

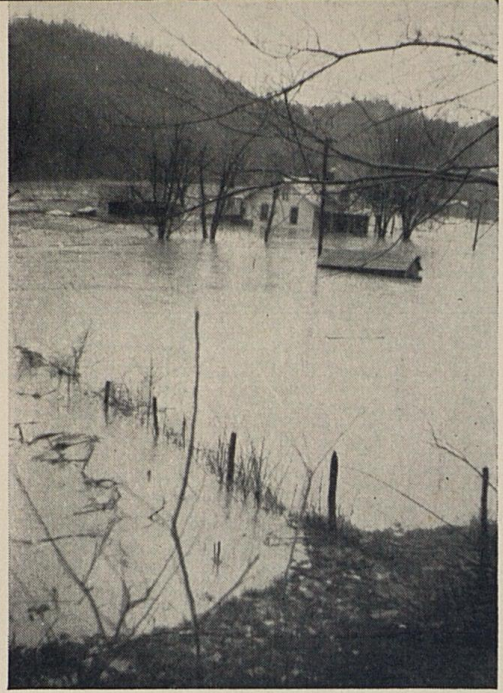
The Quarterly Bulletin of The Frontier Nursing Service, Inc.

VOL. XIV

WINTER, 1939

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THE QUARTERLY BULLETIN OF
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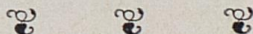
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COURAGE

Courage is the price that life
exacts for granting peace.
The soul that knows it not,
knows no release
From little things;
Knows not the livid loneliness
of fear,
Nor mountain heights, where
bitter joy may hear
The sounds of wings.
How can life grant us boon of
living, compensate
For dull gray ugliness and
pregnant hate,
Unless we dare
The soul's dominion? Each time
we make a choice, we pay
With courage to behold resistless
day
And count it fair.

Amelia Earhart—1934.
King Features Synd., Inc.



Grant us the will to fashion as we feel,
Grant us the strength to labor as we know,
Grant us the purpose, ribbed and edged with steel,
To strike the blow—
Knowledge we ask not—knowledge thou hast lent
But Lord the will—there lies our bitter need,
Give us to build above the deep intent
The deed, the deed.

—John Drinkwater.

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FLOODS

*It was fourteen miles to the King's House,
And seven of them he run;
He run till he came to the broad river side,
He bowed to his breast and swum, swum
He bowed to his breast and swum.*

Old English Ballad, "Little Mathie Grove"
as sung in the Kentucky mountains.

Several years ago, when I was motoring with the Frederick Watsons in the stern and impressive mountains of Wales, they told me they had taken Conrad for the same drive, and he said: "It is impertinent for a little country like Wales to have such scenery."

The Middle Fork of the Kentucky River and Red Bird River, which combines with Goose Creek to form the South Fork, both flow through the area covered by the Frontier Nursing Service. These comparatively small rivers, together with the North Fork, the Big Sandy and the Licking River, and their tributary creeks and branches, have all been on a rampage, worthy of the Ohio and the Mississippi which they feed.

The cover picture of this Bulletin was taken by Marvin Breckinridge, when the Middle Fork flowed tranquilly between its normal banks. The nurse is Eva Gilbert, and the swinging bridge is one near the Margaret Durbin Harper Nursing Center at Bowlingtown. When the rivers rise to past the fording stage for horses, and then rise on until they are too swift to use the little boats with safety, we cross on these swinging bridges. This flood has washed away every one on both rivers.

The pictures on the inside of the cover were taken by Jennie Burton, one of our hospital nurses, during the flood at Hyden. In our section, the heaviest losses on both the Red Bird and the Middle Fork lay on the lower reaches of the rivers, where about four out of five homes were inundated, and a number washed away. The bedding and home-canned food stuffs of the people in the flood-swept homes were completely de-

stroyed; many barns with all the hay and feed, miles and miles of fencing, were washed on down towards the Gulf of Mexico. Stock and chickens were drowned.

As far as we have been able to ascertain, there has been no loss of life. Our people are early risers, and most of them were up as the water began creeping into their homes in the darkness of the winter morning. Of course they helped one another. Old Josh Whitehead knew that Shelby Asher's wife and baby were alone in their cottage that night. When the water reached his own house he struggled down the bank, while his house and everything in it were washed away, and rescued the wife and baby of his neighbor although he could not save their supplies.

At Big Creek, Aunt Ann Napier, 83 years old and ill, had a doubly tragic experience. There were ten feet of water in her home. She was carried out and transported by boat to neighbors. This new place stood higher than Aunt Ann's house, and although the flood dampened it, nobody had to move away. However, in order to dry the place out, extra large fires were built and it burned down. Again Aunt Ann had to be caught up from her bed and rushed outside.

So many boats were carried off that rescue work was doubly difficult. Several of the men had to swim. Everywhere we get reports of gallantry and good humor, as well as friendliness and at least one funny story. One friend in the Flat Creek neighborhood on Red Bird, who owns a store, got down to his store to move his supplies as high up as he could on the chance that the water wouldn't reach to the roof. When he started back he fell in over his neck. Thinking that everywhere around him the river back-water up Spring Creek was that deep, he swam to an apple tree, climbed up it and halloed. After a time some men and a boat rescuing families came to his assistance, and then everybody had a grand laugh for the water around the apple tree on one side was only wading deep.

The composure of the mountaineer was well illustrated by old John Feltner, a peg-legged man in his seventies, and sick in bed. He had lived in his home on Red Bird River all his life,

and when he was told that the water was rising all around him he said that he knew from experience it wouldn't get into the house, and he refused to be moved. Again and again members of his family came to him and begged him to let them move him, but he wouldn't. Finally the muddy waters reached his bed, and that convinced him. He yelled, "For God's sake, take me out quick."

.

All of our nursing centers are built high above the rivers, but even so the water rose five feet at the gate of the Possum Bend Center at Confluence, reached the cow barn, and got into the cellar of the center itself. At Wendover the orchard was flooded, and the water came twenty feet up through the garden gate. It flooded the Hurricane bottom so that we were marooned from all communications from the outside. The telephone lines were swept away, mail was completely disrupted, and travel is still so difficult and dangerous even for horses that our nurses have been scrambling out on foot to the flood babies.

At the Clara Ford nursing center, above Big Creek on Red Bird River, the senior nurse, May V. Green, took in three entire refugee families from the flood that night. The hospital at Hyden is of course hundreds of feet above the river, and its only difficulty came from the driving rains, which have badly damaged the lower retaining wall, and disconnected the pipes bringing the water supply for the hospital from the reservoir tank. The hospital was without water for twenty-four hours, surrounded by a sea of water! Hyden, itself, like Big Creek, was hard hit, but in both communities men whose homes were flooded joined in the work of rescue of people in other homes, as soon as their families had been placed in safety. Our senior nurse at Hyden, Vanda Summers, was out on a delivery at the mouth of Short Creek the night of the flood. When she got back early the next morning, she took our car and used it to help in the rescue work as far up Rock House as it could travel.

.

The response of the Red Cross to this emergency has been in their finest tradition of public disaster service. The Red Cross Committee at Hyden, Mr. M. C. Begley, Chairman, met as soon as people could meet, and Dr. Kooser, Nora Kelly, as

well as Mr. Begley, who is our trustee, represented the Frontier Nursing Service on this committee. Without waiting for the complete reports that are so slow coming in, the committee ordered mattresses and blankets, sent reports in to Mrs. Sheridan Connelly in Lexington, and ran off a series of simple questionnaires. These were distributed as soon as possible to the nurses of the Frontier Nursing Service along the Middle Fork and to various men who volunteered to help.

We sent Nora Kelly and one of the senior couriers, Doris Briggs of Providence, Rhode Island, over to Red Bird River as soon as travel was possible. With Mr. Queen, the engineer in charge of the Fordson Company, they went into Manchester, and volunteered to the Red Cross Committee there to gather the information in the whole Red Bird River area of Clay County through the nurses of the F. N. S. and the Fordson employees. A few days later the Red Cross representatives (Mrs. Hartley for Red Bird and Miss Richards for the Middle Fork) came in to these territories, and they have been rare good sports, riding bad trails and walking where riding was impossible. The Hyden Red Cross Committee, which oversubscribed its quota by five times for the Louisville-Cincinnati flood, is now in the position of seeking help through the Red Cross from the outside for the relief of its own people.

.

As we go to press we are getting written reports from our various outpost centers, as well as Nora Kelly's first-hand report from the Clara Ford and Caroline Butler Atwood nursing centers on Red Bird River. Typical is the report of Eva Gilbert, who writes from Bowlingtown that the water came to the second loft of the store on Mrs. William Barger's place; that the Will Bowling house had water to the ceiling of the first floor; that the Hannah Barger place had water to the mantel; that nearly three feet of water came into the Floyd Bowling house, where she had a two-weeks'-old baby, and that Floyd had only saved the meat-house by tying it to trees; that the road had ten feet of water in it in some places, and was badly washed with many slips. She writes that one family, with a new-born baby, got out in time but that the house was completely turned around by the flood. She was troubled when she

wrote because she had not been able to get to one of her expectant mothers, with high blood pressure, because of the mire and the quicksand between. Another distressing situation was that of Mrs. Oscar Begley, whose house, with everything in it, burned to the ground before the flood. Mrs. Begley grabbed her ten-day-old baby and the next older child and ran out with them in her bare feet, into the wet and cold.

At Possum Bend the nurses, Holly and Scottie, with Ray Langdon, a local volunteer, are still engaged in filling the questionnaires for the Red Cross in the Confluence area. They have not covered all of the five miles down the river and the five miles up the river, with the tributary creeks, as yet, because of the quicksand and mire, and heavy midwifery and nursing work. Reports on the first families they have seen show thirty houses inundated and two completely washed away.

The nurses at Beech Fork (Jessie Preston Draper Center), Ellie and Vi, are also engaged in covering their territory for the Red Cross, while they carry on with their nursing and midwifery. As their districts are the furthest up the river of any we cover, the devastation hasn't been as bad in that area, but it is still bad enough. The only part of our territory where damage has been comparatively slight is that on Bullskin Creek, namely the Belle Barrett Hughitt Center at Brutus. Mickle Major and Minnie Meeke report a raging creek, and heavy travel because of the muck and mire afterwards, but the area has not suffered like all the others which are on the rivers.

Of course the F. N. S. is cooperating with the State Board of Health and its local officers in preventative measures. Innumerable wells have been flooded with filthy water and must be cleaned and chlorinated. We haven't much of a problem in our section as regards typhoid inoculations, because most of our people are regularly inoculated every two years.

The rise of water varies on different parts of the rivers, with estimates as high as thirty-five feet on the lower reaches. On Red Bird, Aunt Jane Ledford, who has lived in the same house for sixty years, says that the flood was higher by some feet than any tide she had ever seen. On the Middle Fork, between Wendover and Hyden, Uncle Jess Bowling has kept

“marks” of tides since 1861. This flood is 3½ feet beyond any previous “mark”.

The weekly newspaper, Thousandsticks, printed at Hyden, states that the Middle Fork flood is about six feet higher than any past records show.

If Conrad thought it “impertinent” that a little country like Wales had such awesome scenery, we may well agree that it is impertinent for little rivers to carry such widespread destruction along their shores.

THE YELT LAYER CAKE

Ingredients:

3 yolks of eggs	½ cup of cream or milk
1 white of egg beaten stiff	2 teaspoonsful baking powder
5 oz. butter	1 teaspoonful vanilla
10 oz. flour	1 pinch of salt

Method:

Cream the butter, add sugar, eggs, cream and vanilla, lastly dry ingredients already well mixed. Bake in quick oven 7 minutes. The two whites of egg that are left can be used for icing as follows:

COCOANUT ICING

¼ lb. icing sugar
 2 whites of egg beaten quite stiff
 Dessicated cocoanut to taste.
 Fill the layers and coat over with this mixture, sprinkling a little dry cocoanut on top when finished.

CHOCOLATE ICING

½ lb. hard chocolate
 ¼ lb. icing sugar
 2 whites of egg beaten stiff
 Handful of shelled walnuts chopped fine
 Cover the cake in the same manner and place a few whole walnuts on top to decorate

Or—

Do not divide the eggs but make the cake with 2 whole eggs and use bananas cut in strips as a filling, together with a little strawberry jam. This cake is not iced.

—Contributed by Mrs. T. James of The Yelt, Doveridge, Derbyshire, England.

FRONTIER NURSING SERVICE COOPERATIVE HANDKNITTERS

By NORA K. KELLEY, R. N., S. C. M.

Flat Creek Knitting Class

(Caroline Butler Atwood Nursing Center)

On the 15th day of April, 1937, a small group of children, ages varying from nine years to sixteen years, met at the Frontier Nursing Service Center at Flat Creek in order to learn to knit. They had come at my invitation given while visiting the homes on my daily rounds.

I thought perhaps five or six children would come; but we were twenty-three in all, counting Miss Ellison, a new nurse, and Mrs. Mary Combs, who is one of our local women and keenly interested in quilting and knitting. I explained to them the object of this meeting.

- 1st—That each child buy her own knitting needles at cost—ten cents a pair—in cash or kind. (Namely: eggs, ears of corn, labor.)
- 2nd—That each child learn to knit plain, to purl and to cast on.
- 3rd—When she was considered able, we would supply enough yarn to enable her to knit her own sweater under our direction.
- 4th—That all mistakes made when knitting at home be rectified in class by unravelling if necessary.
- 5th—That when the sweater was finished, pressed and sewn up, each knitter could buy her sweater for 15c.
- 6th—That hands be washed in the clinic before beginning to work.
- 7th—That we meet at a set time once a week only.
- 8th—That our class be confined to girls over nine years; up to 18 or 20 years; but not married women.

Our materials on hand to start with were:

20 pairs knitting needles—\$2.00
New and old yarn, which I had collected from friends in America, and while on holiday in England.

Miss Ellison and Mrs. Combs were both able knitters and very soon we had several children started. Some of them knew a little about knitting already, which was a great help as I was able to use them to help teach, as well as give them instructions.

Between April 15th, 1937, and January 15th, 1938, Mrs. Combs and I, with occasional help from passing couriers and

nurses, taught some eighty children to knit. Our class numbered over sixty at times and we had to divide and make two classes in order to handle that number of young people. They made during that period 120 sweaters for themselves and their families.

Except for money spent on knitting needles, for which I was reimbursed by the knitters, the class was run entirely by the generosity of friends who sent in both new and old yarns. Many shipments of yarn received at the Frontier Nursing Service headquarters were handed over to the knitting class.

At about this time I began to receive various inquiries from people asking if we would knit bed socks or sweaters for orders. I realized that we could not continue to depend on the generosity of our friends for our existence any longer. But all the children were so keen to keep on knitting just for the sake of something to do with their spare time, and also for the very real pleasure which they got from making and completing something beautiful, that I felt we could not suddenly cease to function. I was faced with these facts: (1) Yarn is most expensive. (2) Could we get a market for knitted goods? I discussed this with Bland Morrow who said she had just received some special gift checks which she thought could be used in this connection. After some considerable thought, I decided to take the plunge.

Beginning of the F. N. S. Cooperative Handknitters

January 15th, 1938, I made my proposal to the class, not entirely without misgivings. I explained:

1. That in order to continue we had to make ourselves self-supporting.
2. That they would be paid for satisfactory completed work.
3. That only the best work could be accepted.
4. That when the work was sold, after paying the knitters and paying for the yarn, the profits would be spent on suitable yarn, wholesale, which would be sold to the people in the district at 4c and 5c per ounce below cost.
5. That we call ourselves the Frontier Nursing Service Cooperative Handknitters.
6. That we would continue with the Preliminary Instruction Class for new girls who could not knit, under the same rules as before.

The class received the proposal with much enthusiasm and we started work on our first orders, which were three pairs of bed socks for Mrs. Mary Breckinridge, Director of the Frontier

Nursing Service, Miss Bessie Waller, nurse-midwife of the F. N. S., and Miss Ethel Lawton, Christian Worker, respectively. Then followed orders for sweaters, tennis socks, boot socks, cardigans, also baby sweaters. At the same time knitters began work on garments in advance of orders to have some stock on hand.

We now had three groups of girls:

1. The expert knitters of the Cooperative, working on orders.
2. The new girls in the Instruction Class, in various stages of learning to knit.
3. Girls and women who bought the yarn at the cut-rate and who came for help in working out sweaters for themselves or their families, and because work together had become a social event.

In the year from January 15, 1938, to January 15, 1939, the Cooperative group has made 43 sweaters. The following report accounts for the work of this more advanced group.

Frontier Nursing Service Cooperative Handknitters
Balance Sheet of First Year, January 15, 1938—January 15, 1939

RECEIPTS	DISBURSEMENTS
Donations:	Yarn bought for orders and for district _____ \$135.38
Miss Adele Wilkins _____ \$25.00	Paid to knitters for orders completed _____ 62.75
Mrs. E. J. Horsley _____ 2.00	Needles bought _____ 4.51
Mr. Charles Bowditch _____ 10.00	
A Friend _____ 5.00	Total Disbursements _____ \$202.64
A Friend _____ 2.00 \$44.00	
Sale of needles to district knitters _____ 4.00	
Bought yarn sold at cut-rate to district _____ 30.84	
Orders filled _____ 122.05	
Total Receipts _____ \$200.89	

STOCK ON HAND INCLUDES:

Sweaters and socks—value _____	\$44.20
Work still on needles—value _____	20.00
Needles _____	1.00
Odd yarn _____	12.95
	\$78.15

Beech Fork Knitting Class

(Jessie Preston Draper Nursing Center)

In November, 1938, we began with a small group of children in our Beech Fork area. The enthusiasm of the girls is

most refreshing. They travel long distances and seem to hail the class as quite an event. I could not help comparing their enthusiasm with the dismal feelings of my own childhood days when I approached the one hour each week set aside for knitting. As I helped one child after another to master the intricacy of in, over, out, off,—I heard the excited whisperings behind me of some one who had just mastered it: "I can knit, I can knit!" Already we have ten or twelve girls meeting each week. Some have almost completed their first sweaters. When these girls are able enough knitters, we shall start a cooperative group at this center also.

In time The Frontier Nursing Service Cooperative Handknitters will be established at all our centers, and in each area will be self-supporting. *For the Preliminary Instruction Classes we still need, and will gratefully acknowledge, gifts of new and old yarn.*

.

The following are a few incidents connected with the knitting classes:

A little girl: "Please may I come to the class on Saturday because I am nine years old on Sunday?"

.

A mother knitting a sweater for her husband, who is a teacher and is going off to college, says he must have his college colors in it.

.

A man comes down to collect our scrap yarn for his mother over 70 who is suffering from lack of memory, and who is only happy when knitting socks for her grandchildren.

.

A mother who has learned to knit from her little daughter, now sends off the family sheep's wool to be made into yarn, and has this winter knitted socks and a sweater for each member of the family.

LETTER FROM A YOUNG FRIEND

"Mary, I have join the church. I feel much better than I did when I was a sinner."



COWS

By LOUISE IRELAND, Cleveland Courier

*Two uppers
Four lowers
Two hookers
Two lookers
And a swishy-swish*

Cows have absolutely nothing in common with me except cottage cheese and chocolate milk shakes. Because of my extreme joy in indulging in these two bi-products of the cow I have managed to preserve respect for her.

However, I almost lost this when I had to drive Newdelia and her daughter Britannia from Beech Fork to Wendover. Pebble Stone and I were sent on the mission mounted on Lassie and Gloria (the two extremes in horse flesh). It was truly a problem for a cow psychologist and not two feminine couriers. But we worked the problem out very carefully and shared the difficulties by changing posts on the hour. To all amateur cattle drivers we advise the rope-around-the-horns and the switch-behind method. Of course, this way may not prove satisfactory under all conditions, which vary according to the age, traveling experience, hunger, thirst, etc., of the animal. Fortunately, Britannia was very much dependent (every fifteen minutes) on

her mother for her food supply. This aided greatly in keeping the party more or less together.

Rivers, stray live stock, steep hills, and tasty foliage proved to be the greatest difficulties we encountered. The latter two are self-explanatory. But the river crossings were extremely annoying. None of our beasts could agree upon drinking at the same ford. Those not drinking continually attempted to lie down and cool off. Kicking and switching proved the most effective way to overcome this. The live stock problem was the most difficult to handle. Cows, pigs, chickens, geese and little children crowded our trail. The pigs and cattle took extreme joy in playing possum in the center of the road. Detours usually involved going half way up a mountain or descending into a river.

When we finally got within a quarter of a mile of our destination, Newdelia folded, with the determination which only a cow has. Naturally her daughter followed suit. Not until the postman came along on his mule did they arise. By one simple word (unknown to amateurs) he accomplished the task on which Pebble and I had wasted all our tact and force.

Let this experience of mine be something to haunt the dreams of all couriers (new and old).

NOTE: Louise Ireland made the charming drawing that heads this story. It shows Pebble, Louise, Lassie and Gloria, Newdelia and Britannia, all in motion. The verses under the picture were contributed by Mary Elizabeth Rogan, Cincinnati courier, when she and Mary Gordon of Pittsburgh took Blinkie from Wendover to Brutus in the spring of 1936. This trip lasted three days as they took the forty-mile route around by Confluence and Bowlingtown in order to give Blinkie over-night rests at the nursing centers at those points and get her milked.

Among the other couriers who have struggled with cows are Martha Bole of Cleveland and Mary Wilson of Washington, who escorted Twinkle to Bowlingtown; and quite lately, Betsey Pagon of Baltimore and Betty Harriman of New York, who brought Frosty up from Bowlingtown.

Escorting cows and their calves is not the only bit of bovine work the couriers do. The Possum Bend cow, Snowball, was threatened with a breast abscess before New Year, and Eleanor George of Sewickley, Pa. spent over a week at Confluence applying wet compresses on the udders, with complete success.

POGO

The Flat Creek nurses extend their grateful thanks to Mrs. W. A. Hifner, Jr., of Lexington, Kentucky, for the gift of a fine young Boston bulldog. His name is Pogo.

WILLIE

By ANNIE ELLISON, R. N., S. C. M.

On the fringe of our district I visited a house that had recently been rejoined to our district after being closed out since the depression.

After a friendly chat and advising the mother regarding the baby and younger members of the family, I rose to take my departure. At this moment, the mother asked what she could do for her boy who was limping with "rheumatism" and there was a short delay whilst the boy was fetched from a nearby field where he was working. I talked to him and then asked him to go into the other room and lie on the bed for examination.

Upon entering the room with the mother, who was holding her baby, my dog Tiger followed, but another dog decided he did not wish Tiger to come in with us and thereupon a fight began between the two dogs. The mother screamed, the baby howled, but the two dogs were easily parted by the swish of a handy broom, and the mother comforted her baby whilst I examined my patient.

Fortunately, the parents were very willing to take advice and took Willie to see Dr. Kooser the following day. Dr. Kooser referred him to the Crippled Children's Commission and he was taken to their clinic being held in Hazard that week.

The x-ray taken in Hazard told the tale that an operation was necessary on Willie's hip if he was not to become a life-long cripple in a few years.

Willie was offered a bed in The Children's Hospital in Louisville and bravely said he did not mind going. I say bravely, as a trip out of the mountains is a great and often terrifying experience for these mountain children. The father came to see me, signed the necessary papers, and all was ready for Willie's departure. As the day drew near the rain fell heavily and continued to do so. The river rose so high that we were tide-bound at the nursing center. I was afraid this would be only too good

an excuse for Willie to put off his trip and thereby possibly lose his chance of the operation. Upon ringing up the Hyden Hospital to enquire if they could wait a day or two for the water to subside, I was amazed to hear that Willie was already there and ready to start off with other children to Louisville. I later learned that he had seen the creeks rising and had quickly set off from home traveling some of the way on muleback and the rest on foot. By doing this he had raced the river and crossed the last ford shortly before the water became too high for safe crossing.

During his time in Louisville, Willie wrote short but happy letters home to his parents and these were duly shown to me. In one of these letters he asked for a guitar which his father was able to obtain for him.

When the time came for Willie's return home, he came by train and car to the Hyden Hospital, after which his parents were asked to arrange for his transport for the rest of the journey. This they did in the following way. From the Hospital in Hyden to the last store on the good road, Willie was brought by truck. The last two miles were too rough to be accomplished by anything but on mule or horseback. Willie's hip being in a plaster cast made it impossible for him to ride thus. Then his father had the idea which finally got him home. The family mule was fastened to the sled that was usually used for hauling corn. Inside the sled a chair was placed on which Willie was able to sit and proudly balance himself. His crutches and guitar were carefully placed alongside of him in the sled and away they bumped over the rough creek.

Willie is now waiting for the time to come when he will return to Louisville for the removal of his plaster cast. In the meanwhile he is occupying his time and delighting his family by showing them how cleverly he can make purses, belts and mats, a handicraft some very thoughtful person taught him whilst he was in Louisville.

A CHILD'S PRAYER

"God, please give things to the poor so they won't come and ask for my things."

—Contributed.

NURSING IN SPAIN

By L. C. J., from the Nursing Times, London, January 14, 1939.
(Abridged)

At the beginning of the Spanish Civil War, in 1936, nursing in Spain was very different from nursing in this country. Before July, 1936, as in England before the 16th century, nursing was regarded largely as a form of religious devotion undertaken by monks and nuns. Some of these monks and nuns went over to General Franco's territory at the beginning of hostilities, others fled abroad, and Government Spain was left with practically no nurses. Now, after two and a half years of war the hospitals are staffed with Spanish nurses. How has this been achieved?

It has not been an easy task, for in the first place more than 50 per cent. of the girls who came as nurses could neither read nor write. Those from the villages had never been more than walking distance from their homes, and most of them had worked on the farms from a very early age. Again, they did not know freedom as we understand it; for instance, no girl was allowed to walk with a member of the opposite sex unless she was engaged to marry him.

In the early days of the war, when a medical unit arrived in a village, the Mayor would be summoned, and on learning what was needed he would hand over the keys of the largest building available. He would then call on families where there were daughters about 14 years of age, explaining to them that a hospital had to be ready within three hours. In this way young Spanish girls were recruited to the nursing profession and soon proved their worth, for when the hospital was ready and the wounded began to arrive they would often work unceasingly for three days at a time. . . . Soon it became obvious that base hospitals and a training centre for nurses was necessary.

It was my experience to start one of these base hospitals. We took over a fairly large monastery, which had not been in use for several years—a dilapidated building with no window-

panes and birds nesting everywhere. Water had to be carried from the spring in the village, for though there was one tap the water was infected with *bacillus coli*. There were eight lavatories, but they were never flushed properly. Workmen (all men who were too old to fight) were brought in and soon we had wire netting at all the windows, an operating theatre, and a serviceable kitchen where all the cooking was done on wood fires. . . .

We installed 300 beds, but before we got any further the wounded began to arrive. The Mayor sent along six *chicas* (girls of 14 years), not one of whom could read or write. With these six girls, two English nurses and one doctor, we dealt with 800 wounded in three days. The Spanish girls were taught to wash the patients, though we only had six bowls and very little soap. The men were put to bed naked as we had no pyjamas for them. Equipment was scanty, consisting mainly of one pair of scissors, one scalpel, two dissecting forceps, some bandages and cotton wool, one small fish kettle and one primus stove. The Spanish girls helped with the daily dressings, and learnt to bandage and also the necessity of being clean. Then we began to train them in earnest. One of the Spanish soldiers, who was not fit to go back to the front, and who could read and write, gave the girls a lesson in reading and writing every day. They were taken round by the English nurses and taught to make beds. This proved a very difficult and tiring task, as all the beds were low camp-beds, and each *chica* was responsible for about 40 or 50 beds. They were made responsible also for giving out the food to the patients. (The food, of course, was all rationed.) In time, the *chicas* were able to differentiate between the very sick patients and those who were able to get up and go about. Gradually they were taught to take temperatures and record them, and eventually we started lectures in hygiene and nursing. We explained the danger of flies on food; this was easy to demonstrate, for the flies are very troublesome in Spain during the summer, and practically every patient suffers from dysentery.

Now, after eight months, this hospital, originally equipped with money from England, is run completely by the Spanish. It has baths, electricity, hot and cold water; the wards are well

equipped and there is a good operating theatre, X-ray room and dispensary. Each girl is responsible for a ward, and they teach one another. The Spanish nurses work under very difficult conditions, and, to add to their troubles, there are frequent air raids both day and night. The food is bad—imitation black coffee for breakfast, rice and beans at midday, and beans at night. There is little opportunity for recreation, but we do what we can. . . .

It is difficult to do justice to the bravery and self-sacrifice of these girls, forced to take on responsibilities at an age when in happier circumstances they would be in the school-room.

Bulletin Editor's Note: "*Ou sont les neiges d'antan?*"—*Francois Villon*.

A VOICE THAT WAS STILLED FOUR HUNDRED YEARS AGO

“. . . I often wonder what it is that urges, I will not say Christians, but men to such a pitch of madness that they will make every effort, incur any expense, and meet the greatest dangers, for their mutual destruction. For what else are we doing all our lives but waging war? We are worse than the dumb animals, for among them it is only the wild beasts that wage war, and even they do not fight among themselves, but with beasts of different species, and that with the weapons with which nature has furnished them; not as we do, with machines invented by the art of the devil, nor for all manner of causes, but either in defence of their young or for food. Can we, who glory in the name of Christ, whose precepts and example taught us only gentleness, . . . can we think anything in this world of such value that it should provoke us to war?—a thing so ruinous, so hateful, that even when it is most just, no truly good man can approve of it. . . . Add to this the crimes which are committed under the pretext of war, since 'amid the din of arms good laws are silent'—how many robberies, sacrileges, rapes, and other disgraceful deeds such as one is ashamed even to mention. This corruption of morals must needs last for many years, even after the war is over. Then think of the expense, so that, even if you conquer, you still lose far more than you gain;—what kingdom, indeed, could you put against the life and blood of so many thousand human beings?"

From a Letter by Desiderius Erasmus to
Anthony a Bergis, written in London, March 14, 1513.

In Memoriam

*That thick, black night, which mankind fear'd, is torn
By troops of stars * * * * *
Some bid their dead "Good night!" but I will say
"Good morrow!" * * * * * for it is day.*

Thalia Rediviva, 17th Century.

MR. PETER LEE ATHERTON, Louisville, Kentucky
MISS ELLA PHILLIPS CRANDALL, New York
DR. W. G. FROST, Berea, Kentucky
COL. JETER HORTON, U. S. M. C.
HON. HENRY LEWIS MARTIN, Woodford County, Kentucky
MR. E. WARING WILSON, Bryn Mawr, Pennsylvania

Again we wish Godspeed to a group of friends who have crossed the Great River. Mr. Atherton was the husband of our trustee, Mrs. Peter Lee Atherton; Miss Crandall, one of the earliest Frontier Nursing Service friends, was one of those shining ones whose "mild persistence leads men on to vaster issues." With Berea, we suffer in the loss of their gallant pioneer, Dr. Frost; with all of central Kentucky, we feel the loss of that gallant old man, Mr. Martin, who has been one of our members for the past ten years. Colonel Horton and Mr. Wilson were the husbands of sisters, the one dying suddenly, the other after a long illness, within a few days of each other. Both sisters have been friends of the Service from its beginning, and Mrs. Wilson has always been a trustee.

To the families of these friends, we extend our deepest sympathy in the lonely days that lie ahead of them.

Be calm in arguing: for fierceness makes
Error a fault, and truth discourtesie.
Why should I feel another man's mistakes
More than his sicknesses or poverty?
In love I should: but anger is not love,
Nor wisdom neither: therefore gently move.

—George Herbert, 1593-1633.

CHRISTMAS PREPARATIONS IN THE ATTIC

By EDITH M. VERBECK, of Manlius, New York

On the twelfth of November I arrived at Wendover, soon to take over the duties of Christmas Secretary. Never having been in the Kentucky mountains, I was astonished at the great difference in people, customs, and terrain. The quiet and hospitable natives, the shy children, the steep mountains with many creeks and rivers winding around them, crops growing up mountainsides, livestock wandering along the simple roads, all tended to make it like a new world to me. From the moment I arrived until it was time to leave, I loved every bit of it.

After a week at Wendover, spent in assisting the couriers with the care of the nice horses, helping them with tea preparations, and many long talks with Mrs. Breckinridge, I left to visit two of the upper centers—Red Bird and Flat Creek. It was such fun meeting the interesting and intelligent nurses at these centers, and getting a clearer picture of the great work being carried on by those in the Service.

Shortly after Thanksgiving, I transferred my temporary residence from Wendover to the Hospital in Hyden. Upon my arrival, Mac, the head of the hospital, took me to the attic, where my work was to be carried on. This room, with very little in it at that time, appeared large and spacious. There were long deep shelves supporting two sides of it, big chests and trunks on the floor, and along the walls—also a long low platform on which to put the new clothing. Mac had worked hard clearing it out for me, and everything was in perfect order. Later, I met the entire Hospital Staff, and right away their friendly remarks and attentions made me feel at ease and no longer a stranger. They willingly answered all of my questions in a way which showed me their great pride in and love for the Service.

Each day at the end of lunch the packages would come up the long hill from Hyden, either in saddlebags on the back of Tenacity, the mule, or on a sled behind her heels. Consequently, afternoons were spent unwrapping, listing, and placing the

books, games, toys, dolls, and clothing in their proper places. The dolls came in such quantities that they soon overflowed a tremendous box into two good sized trunks.

On Tuesday afternoons the truck would arrive from the express and freight offices in Hazard, laden with boxes and barrels of gifts. To these afternoons I looked forward with anticipation of opening the many exciting-looking boxes, which were always full of surprises. Mac and I uttered many Oh's and Ah's over them.

The mornings were spent in acknowledging the generous gifts, and during a free hour I would mount Lady Ellen and we would go off exploring alone, or with one of the Hospital nurses who knew more about the trails than I. When it was necessary to work during the evenings, the nurses would often come up to offer their aid, no matter how hard a day they might have had themselves. On free nights, we would play cards, talk, or do jig-saw puzzles.

There soon came a day when the large attic had become a very cramped spot in which to work—all along the hall outside of the room were boxes stacked to the ceiling waiting to be unpacked as soon as space was made for them. My worries over this problem were rapidly cast aside as it was time to begin packing for the outlying centers. The nurses from these seven centers had previously spent much time and work in preparing accurate lists for me of the babies, pre-school children and school boys and girls in their districts, so that I had a good idea of the quantity and type of gifts to send them. Aside from all the games, toys and clothing, new and old, we received hundreds of pounds of hard candy.

Seven trucks had to be packed with thousands of presents, and packed very carefully because the contents of some had to be relayed to wagons for the last lap of the journey.

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All the Christmas parties were over by Christmas night, and soon after New Year's I left for home, carrying with me some of the great spirit which exists so strongly among the wonderful people in the Frontier Nursing Service, and feeling very proud to have spent an all-too-short seven weeks with them.

REPORT ON THE THIRD THOUSAND
CONFINEMENTS
of
THE FRONTIER NURSING SERVICE, INC.

NOTE: Prepared by Miss Elizabeth J. Steele of the Metropolitan Life Insurance Company, and sent the Frontier Nursing Service April 19th, 1938, by Dr. Louis I. Dublin, Third Vice-President and Statistician of the Metropolitan Life Insurance Company, New York City.

This study of a thousand maternity cases served by the nurses of the Frontier Nursing Service between 1934 and 1937 is of especial interest as it is the third in a series and illustrates the progress made by this organization in its handling of the maternity problem under difficult conditions.

There were two deaths among the third thousand cases. One was a 21-year-old woman of sixth gravida and fourth para who gave birth before the nurse arrived to a live baby at full term. She had registered with the Frontier Nursing Service in the sixth month and had shown no puerperal complications during pregnancy and labor. A cold, present at the time of labor, persisted into the puerperium and soon developed into a serious condition. This was complicated by diarrhea, puerperal insanity, septic temperature, etc. As the home was difficult to approach because of bad weather—"tides" and deep snow,—the patient was transferred to the center on a stretcher. On the 18th day she died from influenzal pneumonia with purulent pleural effusion.

The second death, which occurred, was a mother of age 23 who was delivered by a nurse of a live baby at full term. This mother had registered in the seventh month and had not developed any puerperal complications in either pregnancy or labor. A bronchial cold present at confinement persisted into the puerperium however. As the condition developed the mother was transferred by stretcher to a center. On the ninth day she died from lobar pneumonia with seropurulent pleural effusion, toxic myocarditis with pericardial effusion, and acute hepatitis.

According to accepted procedure of coding joint causes of death* both cases would be assigned to the puerperal state. That is, the maternal death rate in this group would be 2.0 per 1,000 live births. This may be compared with a maternal death rate of 5.8 per 1,000 live births in the United States in the years 1934-1936. The most comparable figure, that for the white population of rural Kentucky, for 1934-1935, was 4.4 per 1,000.

Taking the record of the entire 3,000 cases cared for by the Frontier nurses we find a maternal death rate of .67 per 1,000 pregnancies or .68 per 1,000 live births. The results from some recent demonstrations may be quoted for comparative purposes. The Chicago Maternity Center reports "Working under adverse conditions, with a group of patients physically below par and on a minimum budget, a *gross* maternal mortality rate of 1.42 per 1,000 live births was maintained over a four-year period." In Cattaraugus County, New York, the maternal mortality rate for prenatal cases supervised by the Health Department, 1932-1936, was 1.2 per 1,000 live births as compared with 5.6 per 1,000 for the county as a whole. The Cleveland Child Health Association in 1936 reported on 2,595 women who attended special classes for prenatal care, including both private and clinic patients. The maternal mortality rate of this group was .77 per 1,000 births as compared with 3.8 per 1,000 for the city of Cleveland. From these few examples, we see that this record of the Frontier service taken over the period as a whole, is exceptionally good.

Two factors which influence maternal mortality materially and which must be taken into consideration in judging the results for a given group are age of mother and order of birth. The women of this group varied in age from 14 to 47. They were younger, on the average, than the mothers in the general population of the United States although they resembled somewhat closely those of the general population of Kentucky. The particular age distribution of the Frontier women was slightly unfavorable. The larger than average proportion of mothers in the earliest and the most advanced age groups tended to increase the mortality of the Service, as the case-fatality rate is rela-

* Manual of Joint Causes of Death—3rd edition, 1933, p. 144.

tively high for the very young mothers, diminishes to a minimum in the age group 20 to 24, thereafter rises at first gradually and then very rapidly for mothers who give birth to a child towards the end of their reproductive period.

The makeup of the group, as to para was comparatively more favorable. The proportion of first births was low—19.7 percent as compared with 28.7 in the white population of Kentucky in 1934 and 33.2 in the general population of the United States in the same year—and first births involve a greater risk to the mother than subsequent births. The hazards of pregnancy increase however for the higher order of births—according to recent figures any confinement after the fifth or sixth carries a higher risk than does the first.* In this group of Frontier mothers 20.5 percent of the live births were of 7th or later para. In the United States, in 1934, 10.1 percent were in this classification, while in the white population of Kentucky 12.2 percent were of the 7th or later para.

The service has made real progress in the matter of early registration, over 30 percent of the mothers registering before the end of the fifth month and nearly 56 percent before the end of the sixth month. Of course, under ideal circumstances, all mothers should register for prenatal care by this time. This ideal is seldom remotely approached in actual practice, however. The Frontier Nursing Service seems to be securing the registration of young mothers at even earlier dates than the older women. It is hoped that the education of the women over a period of time will make early registration an accepted procedure. As might be expected, the number of visits received correlated closely with the date of registration (Table VI).

In the following discussion, the three periods, pregnancy, labor, and puerperium have been considered separately.

I. Period of Pregnancy

Abnormalities of one form or another were reported for 321 women during pregnancy. There were altogether 182 cases with puerperal complications and 179 cases with non-puerperal

* Report on an Investigation Into Maternal Mortality, Ministry of Health, London 1937, p. 103.

complications. The non-puerperal complications are listed in Table VII. Examination of this table will show that certain conditions reported in pregnancy were of the chronic type and were present, undoubtedly, in all three periods.

The respiratory conditions were the most common among the non-puerperal complications. Simple goiter, hookworm, and syphilis were also reported with some frequency. There were eight cases of syphilis, or an incidence of less than one percent. Of the reported cases only three received treatment during pregnancy. The condition did not interfere in any case with the birth of a live baby.

The number of women for whom a Wasserman was advised showed a marked increase over the earlier series studied. It appears from the records that this is a change in routine rather than a true increase in the number of cases of suspected syphilis however.

The most common of the puerperal complications were the toxic symptoms. Albuminuria, high blood pressure, etc., were recorded for 105 women. The handling of these toxic cases during pregnancy was largely successful, as in only five cases was condition reported as complicating the labor.

After the toxic conditions, the next most common puerperal complications were the varicosities, 37 cases being reported. Bleeding was reported for 20 women and a malposition of the foetus for 14. Only five of the cases with malposition of foetus in pregnancy experienced any puerperal complications at labor. A case of extended breech required operative delivery.

There were 69 cases of pregnancy terminated prematurely, 11 before 28 weeks and 57 between the 28th week and term. In addition there was one case of hydatid mole. The relationship between the complications occurring in pregnancy and premature termination is interesting. Forty-seven and eight-tenths percent of the women, whose pregnancy was terminated before term, had developed a complication of one form or another during pregnancy while only 30.9 percent of the women delivered at term showed such complications.

The effect of puerperal complications on infant mortality was also evident. Among the women with puerperal complica-

tions of pregnancy, there were 5 stillbirths, 9 neonatal deaths, and one hydatid mole. Excluding the case of hydatid mole, this is the equivalent of 77.3 infant deaths per 1,000 women with such complications. Among women without puerperal complications the rate was 68.5 per 1,000.

The doctor examined 306 of the women during pregnancy, 97 being primipara and 209 multipara. That is, the doctor examined about one-half of the women pregnant for the first time and one-quarter of those of second or higher gravida. Many of these examinations were for the purpose of checking on pelvic measurements, as in more than one-quarter of the cases there was no complication of a puerperal or other nature reported throughout the pregnancy, labor, and puerperium. In a small fraction of the cases the women were obviously in poor condition as the assistance of the doctor was again required either at confinement (33 cases) or in the puerperium (31 cases).

II. Period of Labor

The great majority of the women in the present series were confined in their own home, only 8.5 percent being transferred to a center or the hospital for delivery. The proportion of primipara confined in the hospital (16.2 percent) was considerably higher than of multipara (6.6 percent).

The infant was born in 134 cases before either nurse or doctor arrived. In 813 cases the nurse delivered the mother alone, and in 53 cases had the assistance of the doctor in one or more stages. An outstanding feature of the experience is the small number of cases where interference was necessary. In the 1,000 cases there was only one Caesarian, one Duhrssen's incision with low forceps, one episiotomy, and four internal versions with ether. In this connection it may be of interest to note that the Chicago Maternity Center reports an incidence of one Caesarian section for every 159 women delivered between July 1, 1936, and June 30, 1937, inclusive.

The length of labor varied from 1 to 122 hours. In 85 cases it lasted 24 hours or longer, and in 29 cases 36 hours or longer. These figures are probably not exact, however, as the duration of labor before the arrival of the nurse was usually estimated. Primipara record the longer labors of course. In only 7½

percent of their cases was the duration less than six hours and in only 31.6 percent less than twelve hours. In contrast, a labor of less than six hours was reported for 29.6 percent of the multipara and one of less than 12 hours for 69.8 percent.

Puerperal complications of labor were reported for 78 or 39.4 percent of the primipara and for 157 or 19.6 percent of the multipara. The most common complication was excessive bleeding which was reported 104 times. Among these cases there were four placenta praevia—three marginalis and one centralis and two cases of premature separation of the placenta. The next most common condition was laceration or rupture of the perineum. There were 47 such cases as compared with 34 in the 2nd 1,000 cases delivered by the Service.

The number of malpresentations is approximately the same as in the previous study. There were 14 cases of extended breech resulting in two stillbirths, three of asynclitism resulting in two stillbirths, three of face presentation, and two of cord without stillbirths and one of shoulder resulting in a stillbirth. That is the 23 malpresentations resulted in five stillbirths in this 1,000 cases as compared with 9 stillbirths in 22 malpresentations in the last 1,000 deliveries. In 9 out of the 23 cases in which the foetus presented abnormally, a doctor had examined the mother during pregnancy and in 7 cases the women had been transferred to the hospital or a center for delivery.

Toxic conditions were present in eight cases at the time of delivery. In three of these the symptoms were first noted at confinement while in the remaining five they had been present during pregnancy. That the toxic conditions were especially serious is confirmed by the fact that among the eight mothers there were 2 stillbirths and 2 neonatal deaths.

Among the other complications of labor may be noted 18 cases of persistent posterior, 9 of impacted shoulders, 14 of retained placenta, and 7 with prolapse of cord. In addition there were occasional cases of prolapse of hand, prolapse of vaginal wall, entanglement of arm in cord, etc.

As was noted earlier, there were 69 premature terminations of pregnancy. The premature deliveries resulted in 55 livebirths and 17 stillbirths and one hydatidiform mole. Among the

931 deliveries at term, there were an additional 14 stillbirths. The rate of 32 stillbirths per 1,000 livebirths may be compared with 36 stillbirths per 1,000 livebirths in the United States in 1934 and 31 stillbirths per 1,000 livebirths among the whites of rural Kentucky in the same year.

Nine of the 17 stillbirths before term occurred before the 28th week. Of the remaining eight stillbirths, one was a malpresentation, one a premature separation of the placenta, one a monstrosity, one was malformed and four were macerated. In one of the macerated cases the cord was tightly wound about the neck and in another the mother was a diabetic. Among the stillbirths at term there were three malpresentations, four prolapses of cord, two difficult labors, one anencephalic, one malformation, one with an eclamptic mother, and two macerated fetuses. In one of the later cases the mother had fallen a few days before confinement. The complications during pregnancy and labor of the mothers of stillbirths are listed in Table XII.

A doctor examined 12 of the 31 mothers of stillbirths during pregnancy and in 10 cases had them transferred to the hospital for delivery. The doctor was present at the time of delivery in 32.3 percent of the cases, the nurse was alone in 58.1 percent of the cases, and the infant was born before the arrival of the nurse in 9.6 percent of the cases. In contrast, for the livebirths, the doctor was present in 4.5 percent of the deliveries, the nurse alone in 82.0 percent, and the infant was born before the arrival of the nurse in 13.5 percent.

III. Period of Puerperium

There were 117 women who suffered a puerperal complication during the puerperium. This is an increase over the number recorded in the last series and is due without doubt to the more complete and explicit record keeping rather than any marked increase in such conditions. The most common cause numerically was subinvolution of the uterus, which was recorded 45 times. In the earlier series this condition had not been tabulated as a complication.

The next most frequent complication was septicemia. Following the precedent of the Children's Bureau of the United States Government we have assigned 25 conditions to septicemia.

The specific conditions were 12 cases of endometritis, 7 of pyelitis, 3 of salpingitis, one of local infection of cervix, vagina and perineum, one labial hematoma with Bartholinitis, and one puerperal insanity on an infectious basis with elevation of temperature, septic in nature. Nineteen of the individuals recorded a single septic condition. The three remaining cases reported more than one septic condition at the same time. For example, one mother suffered from septic local area of cervix, vagina and perineum with residual pyelitis, another from endometritis with subacute bilateral salpingitis and the third with endometritis and pyelo-nephritis.

The number of breast complications declined appreciably in this series as compared with the previous series. There were only 16 in this one thousand cases or less than one third the number in the second thousand cases. The toxic symptoms and the "flowing" were recorded in approximately the same number of cases in this series as in the previous series.

Chief among the non-puerperal complications of the puerperium were the respiratory conditions. There were, in fact, two maternal deaths which were complicated by pneumonia.

At the end of a month's post partum care we found 961 of the 1,000 women in satisfactory condition, 27 in fair condition, and 7 in unsatisfactory condition. There were two deaths during this period and for 3 cases the condition was not specified.

The infant mortality during the first month was rather high, as there were 39 deaths in 980 live births. In the United States in 1934 and 1935 the comparable rate was 33 deaths per 1,000 livebirths; in the white population of Kentucky in 1934, 32 deaths per 1,000 livebirths. Almost two-thirds of the infant deaths in the Frontier Nursing Service were premature babies. The 15 deaths, within the first month, of babies born at term give a rate of 16.2 per 1,000 livebirths while the 24 deaths among those born prematurely give a rate of 436.4 per 1,000. The adverse effect of the early termination of pregnancy is well illustrated here.

IV. *Comparison with Earlier Studies*

Finally, it may be of interest to compare the outstanding

results of the three thousand cases served by the midwives of the Frontier Nursing Service.

1. In the first and second thousand cases there were no maternal deaths, although there were two deaths charged to chronic conditions. In the third thousand cases there were two pneumonia deaths, which under joint cause procedure would be charged to the puerperal state. That is, the Frontier Nursing Service would record a puerperal death rate of .67 per 1,000 pregnancies or .68 per 1,000 livebirths for the entire series.

2. There were 69 premature terminations of pregnancy in the present series as compared with 42 and 41 respectively in the first and second thousand cases. A part of this difference may be due to the earlier registration of mothers in the present series.

3. In the first series there were 989 livebirths in 1,004 pregnancies, in the second series, 982 in 1,000 and in this third series 980 per 1,000.

4. There were more infants' deaths during the first month in the third thousand cases than in either the first or second. The infant mortality rate for each thousand in the order given was as follows, 25.3, 26.5 and 39.8 per 1,000 livebirths.

5. The nurses delivered approximately the same proportion of cases in each series. The doctor's services was used in 52 cases for the first series, 61 for the second, and 53 for the third.

6. The nurse arrived after the baby was born 115 times in both the first and second series and 134 times in the third series.

7. There was marked improvement in the early registration of mothers in the third series—32 percent registering before the sixth month. In the first series approximately 18 percent registered before the sixth month and in the second series 21 percent.

8. There were 287 women with puerperal complications during pregnancy in the first group, 193 in the second group and 182 in the third group. The toxic symptoms were the most common complication in all three series, being reported 200, 101 and 129 times respectively. The varicosities which were

recorded 120 times in the first series dropped sharply to 48 in the second series and to 37 in the third.

9. In the first series of cases, 366 women reported 434 puerperal complications in labor. In the second series, 277 women reported 343 puerperal complications and in the third series 235 women reported 306 complications. A difference in the definition of "Excessive Bleeding" in the first and later series accounts for a large part of the apparent decline in complications.

10. The number of malpresentations was similar in the second and third series, 22 and 23 respectively, although higher than in the first (13).

11. In the first group there was one Caesarian and nine forceps deliveries; in the second group, two Caesarian cases, one episiotomy and four forceps deliveries, and in the third group, one Caesarian, one Duhrssen's incision with low forceps, and one episiotomy. Also in four cases internal version with ether was necessary.

12. During the puerperium, 89 women reported 95 puerperal complications in the first series, 83 women reported 92 such complications in the second series, and 117 reported 137 in this last series. The inclusion of "subinvolution of uterus" as a complication this time is responsible for the apparent rise in complications. The breast complications dropped sharply in this series as compared with the earlier ones while conditions, septic in nature, increased.

13. The proportion of satisfactory cases was approximately the same in all three series—95.4 percent in the first series, 95.5 percent in the second series, and 96.1 in the third.

April 12, 1938

E. STEELE
Statistical Bureau

THERE WAS A YOUNG LADY SAID: "WHY

Can't I put my foot in my eye?
If I set my mind to it
I know I can do it
You never can tell 'till you try."

—Contributed.

BEYOND THE MOUNTAINS

The Philadelphia Committee of the Frontier Nursing Service, Mrs. Walter B. McIlvain, Chairman, Mrs. Owen J. Toland, Vice-Chairman, has adopted a novel plan for a benefit this year. They engaged Mrs. Olive Peterson to give a series of subscription bridge lessons on the latest Culbertson system of bidding, on six consecutive Thursdays, at Green Hill Farms. The lessons last an hour, and afterwards those who wish make up their own tables and play for the rest of the afternoon.

The Washington Committee, Mrs. Lawrence Groner, Chairman, Mrs. John W. Davidge, Benefit Chairman, is repeating its highly successful benefit of last year, on April 8th, at the Mayflower Hotel. John Mason Brown will give another one of his fascinating lectures on the modern theater. Tickets include refreshments afterwards, and there is a distinguished list of patronesses.

The Boston Committee, Mrs. E. A. Codman, Chairman, has again taken one of the D'Oyly Carte Company's popular performances. Gilbert and Sullivan's "The Mikado" has been chosen, and the date is scheduled as Friday evening, April 21st. As in former years, the committee has taken the whole Colonial Theater.

The Boston Committee sets a fine example of distribution of labor and responsibility in swinging a big benefit. The benefit chairmen are Miss Marion Williams and Mrs. Prentiss Shepherd. The chairman of ticket sales is Mrs. John Rock. Among the younger group Mrs. Edward Dane, Mrs. Reginald S. Ward, Mrs. Andrew Yeomans and Miss Rosemary Crocker, all ex-couriers of the Frontier Nursing Service, are handling the programs. Mrs. Edwin B. Dunphy and Mrs. Reginald H. Smithwick have charge of publicity. Mrs. John W. Putnam, another ex-courier, is handling what one of our mountain friends calls the "r-ushers". Mrs. Otis T. Russell, the secretary of the Commit-

tee, and Mrs. Lincoln Bayliss, have charge of addressing envelopes. In our opinion, no benefit could be lined up more effectively than this. Mr. Charles Jackson is treasurer of the Boston Committee.

. . . .

Our Pittsburgh chairman, Mrs. Charles S. Shoemaker, and her Committee, have again sent out an appeal in lieu of holding a benefit. Pittsburgh and Sewickley always respond generously to these special appeals and as much is raised in that way as from a successful benefit.

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Speaking of committees and their activities, we realize that it is a long while since we have mentioned the work of the Riverdale-Fieldston-Spuyten-Duyvil Committee in New York, than which we have no finer group. The present chairman is Mrs. Clarke G. Dailey, the secretary is Mrs. John H. Iselin and the treasurer is Mrs. Martin Conboy. Mrs. William Lowther has charge of purchasing material for layettes, and Mrs. Albert Wheeler has charge of knitting. Mrs. Timothy Pfeiffer is chairman and treasurer of the sub-committee for the support of a nurse and her horse.

This group organized their committee in 1926, after a meeting at Quarry Top, the home of Mr. and Mrs. Francis Boardman. The Frontier Nursing Service was only a few months old at the time, and the director spoke at Quarry Top to about forty people, who were representatives chiefly of the three Riverdale churches: Episcopal, Catholic, and Presbyterian. These women welcomed the opportunity to work *together* for frontier babies, as they had all worked together through the Great War.

The Riverdale Committee makes itself responsible for two things: First, they make layettes at their regular meetings—beautiful layettes, many layettes. The material is bought through the proceeds of their annual November “bridge.” Second, they support a nurse and her horse. The money for this is raised by an annual appeal they send out in Riverdale, Fieldston, and Spuyten-Duyvil only. No burden connected with either

program ever falls on the national organization. The Director goes there occasionally to speak, that is all.

A word as to the Riverdale layettes. In our early days we found babies dressed in black and white calico, and old bits of serge that scraped their necks raw, and some hardly dressed at all. Now our babies are all suitably and decently and warmly clothed. We have many groups now who make layettes for us but Riverdale was the "first to burst."

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Mrs. Walter S. Ball, chairman of our Providence Committee, sends us the pleasant information that this Committee will arrange for a benefit in the spring, probably in the form of bridge parties.

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An article called "Magic Pill," by J. D. Ratcliff, in Collier's Magazine, December 10th, 1938, contains a courteous mention of the cooperation of the Frontier Nursing Service with Dr. M. A. Blankenhorn and Dr. T. D. Spies, of the University of Cincinnati, in their nicotinic acid treatment for pellagra. This work has been done of course by our medical director, Dr. John H. Kooser, and an article by him about it will appear in one of the spring numbers of the Journal of the American Medical Association. At our request, Dr. Kooser is writing up the story from the layman's point of view for the next issue of the Quarterly Bulletin.

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Some of the young people who have been with us as couriers lead adventurous lives. We have lately had a letter from Peggy Harrison, of Philadelphia, posed in Iraq, who says she has "secret hopes of getting into Afghanistan." She "aims" (to use our mountain expression) to see Dr. Aurang Shah, who visited our work several years ago with the idea of making use of the Frontier Nursing Service system in Afghanistan. Before Peggy left England she visited our English courier, Alison Bray, in Yorkshire. The Frontier Nursing Service gladly accepts the responsibility for a number of delightful international friendships.

Another one of our early couriers, who is always doing fascinating things, is Marvin Breckinridge. She is now in the British Virgin Islands, at work on an article, illustrated with her own photographs, on the Guana Island group, for several publications and agencies.

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A third courier is making her mark on the American squash racquets team. This is Helen Stone (Pebble), of whom the New York Times recently wrote: "To be reckoned with is the rising young star, Miss Helen Stone, of the Junior League." Pebble sailed with the American team on the Queen Mary, February 10th, for a strenuous schedule abroad. The players expect to take part in the English championship, which is held just before the international matches. The team will be gone for six weeks. Up to this time, reports the New York Times, the English team has won three matches and the American team two.

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Mrs. John Pugh, who was our Washington courier, Louise Myers, and is now married to Lieutenant John Pugh of the U. S. Army, is also having an extremely interesting experience at the old Army post, Fort Clark, 150 miles west of San Antonio, in the Texas ranch country. She writes as follows:

"This is a small post (35 officers) about the same size as Fort Myer. It is one of the few old frontier Cavalry Posts that has remained unchanged. It is built on a big square and all of the houses are the original ones and have lots of atmosphere. We have a house so big that we can't possibly furnish it. The heating is all done with open fires and wood stoves, which I think is nice, especially since it very seldom stays cold here for any length of time.

"This is a grand place for riding, and for the dogs to run without danger of being run over. The main pastimes of most of the people, however, are bird shooting and fishing. The country around here is full of game of all kinds and the creek which runs around the reservation provides good fishing.

"The life here is very quiet and very healthy; everyone gets

up early and goes to bed early. Some of the people are awfully nice."

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A former volunteer trained nurse with the Frontier Nursing Service, who is also a Bryn Mawr graduate with a graduate degree in archaeology, is leading a delightful, although most arduous life. This is Betty Washburn of Minneapolis, who is now attached to the Agora Excavations on a "dig" in Athens.

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Everyone in the Frontier Nursing Service who was here when Mrs. Eleanor J. Horsley, municipal midwife of Bradford, England, spent the summer of 1930 with us, relieving for holidays, will regret to hear that owing to ill health she has had to retire from active work. Mrs. Horsley was a great favorite with the whole Service during the brief time she spent with us and she writes "I still get a thrill when I see the Wendover post-mark". During all these years she has paid dues for an active membership in the Kentucky State Association of Midwives, and subscribed to the Quarterly Bulletin of the Frontier Nursing Service.

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The staff of the Frontier Nursing Service were distressed to learn of two operations towards the close of the year on old friends, whose welfare concerns us nearly. Minnie Grove, who was with us for years, and is now Mr. Manning's private secretary in Lexington, was smitten with appendicitis. She had a prompt operation, and made an excellent recovery. Miss Mary Hunt, sister of our loved Dr. Josephine D. Hunt, had a more serious operation, from which she also has made a satisfactory recovery.

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Last November we heard from our courier Rosemary Crocker of Fitchburg, Massachusetts, as follows: "I'm doing a bit of sleuthing for the Fitchburg police! It seems they picked up a movie film about five weeks ago on the Main Street, which was shown to me less than a week ago. The film shows a Kentucky mountaineer lying wounded on some trail, a little boy finds him, then goes to the Bull Creek Clinic and Betty Lester goes out and rescues the mountaineer. I would say that some

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one must have another film in which the story is completed. If you have any ideas about it, let me know as the police want to get rid of it!"

This bit of film is obviously part of a moving picture Marvin Breckinridge took for us years ago. Inquiries so far have proved fruitless. We cannot find out how this bit got on the Main Street of Fitchburg or where the rest of it is to be found. Can anyone from Massachusetts enlighten us?

.

We are deeply grateful to Mr. Thomas G. Spencer for presenting the work of the Frontier Nursing Service to the members of the "Club" (called by the wives of the members "The Pundit Club") of Rochester, New York, on February 14th.

We are also most grateful to Mrs. Harper Sibley of Rochester for sending us the fee she received for making an address to the graduates of the combined training schools of Rochester at the last graduation exercises.

Our thanks go out to our former courier Susan Morse, now Mrs. John Putnam, for presenting our work to the "Guild for the Hard of Hearing" at Concord, Massachusetts, in January.

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The Director of the Frontier Nursing Service is honored to have been chosen by Mr. Grover Whalen and Mrs. Albert B. Chandler to serve on the Kentucky Division of the Advisory Committee on Women's Participation of the New York World's Fair.

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The Frontier Nursing Service Hospital at Hyden extends its deep appreciation to Christ Church and Emanuel Church of Baltimore whose Guilds have lately sent our Hospital large shipments of gauze dressings; to the Junior Emergency Relief Society of New York which has sent a big shipment of gauze dressings as well as layettes; and to the girls' schools, women's guilds and women's organizations, as well as to the many individuals, who send supplies for the Hospital, and clothing. What with five of our families burned out this winter and many, many more flooded out, we especially need everything that comes at the present time.

Since Edith Verbeck of Manlius, New York, our volunteer Christmas secretary, wrote the article printed on another page, she has met with an accident in skiing and is laid up in a plaster-cast for weeks. We can't bear even to think of it!

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Our courier, Fredericka Holdship of Sewickley, Pennsylvania, received a generous legacy from an old nurse who had lived with her family for years. This old nurse left her savings to the daughters of the house to be used in their favorite charities. We were thrilled when Freddie wrote us about it and said she was sending Mr. Manning a check for the Frontier Nursing Service.

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Except at Christmas, and in emergencies like fire and flood, and for our dependent children, or families where the breadwinner has been stricken, it is rare for us to give things away. Our people are proud and independent. They pay the small fees we ask in produce or labor when they haven't money, and buy for very small sums such clothing as is not needed for disaster relief. A mountaineer who begs for anything but work is a rare individual. In any given year among seven thousand patients, we could count the beggars on the fingers of one hand. None the less, there are always a few such in even the most self-respecting communities. We suggest that any of you who send us magazines always cut your name and address off of the magazines, because, after they have been read by many, they are likely to be pasted on somebody's wall and remain there for months. This has happened, and as a result a few donors of magazines have received begging letters. There is only one thing to do with such a letter and that is to send it to us, and not reply to it. We will always look into the circumstances through our social service department, and you may be sure that no one will be in absolute want if we know it, and that no one ever lacks medical or nursing care.

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Our grateful thanks are extended to the editors of the Woman's Home Companion for the charmingly worded editorial about the Frontier Nursing Service, in their February issue.

A WELCOME LETTER

Hyden, Kentucky, Dec. 21, 1938

Mrs. Mary Breckinridge,
Wendover, Kentucky.
Dear Mrs. Breckinridge:

In order to show our appreciation to the most wonderful work you are doing and also in appreciation of the fine work of Dr. Kooser, we the community in and around Hyden are making this gift to the Frontier Nursing Service. It is in the form of a heatrola and flue which is already installed in the Doctor's home. We had a little left, and some more who have pledged and will pay later, and with that we are now having window stops put in and are having the floor underpinned.

We wish we might do more and perhaps we can along as the occasion demands.

We wish for you and all the workers everywhere, a very, very Merry Christmas.

The names and amounts of this contribution are on the following page.

Yours very sincerely,
MYRTLE J. BEGLEY,
(Mrs. J. D. Begley)

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P. P. Estridge

WILLING TO OBLIGE

A wild-eyed man dashed into a hardware shop, and called out to the clerk: "Have you any prussic acid or strychnine?"

With his best salesmanship manner, the clerk replied: "No, I'm sorry, but we have a nice line of ropes and razors and pistols."

—Contributed.

FIELD NOTES

Reports from all of our centers indicate the loveliest Christmas parties we have ever had. The weather was better than usual in late December, so that even the smallest children could attend.

Never have we received quite so many lovely toys. Where hundreds of people were generous, it is impossible to enumerate them all, but we wrote to each one individually. We are deeply grateful to all,—from those who sent a single pound of candy to those who sent a hundred pounds; from the Floridians who sent crates of oranges, to the Boston, St. Paul, Minnesota Committees, and other large groups, who sent barrels. From California to Chicago, New York and New England, and on down through the deep South, we received thousands of presents. We also received many generous special checks, which made it possible to buy some hundreds of extra toys, and refreshments, including baskets for some of the aged and the sick. The money also made it possible to make a Christmas gift to each of the many mail boys, who carry the mail on mule back, in various sections of our territory. The mail routes involve daily rides of from twenty to more than thirty miles. In one section of the Middle Fork the mail is carried by a widow with young children to support.

At all of the eight stations of the Frontier Nursing Service Christmas trees and celebrations took place in advance of Christmas. In most of the centers there was more than one tree and party, because it is easier for the little tads who live on the fringes of a district to get to the nearest school-house than all the way to the nursing center. It isn't only the children who love the trees. At the Caroline Butler Atwood Center, at the mouth of Flat Creek, Charlie reports that a great-grandmother of 88 walked four miles each way to see the tree.

The nurses at the Possum Bend Center, Holly and Scottie, followed up their Christmas party with a baby party, which was attended by 30 babies and toddlers, 28 mothers, one father, and four expectant mothers. One of the kind neighbors, Eureka

Browning, came in the day before and made two beautiful cakes for them. The refreshments included meat-sandwiches, raisin cakes, cookies and cocoa.

The hospital at Hyden has a beautiful custom. On Christmas Eve the nurses invite all of the employees of the hospital, including men who do occasional work, and their families, and a beau for each young maid, to come to dinner. The nurses cook the dinner. Mac sits at one end of the table and Dr. Kooser at the other. This year 35 people, including children, sat down together.

At Wendover at the Christmas tree party before Christmas, over thirty gallons of cocoa were served and thousands of cookies. On Christmas Day the children, coached by Sybil Holmes and Madge Tait, with some help from others, gave a Nativity Play at the little Sunday-school of the Disciple Church on Camp Creek. The children sang the carols and acted their parts reverently and beautifully. This play was repeated at Wendover on New Year's Day, with guests from Hyden attending; and again refreshments were served to everyone. The costumes, made up at home, were really very good. The angels and cherubs had wings that looked like wings, and for the Wise Men we found quite a lot of gay oriental-looking stuff in the Wendover attic. On the Friday after Christmas Wendover had its usual Christmas Dance for the young people, who danced their own immemorially old folk dances. We had particularly good music, because the McDaniel boys came from Viper, with several stringed instruments. Again there were refreshments, but this time only fruit punch and cookies.

Altogether it was a wonderful Christmas season.

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At this time of the year, we have few guests. Three who have ventured in during early December were Mr. Edward Astley of Melton Constable, Norfolk, England, escorted by Mr. Ben Tinsley of Pikeville, Kentucky; and Miss Marion Wells of Syracuse, New York, a friend of our Eva Gilbert, who later visited her at the Margaret Durbin Harper nursing center at Bowlingtown.

Our always welcome courier, Marion Shouse, of Washington, D. C., came in for a few days just before Christmas, but

she is a part of us and not a guest. She found plenty to do and like the horseman in the Nonsense Novels "rode madly off in all directions."

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Three recent weddings at Hyden have been of the deepest interest to the Frontier Nursing Service. On December 3rd, Katherine Ratcliff of Colorado, one of the dearest nurses on our Hyden Hospital staff, was married to the Reverend Roland Armstrong, Presbyterian mission minister. Thelma Hood, another of our own staff group at the hospital was the bride's only attendant and Miss MacKinnon (Mac) gave her away.

On November 5th Helen Begley was married to Edward Hyden. The bride is a former pupil of Miss Lila and Miss Mabel Buyers, and the groom is the brother of Mrs. H. H. Hensley.

On January 28th Maxalene Begley, daughter of our old friends Mrs. Jonah Begley and the late Jonah Begley, was married to Mr. Dennis Bruce Dixon.

Both these brides were in white with veils, and had several attendants from among their friends. All three weddings took place in the Presbyterian Church in Hyden with the Reverend F. C. Symonds officiating.

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New additions to the Hospital staff of nurses are Miss Hannah D. Mitchell of Schell City, Missouri, and Miss Jennie Burton of Clinton, Indiana.

A new assistant in the record department at Wendover is Miss Kathleen Doggett of Brockville, Ontario, Canada.

Ann Martin of the clerical group of Wendover was called back to Louisville by the illness of her mother, but the vacancy has been filled by our Hazel Dufendach who came back to us again.

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The senior couriers during the present period are Doris Briggs of Providence, R. I., and Betsey Pagon of Baltimore. The junior is Elizabeth Harriman of New York. They are doing an admirable bit of team work under particularly trying weather conditions.

Our fine registered Jersey bull from the Widener Farms, Elmendorf Frontiersman, went berserk a few weeks ago and broke through the stout hog-wire fencing and locust posts of his enclosure. One of the men looked at him so severely that he went back into the enclosure again. We have doubled the number of locust posts, each with a depth of four feet underground, and criss-crossed heavy two-by-fours over the fencing. The men guarantee that he can never break through again. We have posted a conspicuous sign outside the enclosure—"Beware the Bull".

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The Black Star Coal Corporation has lent us a very fine horse that their representative only uses occasionally. Our old friend, Senator Frederic Sackett, is one of the directors of this company and the horse is named "Fred." We don't think that very respectful so we are calling him "Senator Sackett".

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Our grateful thanks are extended to the workers on the WPA Grassy Branch road project for making a collection totaling \$3.90 to defray the cost of hauling from Hyden Hospital to Confluence, the Christmas gifts sent by the friends of the Frontier Nursing Service for the people cared for by the Service.

Our grateful thanks also go out to Mr. Albert Hoskins of Stinnett for hauling all the Christmas toys and candy for the Beech Fork nursing center from the Hyden Hospital free of charge. His truck carried them as far as Muncey's Creek and then he transferred them to his wagon and sent them on the remaining eleven miles without delay, and with everything in perfect condition.

Now that our supplies can be carried, given decent weather in early December, by truck at least part way to most of our nursing centers, and our citizens have started to arrange the hauling at their expense in many cases, we are never going to ask again for hauling charges on our Christmas appeal cards. In the early years it took the wagons two days to get the shipments in from the railroad as far as the Hyden Hospital, and we had at least one center where it took four days for teams to go and return. We are more accessible now.

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| Dr. John Harvey, Lexington, Ky. | Dr. F. W. Rankin, Lexington, Ky. |
| Dr. Josephine D. Hunt, Lexington, Ky. | Dr. John Scott, Lexington, Ky. |
| Dr. F. Carlton Thomas, Lexington, Ky. | |

NATIONAL NURSING COUNCIL

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| Miss Lyda W. Anderson, Detroit, Mich. | Miss Honor Murphy, Louisville, Kentucky |
| Mrs. Myrtle C. Applegate, Louisville, Ky. | Miss Winifred Rand, Detroit, Mich. |
| Miss Mary Beard, Washington, D. C. | Miss Catherine Reed, Washington, D. C. |
| Miss Ida F. Butler, Hartford, Conn. | Miss Ruth Riley, Fayetteville, Ark. |
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| Miss Annie W. Goodrich, New Haven, Conn. | Miss E. C. Waddell, Detroit, Mich. |
| Miss Ruth W. Hubbard, Philadelphia, Pa. | Miss Marguerite A. Wales, Battle Creek, Mich. |
| Miss Lillian Hudson, New York | Miss Claribel A. Wheeler, New York |
| Miss Florence M. Johnson, New York | Miss Marian Williamson, Louisville, Ky. |

DIRECTIONS FOR SHIPPING

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

If the donor wishes his particular supplies to go to a special center or to be used for a special purpose and will send a letter to that effect his wishes will be complied with. Otherwise, the supplies will be transported by truck or wagon over the 700 square miles in several counties covered by the Frontier Nursing Service wherever the need for them is greatest.

Everything sent is needed and will be most gratefully received and promptly acknowledged.

Gifts of money should be sent to the treasurer,
THE FRONTIER NURSING SERVICE, Inc.
MR. C. N. MANNING,
Security Trust Company,
Lexington, Kentucky.

FORM OF BEQUEST

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

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

.....

.....

It is preferred that gifts be made without restriction, since the Trustees thereby have a broader latitude in making the best possible use of them. Of course, however, they are also welcome where a particular use is prescribed.

To facilitate the making of gifts of this sort, it is suggested that if they come by will there be added to the form shown above some such language as the following:

"This devise is to be used (here describe the purpose.)"

Suggestions for special bequest:

\$50,000 will endow a field of the work in perpetuity.

\$12,000 will endow a Frontier hospital bed.

\$ 5,000 will endow a baby's crib.

\$10,000 will build and equip a Frontier center for the work of two nurses.

\$15,000 additional will provide for the upkeep, insurance, repairs and depreciation on this center, so that

\$25,000 will build and maintain in perpetuity a center.

A number of these centers have been given and equipped. One is endowed for upkeep, and one for both upkeep and nursing.

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

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

FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its 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.”

