By this time roe were also beginning to appear on the farm itself. I watched a buck chasing a doe across four fields and a stream on a June evening in 1957. They came right past me, giving me my first close-up view, before jumping a high bank and disappearing into a field of wheat. During the next seven years, however, I scarcely saw a deer on the farm, although there were plenty of them in the big woods and in a few outlying copses. Then we started growing corn right up to the forest fence, on land that had not been ploughed for more than a century, and a dramatic change in roe deer habits began.

When we combined the wheat, in August 1967, two remarkable systems of concentric roe rings were laid bare, about a hundred yards apart. These rings, made by the buck running the doe during the rut, varied in diameter from a few feet to many yards, and there were several tracks through the corn leading into them. Before this, I had not heard of roe making rings in standing corn. Concentric rings were also something new to me. I have not seen them since, only small single ones perhaps three or four yards across. But the only time I witnessed an actual mating, also in standing corn, there was no ring in sight, and no chase.

Another effect of growing corn near the woods was to encourage the deer to feed in the open in early spring. On 7 April 1970 I counted twenty-eight roe deer grazing my winter oats. Eleven months later to the day, on the same ground, the number had risen to thirty-plus. Then something of a decline set in, as fifteen was the highest number seen at one time in 1972, and last year it shrank to ten. It is now obvious that the control measure being carried out in the woodland areas are beginning to

take effect. It is also obvious that many deer have been leaving the woods to take up their abode in my corn, often several fields away. They are also very fond of my two old cider orchards, one on either side of the house, where they have been seen at all hours. No longer is it necessary to confine one's deer watching to the woods, at dawn or dusk. We often see them from the windows, and we have even watched deer while standing at the kitchen sink.

Winter oats are undoubtedly their favourite crop, because they grow to a considerable height and provide the desired seclusion. It is also very attractive to deer in early spring, when other feed is short. Grazing autumn-sown corn at this time of the year is not harmful to the crop; sheep are often used for the same purpose, to remove surplus "flag" and consolidate the soil after the winter frosts.

Later on, the deer do leave a few narrow tracks in the standing corn, and they may trample a certain amount; but the damage roe do to farming (I shall leave forestry out of it) is slight compared with that done elsewhere by red, fallow or Japanese sika deer. I should be very sorry to lose my roe, which are such a joy to watch.

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Westmoreland saying: 'Man's character is like a fence, the cant strengthen it wi' whitewash.'—*Mrs. H. Cock, Worscestershire.*

—*The Countryman*, Spring 1974, Edited by Crispin Gill, Burford, Oxfordshire, England.

## FIELD NOTES

Edited By  
PEGGY ELMORE

The Frontier Nursing Service is most grateful for a grant which permits staff members to attend seminars and continuing education workshops in and beyond the mountains. Elsie Maier and Lucille Lebeau attended a national conference for nurses engaged in providing primary health care, sponsored jointly by the ANA Council of Nurse Practitioners in the Nursing of Children and the ANA Council of Family Nurse Practitioners and Clinicians, held in Kansas City, Missouri, in September. Elsie Maier also attended a workshop on the Extended Role of the Nurse in Hospitals, Extended Care Facilities and Ambulatory Care Settings, sponsored by the Ohio Valley Regional Medical Program, and held in Covington, Kentucky, in October. Phyllis Long attended the 68th Annual Convention of the Kentucky Nurses Association in Louisville in October and we were grateful to Dr. Muriel Chapman of Berea College for arranging an exhibit of FNS photographs and the saddlebags used by FNS nurses for many years, at the Convention. Anne Cundle and Ruth Ann Dome attended the fall meeting of the Kentucky Home Health Association in November and enjoyed an interesting program on Occupational Therapy in the Home Care Agency. Dr. E. Fidelia Gilbert and Molly Lee went to Chattanooga, Tennessee, to attend an OB/GYN Conference in November and Dr. Thomas Lynch plans to attend a Pediatric Conference in Indianapolis in mid-December.

. . . .

Betty Lester and Molly Lee went to Hanover College, Hanover, Indiana, to speak to the students about the FNS at the invitation of Peggy Baker who had been with us as a volunteer earlier this year. Molly and Betty very much enjoyed spending a night with Peggy and her parents, Dr. and Mrs. John A. Baker, at their farm near Louisville where Molly went horseback riding in the moonlight!

. . . .

Several members of the FNS staff attended a dinner sponsored by the Leslie County Mental Health/Mental Retardation Association, Inc. at the Appalachia Motel in Hyden in early December where recognition was given Dr. Jean Fairchild for the recent award presented her by the Kentucky Association for Mental Health. Dr. Fairchild is in charge of the Regional Mental Health/Mental Retardation Program in this area of Kentucky.

. . . .

To its ever-lengthening list of volunteers, the FNS has added the six Couriers who have been with us during the autumn months. Melora Coggeshall, Dedham, Massachusetts, Linda Dodds, West Orange, New Jersey, Sally Hamby, Bronxville, New York, and Joyce Schaefer of Hyde Park, New York, spent September and October in the Kentucky mountains, and Joyce and Sally stayed on into November. They were joined by Cynthia Branch, Mt. Kisco, New York, and Ann Procter, Washington, D.C., who are with us now and will stay on through the Christmas Holidays.

The Couriers have always been the backbone of our volunteer service but many others give of their time and skills. Mrs. George Hamner of Vero Beach, Florida, spent the month of October at Hyden Hospital, relieving in the Laboratory for Jay Vink's vacation. Dr. and Mrs. Jerry Callaway volunteered their services for the months of November and December and we hope we are going to be able to entice them to stay longer with us as temporary staff members. Dr. Callaway is an internist who has completed a fellowship in Pulmonary Diseases and Donna is a Family Nurse, a graduate of the Family Nurse Clinician program at Texas Woman's University in Houston.

During the fall, we have had the help of a senior nursing student from Keuka College, Julie White, and of a senior medical student from the University of Cincinnati, Sister Dorothy.

. . . .

A new class of students was admitted to the Frontier School of Midwifery and Family Nursing on October 1, and other students progressed into the first and second trimesters of the midwifery segment of the School. Susan Burman, Sue Block, Clara Jefferis, Mary Malone, Mary O'Connor and Cynthia Sherwood will



complete the third trimester in January. Madeline Blidberg, Mary Bradish, Martha Burk, Susan Thomas, Sister Sebastian Vienneau, and Peggy Wieser are students in the second trimester. The FNI students bring to the class a variety of backgrounds and experiences. Kim Abby took her nurses training in England and both she and Gail Alexander had experience on district with FNS during the summer months. Corinne Dunn, Judy Fallo and Lorraine Johnson have all been on the staff for nearly a year. Linda Bell is with us on scholarship from the Tennessee Department of Health, Marilyn Bramble comes from Cincinnati, and Phyllis Seven had spent several years in Afghanistan before coming to Hyden. Sister Kathryn O'Meara has also had experience overseas and her most recent assignment has been with Project HOPE in Arizona. To complete the class complement are two old friends and former graduates of the FNS nurse-midwifery program—Joan Fenton who has been teaching recently at Johns Hopkins University and Nancy Sandberg who is on furlough from her mission post in Ethiopia.

The Frontier Nursing Service has had a most successful family planning program for nearly twenty years and, for that reason, we do not have the labor and delivery experience for our midwifery students that we once had. We are fortunate in having been able to develop affiliations where our students can go for additional clinical experience. The senior students have continued to go this fall to Kingsport, Tennessee, to the nurse-midwifery service at the Holston Valley Hospital. In addition, they have been going in rotation, with a supervisor, to the Somerset Community Hospital, Somerset, Kentucky, where FNS has contracted with the Lake Cumberland Regional Health Department for the provision of nurse-midwifery services.

During the fall an exchange program was worked out with the nurse-midwifery program at the University of Mississippi, not for students but for staff nurse-midwives. Old staff member Edith Anderson came up from Mississippi to work with Phyllis Long in developing the beginning of a modular curriculum for our nurse-midwifery students and our staff member, Ann Hamel, went to Mississippi to take the neonatal module with Mississippi students and to help in their clinics. Ann reports that she thoroughly enjoyed her stay in Mississippi and it was good to have Edie back in Kentucky. For the benefit of those of us who are not familiar

with the concept of modular curricula, Phyllis Long has provided an explanation:

“Modular curricula have been developed to allow a more flexible and individualized approach to learning. The concept is based on the knowledge that people learn what they use, that learning is an active process and occurs at different rates and in different ways in individuals. A module is a self-contained unit of study. Each module includes details of what the student is expected to learn, how she can learn it and means of evaluation. For example, a module would contain objectives listing what things the student must be able to do, recall, explain, perform or demonstrate when she completes the module. The student will use different ways to master these objectives: Clinical experience and independent study, lecture, tutorial or small group sessions, and audio-visuals. Modular learning does not mean total independent study, but allows the use of varied learning methods to meet individual needs. Increased emphasis on guided independent study will free teachers from grinding out dry facts to concentrate on communication of management skills and integration of learning. Evaluation of learning will be based on the students’ demonstration that she has mastered the clinical and theoretical objectives. While in the Family Planning module the student would be working in Family Planning clinic, as well as other clinical areas.

“Implementation of a modular curriculum should enable us to use personnel more effectively and to cope with the need to affiliate for clinical experience. Students will assume more responsibility for their learning and progress. Our students are professional people being educated for a life of self-directed learning and self-evaluation which should start before graduation.

“The major change envisioned with a switch to the modular curriculum in FN II and III, is in flexibility and responsibilities. When students are aware of exactly what they need to learn and take the responsibility for their learning, teaching staff are freed to function more as tutors, guides; helping the student to learn. Schools where the modular curriculum is used report a greater atmosphere of freedom among students and faculty, and feel this increases learning.”

. . . .

There are times when the editor of this column loses what little mind she has and that happened in the preparation of the Summer issue of this Bulletin. In introducing new staff, a very important person was omitted! She is Lori Dostal, a graduate of the Master's program in Family Nursing at the University of California at Davis, California, who joined our staff in the early summer. Lori has been a tremendous asset to our nursing faculty and we are delighted to have her with us.

Other nurses who have come to us this fall (and we hope we haven't forgotten anybody this time!) are Leone Hensel, Hugo, Minnesota, Laurie Rendall, Newton, Pennsylvania, Wanda Turner, Van Buren, Indiana, Connie Folk, Ft. Wayne, Indiana, Lynne Pethtel, Clarksburg, West Virginia, Susan Albritton, Joliet, Illinois, Barbara Long, Harrisburg, Pennsylvania, a nurse anesthetist, and Marie Fullenkamp, Burbank, South Dakota. Two old friends have returned. Nurse-midwife Marilyn Houser got homesick for Kentucky and returned in November and is now on the Wolf Creek District. Alice Whitman is back as secretary to Family Nursing I. Mrs. Nannie Hornsby of Hyden has been employed in the purchasing department at Hyden Hospital and Mrs. Lillie Campbell, also of Hyden, who has been a receptionist at Hyden Hospital for many years, will be taking over the housekeeping in the new Mary Breckinridge Hospital after the move in January. We are happy that Marilyn Prevatt, a recent graduate of the School, is still with us, helping Dr. Lynch with the pediatric program.

. . . .

The Mary Breckinridge Festival weekend brought us several welcome guests—Agnes Lewis, Mrs. Clifton Rodes Breckinridge (Martha Prewitt) and her daughter and son-in-law, Mr. and Mrs. John Marshall Prewitt, and their children, and Darlene Wilke and Elaine Sell who came all the way from Chicago just to see the parade and craft show! Agnes' visit was all too short and we are hoping she will be back before too long.

Old courier, and present member of the Board of Governors, Jane Leigh Powell, spent two weeks with us in October to help with preparations for the fall Board meeting. Mrs. Shiela Betterton, a member of the staff of the American Museum in Bath,

England, included a visit to the FNS and area craftsmen on a visit to the United States in October. We were pleased to have a brief visit from Mr. William Walsh, Treasurer of the Robert Wood Johnson Foundation, and Mr. Terrance Keenan, the Foundation's Vice President for Grants Management on Halloween afternoon. Betty Bear and Virginia Lane from the College of Nursing at the University of Kentucky brought a group of graduate students to see something of our program, and the Dean of the College of Nursing at UK, Dr. Marion McKenna, stopped by with Miss Angie Kammeraad of the Atlanta Office of HEW and Dr. McKenna's friend, Miss Jean Norris of Redlands, California. Sharon Koser and the Wendover family had the pleasure of a visit from Sharon's parents, Mr. and Mrs. C. M. Koser and a friend, Mrs. Marcella Wenala, all of Seattle, during the month of November.

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We extend our sincere sympathy to Molly Lee and her sisters, Joan and Nora, on the death of their father, Mr. W. F. Lee of Yelverton, Devon.

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## CATARACT OR CADILLAC?

"There," said the newlywed husband, pointing to Niagara Falls, "I told you that if you married me I'd show you the world's biggest cataract."

"Cataract!" screamed the former chorus girl, "I thought you said Cadillac!"

—*Modern Maturity*, Oct.-Nov., 1968

## Statement of Ownership

Statement of the Ownership, Management, and Circulation required by the Act of Congress of August 24, 1912, as amended by the Acts of March 3, 1933, July 2, 1946, and October 23, 1962 (Title 39, United States Code, Section 4369), of

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

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

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

1. **By Specific Gift under Your Will.** You may leave outright a sum of money, specified securities, real property, or a fraction or percentage of your estate.
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.

. . . . .

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  
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**MR. HOMER L. DREW**  
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One First Security Plaza  
Lexington, Kentucky 40507



Jessica Palmer,  
daughter of Mr. and Mrs. Kenneth Palmer

*Photograph by Nancy Dammann*

