

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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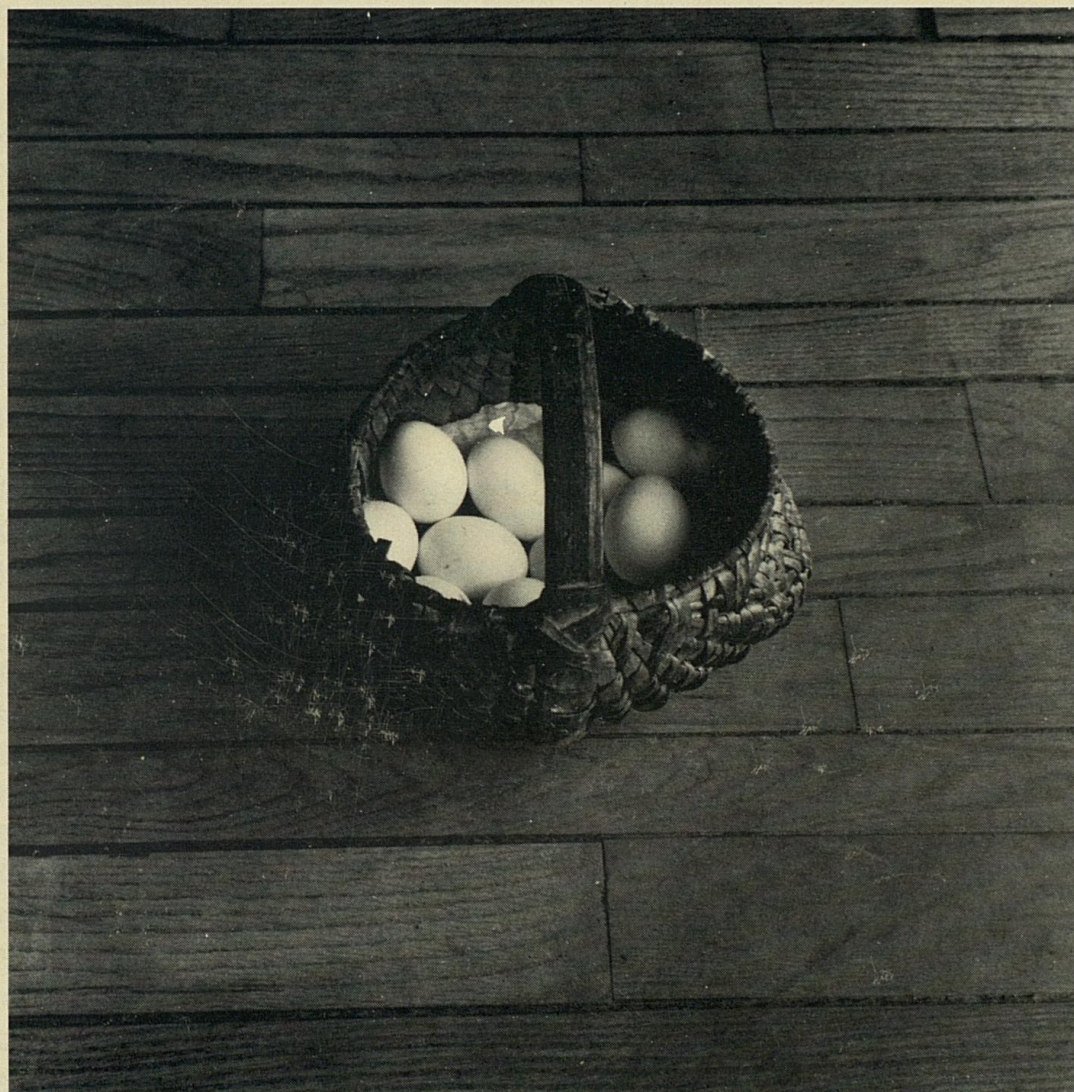


Photo by Ann Hobson

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The cover photograph by old courier Ann (Panni) Hobson is offered as a salute to all of the FNS Couriers over the years who have been given the task of transporting large baskets of fresh eggs, over rough roads, by jeep, from Wendover to Hyden, hopefully without breaking any of the eggs! We might add that the couriers have been remarkably successful in performing this chore!

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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I'm A Weed

I'm a weed, I'm a weed,
One of the old untameable breed;
I never came from a packet of seed.

I am no cossetted nursery child,
Nobody keeps my pedigree filed,
I am wild, I am wild, I am wild!

Do you think, sister Pink,
That it's nice to line borders on somebody's orders?
The man who kindly plants you—
When he no longer wants you
Will throw you out to rot.

Won't you speak, Mr. Leek?
Do you like being made to stand stiffly on parade?
He'll never let you flower
Who has you in his power;
He'll boil you in a pot.

Can I suppose, Lady Rose,
That you actually enjoy being treated like a toy,
While they play genetic games on you,
And stick their fancy names on you,
Caught in a breeder's plot?

Freely I scatter my prodigal seeds;
Sun, wind and rain will provide for their needs.
Man cannot always be digging and hoeing,
While he's asleep, I get on with my growing.

I don't expect mercy, I won't ask for pardon,
And when you're all dead, I'll take over the garden.

—T. R. Milford
The Countryman, Spring 1975.

THE ONEIDA NURSING CENTER

By W. B. R. Beasley, M. D.

In April of this year the newest nursing center of the Frontier Nursing Service will be opened in Clay County at Oneida. It began last fall when President Barkley Moore of the Oneida Baptist Institute wrote requesting Frontier Nursing Service to open a center in his community of 2600 people. Subsequently Brownie and I made a site visit to Oneida to review the problems and possibilities. Although the Institute is not the sole reason for establishing this new center, it has provided community leadership in making the arrangements.

The Oneida Baptist Institute, founded by John Anderson Burns, opened its doors on January 1, 1900, admitting 100 students to a boarding school in Clay County; within 15 years it had made a sufficient mark to attract a physician from New York. Two clinic buildings were set up in the town of Oneida; this evolved into a hospital which at one point was owned and run by the Department of Health for the Commonwealth as a maternity hospital. At that time the Department of Obstetrics and Gynecology at the University of Louisville provided the staffing. When the Department of Health found it necessary to close the hospital in the early '50's, the management of the hospital was offered to Mrs. Breckinridge who felt that the operation of the Hyden Hospital with eight nursing districts was an adequate amount of work for Frontier Nursing Service at that time. Subsequently the Seventh Day Adventists took the responsibility for the medical services in that area.

The South Fork of the Kentucky River flows through Oneida where it is formed by the confluence of Goose Creek and Red Bird River; in the 1960's a proposal was developed to build a dam on the South Fork. With the proposed dam the Oneida community would be virtually under water, and the very active hospital service there thought it wise to seek removal before this came about. A grant was received from the Appalachian Regional Commission for a new hospital at the county seat 18 miles away in Manchester.

After the beginning of the new hospital the plans for the dam were cancelled, but the end result was that the 50 year old medical and hospital service in Oneida had been totally removed. The people in this community felt desolate. The long standing care

had gone. As the Oneida community is immediately adjacent to our Brutus Nursing Center, they very naturally requested FNS to open a center for their health.

In the fall of 1975 a meeting was held by over 80 members of the Oneida community to present a petition signed by 600 adults requesting this new nursing center to representatives of the administrative and nursing staff of Frontier Nursing Service. This meeting was held at the Oneida Elementary School and at that time the community offered to provide and maintain a clinic space if, indeed, the FNS would provide appropriate nursing staff with medical back up for the health services of the community. According to the comprehensive health planning statutes of the State, a Certificate of Need would be necessary; FNS offered to apply for this, and developed the extensive documentation required. Legal steps were completed at a meeting of the State Comprehensive Health Planning Council in Louisville in February of this year. The Certificate is to be formally issued on March 10th.

The service area defined is of some interest as it adjoins the Brutus District on Little Bullskin; it also adjoins the Red Bird Nursing District near Hector at Bar Creek. The new area will include that northeast corner of Clay County, taking in the community of Wildcat, near Hounschell Bend, the community of Teges and the mouth of Sexton's Creek, which actually is in Owsley County. This will be the first time Frontier Nursing Service has had formal work in Owsley County, though patients have come from that area to the nursing centers for years.

At least one person in the community meeting, when delineation of the area to be served was being discussed, remembered Mrs. Breckinridge riding from Berea through Sexton's Creek on over Mistletoe toward the Leslie County area in the 1920's.

The Oneida community has appointed a local committee chaired by Mr. Moore of the Institute and including the postmaster of Oneida, the principal of the Oneida Elementary School, as well as eleven other prominent local citizens representing all geographical sections involved. This committee held consultation with the County Health Officers who fully endorsed the development of this program.

Already the building assigned for clinical services is under renovation. A new water supply is being established, the outside

has been completely covered with a superb vinyl siding, and the inside is being cleaned and painted. Considerable thanks is due to the Seventh Day Adventists who have been using this building for their Sunday School and who will be sharing this space at least one day a week until their new facilities are completed in Manchester.

FNS has selected for the staff two nurses, both of whom are qualified as nurse-midwives and family nurses, and have played important roles in the development and work of FNS. Skip Spell, who for many years was one of the Red Bird district nurse-midwives, before coming into Hyden to take family nursing training, will be the Project Director. Skip is leaving the position of supervisor of the Out-Patient Clinic of the Mary Breckinridge Hospital. Cindy Sherwood, after completing the family nurse midwifery program, became Clinical Instructor for the eight nursing outposts, in which position she has served for the past year. These nurses have been spending much of their off duty hours planning for this new nursing center.

The FNS Board of Governors was interested to received the request of the Oneida community. They are concerned about this expansion of our preventive services to an additional area at a time when there is little state or federal support for preventive care. Indeed, third party support from both private and public places makes the expansion of preventive services fiscally a difficult undertaking. However, because of the need of the Oneida community, together with assurance that this would be a self-supporting, fiscally sound center, the Governors have endorsed the trial of this new center. The vigor of the community committee and experience of the staff are clearly factors for success.

This is an opportunity of considerable importance. Heretofore the opening of new nursing centers was dependent upon the need of a defined population plus the staffing and fiscal ability of FNS to provide the service. In this new center, the community is being asked to make a definite committment for fiscal responsibility in the operation of the center services, as well as in the physical maintenance of the center itself.

Since the overtures began from the Oneida community, an ever-increasing number of outpatients and inpatients have come from Oneida to the Mary Breckinridge Hospital. Because Oneida is the largest population base in which FNS will be working

outside of Hyden itself, the entire project takes on considerable importance in the volume and scope of services to be provided, as well as in the methodology for delivering care in this new type of center.

To begin to meet their commitment, the Oneida community is planning a Spring Festival and Box Supper to be held on the first Saturday of April at the Oneida Elementary School. This will include all the traditional activities of a box supper: the auction of supper boxes, the election of the most beautiful girl and the ugliest man, and other activities traditional in this mountain area. In order to assist this community in this fund raising project, all interested individuals who would like to send something for the auction (an antique, a quilt, a good new spade, whatsoever might be of interest or auctionable) are doing so by sending it to Mr. Preston Baker, chairman of the Oneida Festival and Box Supper, Oneida, Kentucky 40972.

Skip and Cindy have been hard at work in planning the supplies and equipment needed for this nursing service. Part can be provided from the stored supplies of FNS, some must be ordered new, and again others will be sought from the Army surplus warehouse when the staff takes the big Wendover truck to Frankfort.

The staffing of the center will also include a district secretary and an aide. These are increasingly essential members of a district center staff; applications have come from several experienced persons in the Oneida community for the secretarial position, and the Institute plans to offer the services of a volunteer Licensed Practical Nurse. This new center is offering opportunities for innovations in district record keeping and procedures. Cindy and Skip are very much looking forward to some new types of activities at this center, and these are being developed with the steering committee of senior staff of Frontier Nursing Service.

This opening of the new center differs in some respects from the opening of previous centers. Although community participation has always been an essential part, in this instance community participation and commitment is at a much higher level and comes from a much larger community than FNS has entered in recent years. Secondly, the requirements of the State in opening a new nursing or medical center are infinitely more complicated. It is not simply a matter of a request from a community and a mutual

agreement to initiate the service. Indeed, there must be documentation of the need, the fact that there are no other providers available for this service, that the provider who is requesting the Certificate (in this case the FNS) has the competency both administratively and medically to provide the required care. This application has gone through a Regional Project Review and a Regional Comprehensive Health Planning Council before reaching the State Project Review Committee and State Comprehensive Health Planning Council for their approval. Ultimately this request is finalized by the granting of the Certificate of Need at the state level. How very different from the simple relationship between the people of these mountains and Mrs. Breckinridge in 1925! But the people at Oneida and the FNS staff have already shown themselves to be excelling in energy to get underway.

OPEN ON SUNDAY

It was approaching closing time one Saturday evening inside the great Exeter cathedral church of St. Peter, and our daughter Rosemary was packing up after brass-rubbing when she was approached by two American tourists. They expressed deep concern at having to leave the cathedral because, as they explained, they were on a tight schedule which did not allow them time to return again on Monday, and they had not been able to go all round. 'Could you not come back and hear the singing and the organ at the morning service tomorrow?' suggested Rosemary. 'Say,' replied one of the ardent tourists, a smile of satisfaction spreading across her face, 'you don't mean to say this place is open on Sundays?'—*Stuart Berridge, Devon.*

—*The Countryman*, Winter 1974/75, Edited by Crispin Gill, Burford, Oxfordshire, England.

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A FEW WORDS OF APPRECIATION . . .

. . . to our City Committees. The Frontier Nursing Service is blessed with the people who make up these groups around the country. Without the interest, help, enthusiasm and understanding of what we are trying to do, we simply would not be able to function. It is through their efforts that we are able to continue a program of preventive care, maintain comfort for the nurses at the outpost centers, provide new vehicles for the nursing staff, improve buildings, hone away at the disparity between income and expenses.

At the present time there are twelve active City Committees around the country. Several new ones are in the formative stages. Some of the existing Committees are extremely active year-around. Others operate on a less intensive basis, still others seem to lie dormant for a period of time and then suddenly spring to life again when "Brownie" goes to visit or when a special project comes their way.

The Boston, New York, Philadelphia and Washington Committees have their annual or year-round projects—the Christmas Preview in Boston, the Bargain Box in New York, the Philadelphia Auction, and special benefit programs in Washington. The Boston Committee had its most successful Preview ever, financially, in November 1975, and the Bargain Box, and a "silent" auction in Philadelphia and a Committee-sponsored party at the British Embassy in Washington, have generated generous support during this fiscal year. The Louisville and Blue Grass Committees always host the Annual Meeting of Frontier Nursing Service, alternating locations each year. This year, in addition, the Blue Grass Committee is embarking upon a new project—a Hunter-Jumper Horse Show.

It is this type of activity that provides the FNS with a large portion of the financial support that enables the Service to carry on its work. Our sincere thanks to each and every City Committee.

For those of you who may be interested in joining an existing Committee, a list of the Committees and their chairmen is printed toward the end of this Bulletin. If there is not a City Committee in your area—start one. You can begin with only five members. We'll help.

—William R. Bates III

AN INTRODUCTION TO THE EASTERN KENTUCKY DIALECT

By Nancy Crawford, R. N.

Editor's Note: Nancy Crawford is a student in the Frontier School of Midwifery and Family Nursing and this paper was written to fulfill the requirements of the family nursing internship. Nancy is a Kentuckian, born in Paris, a graduate of the Good Samaritan Hospital School of Nursing in Lexington, and has lived for many years with her husband and children in Whitesburg.

The nurse "from off" coming into this area is likely to be well-equipped with knowledge and skills that include the command of Standard English. This form has prestige and is widely respected. It allows entree to various social strata. Its use promotes clarity of thought, writing, and verbal communication. One suspects the user to have a higher than average IQ.

In addition, the nurse can take pride in understanding and using scientific terminology and the styles in which it is written. Doctors and nurses can communicate. Too, the nursing unit has its own jargon. Despite all this the patient is not forgotten; nurses can translate to and from lay-language while keeping the principles of inter-personal relationships and patient-teaching well in mind.

It may be a surprise to this well-prepared nurse, then, if she finds out that her precise correct speech MAY be considered a "put-down" by some of the patients she interviews. Her language is not necessarily respected and may be thought of as "putting on airs," heartily disliked by the mountaineer. It can be a social detriment initially. It may be threatening in some ways having to do with local attitudes toward higher education: lack of, desire for, fear of and a separation anxiety due to.

Tension is created also for the person who realizes that his value system and concept of reality in the context of his own life, as expressed by language, is overlapping the system, concept and context of a person from another culture. Confusion and discomfort can ensue for either the patient or practitioner. The desired therapeutic relationship is disturbed, and further friendship may not develop.

At best, the area native may be amused when his answer or statement obviously is not understood sometimes: "She 'ad hit

purt' near rurent!" ("She had the baby pretty nearly spoiled.")

The non-local nurse should prepare herself to translate between mountain folk and a doctor from another country, especially if he combines Oxford English with accents of his own country. Patient and physician both will be relieved if "convulsive seizure" becomes "fits" or "drawing," and "Tol'able" understood as "Very well" and not "Terrible." "Pretty good" is better than "very well."

Outsiders' accent and speech patterns are amusing to many mountaineers, as in rhyming "house" with "moose." They consider some forms peculiar: "She talks funny." The Indiana pronunciation is mocked with "Hyee there, you guise." After a friendship is established, however, the difference seems to be overlooked, as one would not mention a friend's crossed eyes. There is also a tendency of the mountaineer, like the American Indian, to consider his ways superior and to develop a kind of tolerance for the intruder.

Innately polite, his acceptance of the outsider may be superficial, and he may not show his fury at being made fun of. He will rarely admit to the outsider that he doesn't understand, unless some rapport has been achieved. Local nurses say they have been asked many times "What did he say?" after a non-local practitioner finishes instructions and moves away from the native patient.

Confusion can result from a phrase used in both cultures: "I don't care to" means "yes" to a native and "no" to the foreigner. "I can't stand it" often means "I can't resist it." "Foreigner, outsider" means "of my country but not my area," and I used them deliberately. Was there an implication of rancor or rejection? They are not meant that way by the native, except rarely, and are a simple statement of fact and probably sympathy. "From off," "fotched (fetched) in," and "brought on" are similar terms.

The pronunciations, inflections and idiom of this area were used in England in the Elizabethan era. They are found in works of those great writers admired by British Islanders most prominent in their lineage and by students of the standard to which English has evolved in this country.

Shakespeare greatly influenced the trend to standardization of English at a time when consistency in the language was negligible. He would feel at home with the patois of the older, more

geographically and socially isolated Eastern Kentuckians. Ariel, in "The Tempest," allowed as how he had "et a big bate." In "A Midsummer Night's Dream", Puck described an active person as "a right peart . . . feller." In "Macbeth," Lady Macbeth said she "gets afeered."

Spenser's poem, "The Faerie Queene", contains the Kentucky greeting to "come in and set a spell." Sidney used "fur" for "far." Bacon and Milton used words which would be familiar to eastern Kentucky if not to most of the rest of the country.

John Fox, Jr., and other writers, along with many anthropologists, consider these language forms to have been brought here by the area's original settlers. Predominantly Anglo-Saxon with a few Scotch-Irish, the pioneers made their way from the first American seaboard colonies to settle here in the mountains over a span of 150 years. It was a difficult route: a way had to be found through the Blue Ridge Mountains into the Great Appalachian Valley east of the formidable Appalachian Mountain chain that extends from Quebec down to Alabama. The fertile, sheltering valley was left and penetration was made of the Appalachian Mountain barrier to the eastern Kentucky area now known as the Southern Highlands, the Appalachian Plateau, or "Appalachia." The pioneers laid claim to the isolated hills and established homes.

It is matter of some pride here that others took the easy way through Cumberland Gap, in southeastern Kentucky, or floated down rivers to the Ohio River, to settle the hospitable and benign central and north-central part of the state. It doesn't matter that this area repelled or was ignored by those people.

Mountaineers love their land above all other places. They do not leave except under certain pressures, and then usually do not adjust well and return to visit often. Some cannot cope and return for good. This need is almost mystical . . . spiritual. It is in addition to a fear of change, and family interdependency. The mountains are considered a shelter both tangible and intangible and hold all that most mountaineers want, or think they need.

His family ties are very strong and have set his mores as well as his language. The family's expectations and judgments are supreme and transcend those of any other entity. It affects his voting, his ideas of justice, and the way he handles his problems. For example, the native whose ancestors created nearly all of their

necessities deems it unfair and unjust that the making of his beverage has anything to do with licenses, revenue stamps or the "High Sheriff." This is why functioning liquor stills are yet alive and well in isolated places in the hills.

There has always been minor access to the hills. Ridges and saddles, hills and hollows, and creeks and rivers are not only land boundary lines (cherished, guarded and contested) but have always been natural barriers to casual contact with others.

Not all of the population can be seen from a road. From an airplane can be seen great spreading areas of hilltops, rounded knob-tops, plateaus, isolated bottom land, and heads (innermost end) of hollows which account for many home-sites. Most have only foot trails or logging roads going to them, from dirt roads (some graveled) or creek beds. When water is in the creek, it may be forded lengthwise. In these areas, too, may be seen cliffs, caves, waterfalls and springs which most city-dwellers have to do without.

In these remote areas the Elizabethan language is most intact.

Janice Holt Giles, Kentucky authoress, believes that as a rule outsiders are mistrusted, disliked and resented.¹ Change, progress and the outsider seem synonymous. Mountaineers do not really want tourism. Groups like the Amish, Mennonites and Quakers have been more readily accepted, however. "They don't rush about with great energy changing things, are not nosy, don't talk a lot, DO things, and don't missionary so much," I have heard. Medical people enjoy prestige and are accepted fairly well ("a have-too case"?) but are discussed at great length and in much detail, as if vulnerability to their skills allows examination of their ways.

But, "Why are they here?" the mountaineer wonders. Why do people come to foreign places except from economic necessity? One knows, in reason, that doctors and nurses have not been educated "to the far side of nowhere" (prepared for unavailable jobs). Altruism is not clearly understood. I have heard, "They must not be able to make it anywhere else." Are outsiders here out of curiosity? Our college students, especially, know we are part of the "patchwork cult," since President Kennedy discovered us in 1960 and our deficiencies have been pointed out by what the native considers opportunistic writers who "cain't make a livin' any other way."

The very term "Appalachia" is considered by many pejorative, used only for this part of the Appalachian Mountains that actually extend for 1500 miles.

The outsider, especially an altruistic one, is said to be here "to save us." A saving grace, although another type of rejection, is that he "always" leaves eventually.

The mountaineer does perk up if he thinks he recognizes a name. "Whose girl (or boy) are you?" is an attempt to place someone socially, genealogically, geographically, and politically. Quillens are Republicans, and Adamses teach school, most of them, at least, in Letcher County. That Crawfords are engineers, Holbrookses farm and Collinses are doctors, are more blithe generalizations.

However, it is firm fact that once an outsider, always one. Marriage "in" bestows a kind of naturalization. People who come and stay permanently earn appreciation and affection. If they leave but protest that they don't want to ("Family responsibilities" is accepted), the unwise move is forgiven. Letters back expressing sorrow for having left are shared with pleasure. Visits back are gratifying to the natives; be warned that the order and duration of each contact with local friends is a protocol in itself.

The one advantage of being an outsider here is that of having one's ignorance in some matters overlooked.

It may be considered stand-offish to introduce oneself by title and last name to a native, or to so address him. The semi-conscious patient may not answer because he is seldom called in this way. It is the first name, used in introduction or address, which indicates friendliness.

However, the more socially adept native may not appreciate it, and others may take it a sign of condescension if there is hesitancy or discomfort at the informality on the part of the outsider, because we know that as part of orientation to the mountains some outsiders are told that we "like" first names instead of the formal, correct approach of the mainstream culture.

This society is task-oriented. Although gossip is a highly-developed art here in groups of the same sex, and there are verbose and literate mountaineers, outsiders' verbal and written facility does not impress them. Defensively, they say: "What have they DONE? What can they do?" A common expression is "fools with college degrees."

However, education is looked upon both as a means to economic advancement and a repudiation, of a kind, of home ways. It is desired by natives for their children while being recognized as the beginning of separation. It is blamed for the putting on of airs, getting above one's "raising," and the cause of "self-conceit." No wonder college students from here, who find much to challenge and interest them outside, seem to change clothes and accents by the time they get home on a visit.

These students say it is hard to adjust to the mainstream culture. Then they may find they are taken as living, breathing examples of the Appalachia fad and respond accordingly. To come back takes more adjustment. "I have to be schizophrenic," one said.

Like those of the rest of the nation, our students can't write well.² This function-oriented culture has oral traditions; and those of action; story-telling to transmit history and to entertain; riddles, "sings," and hant (haunt or ghost) tales are popular; song-ballets (ballads) and the old musical instruments of banjo, fiddle and dulcimer are heard; some social activities are theological meetings and subsequent arguments, quilting bees and square dances.

Books, newspapers and magazines are often considered a luxury and time-waster except by those "who can afford to set on a silk pillar."

The child learns his language by listening and imitation. By the time he enters school, he has learned the sound patterns and learned to disregard other sounds he could make.³ The usual mountain child is not read to, nor does he often have pictures pointed out and explained.⁴

There are exceptions, of course, and notable ones in each community, but there is documentation that in the Kentucky mountains there is little value placed on reading, writing or verbal skills, in the family. Thus, the transition to school is a hard one for this and other reasons.

For one, he is often bussed to a consolidated school with teachers not of his home area, formally addressed. The country child finds out, more than the town student perhaps, that the way he talks is wrong. There are "country and town" cliques. His clothes and spending money are apt to be considered not of the norm. It is not easy for him, or his parents, to return to school for

extra-curricular or related activities. He has an advantage in school elections (the country carries the vote). But, school may be called off because of weather conditions up the bus roads when town students could easily get to school. Town families who vacation in June don't take kindly to the extension of the school year well into June, as it happens sometimes; and school resumes about the third week in August.

Town students can easily sell the products and chances to earn senior trips and new band uniforms. The one who sells the most wins a prize. The country children do the best they can. These things bother the sensitive adolescent.

His teacher is probably from the mountains too, "It's hard for me to correct all errors of spelling, grammar and pronunciation," said Terry Cornett, English teacher at Letcher High School. "It leaves so little to commend. My students think it's hypocritical to use Standard English. They say it's 'picky.' The Standard isn't used at home, nor by some teachers. The boys consider poetry and drama in the same 'base' category as women's novels!"

As in other parts of the nations, beginning texts are bland and their pictures inappropriate except to urban professional parents and their families. How many students anywhere in public schools can read on the level required when the Blue-back Speller and McGuffey's Readers were used? Mourn the passing of most settlement schools, with their classic education courses.

The drop-out rate among high-school students is highest in "Appalachia:" 90,000 per year.⁵ There is little pleasure in school for this type of student. Marriage for girls really is thought to be emancipation, and for the boys job/paycheck/car.

For these students and ones who remain in school, school phobia is a frequently seen significant emotional problem in Eastern Kentucky.⁶

Only Mississippi spends less per student, on educating them, than Kentucky does.⁷ Harry Caudill, author of "Night Comes to the Cumberlands," says that county school boards are the single most powerful political structure in the mountains; control often passes from one to another member of the same family for years. This is a whole story in itself. One wonders what the priority is.

No wonder the mountain child is not motivated to attain a standard unfamiliar and of questionable value to him, from his standpoint.

Mountaineers are aware of their deficiencies. The manager of the WTCW radio station in Whitesburg had to announce that contest entries should be sent anyway, "even if your spelling and writing aren't 'too' good," before he got much response. The wife of the publisher of the Mountain Eagle weekly newspaper said she was expected to correct errors of spelling and grammar before printing local writers' columns, to save them embarrassment. "They will call me if I don't."

I have tried to justify the speech used in Eastern Kentucky, and the paucity of reading and writing skills.

The family nurse is in a position to influence mountaineers, to their advantage, in a manner similar to that in which different countries get to know each other: inspection, evaluation, participation and, perhaps, admiration and emulation. To take language differences seriously would be a beginning.

Few rules apply to the pronunciation of English words because so many are borrowed from other languages, and our ideas about correct pronunciation change with time and place.

For example, "been" was "bin" in the American colonies and is used today although some prefer "ben" at present. "Bean" is the proper sound in England but is thought to be a curious affectation to the mountaineer.

In the 1700's "soot" rhymed with "but" until, at the end of the century, it was changed to rhyme with "boot." Now the vowel sound is often like that in "pull," almost like "suet."

Most Americans speak "Western" or "American English." There are regional dialects, as the "Hah-vahd" accent heard mostly around Boston, Massachusetts, and the "Southern" accent of the southeastern United States. Minor, local dialects are heard in limited areas as in Detroit, New Jersey, West Virginia, New York City and "da Bronx."

The style and sound of the dialect of the Kentucky portion of the Appalachian Mountain Chain differs from that of the rest of Kentucky; the former can be heard also, in part, in the Ozarks. A slow drawl, the speech does not necessarily indicate slow thinking. The fast chatter of "the North" is generally irritating to the mountaineer. He sometimes says it shows a slipping out of gear into neutral, or stripped gears. Whatever, it is taken as a transmission failure.

As in the Southern dialect, the Eastern Kentuckian usually

drops a final "g" (runnin'). The "r" may be omitted before some consonants (suhthun for southern).

A "y" sound is added before some vowels: cy-ard (card), gy-ar-mints (garments), hy-ar (hair), yay-ess (yes). Emphasis can be added by raising the voice pitch and volume and drawing out what was originally a monosyllable. "Hit's pe-YOR-R-R meanness!" is much more impressive than merely "It's pure meanness."

"Y" can be added to make pronunciation easier. "Yore years" is simpler to articulate than "your ears." The same reason holds true for "yarbs" and does away with the problem of what to do with the "h."

The broad "a" is often substituted for the short "e" as in the bar that Daniel Boone killed. The broad "a" in "are" disappears when that word is sounded as "air" (Air Ye a-goin'?). Our house is also "air" house.

However, the "air" sound expected in "narrow" is instead the broad "a" and the "ow" is not worth worrying about because it isn't there at all. "Nar' 'un" (narrow one) is hard to understand, perhaps, but surely "bone mar'" and "wheel-bar'" are not.

Frequently heard is a short "a" for an internal "ow" as "da-on" (down). The broad "a" may take the place of a long "I" AS IN "trahd" (tried).

Another substitution is that of the "u" sound for the broad "a" as in "fur" (far). "For" is usually said as "fur" also. "What do furriners come fur?"

A final unstressed "a" becomes a "y" sound. Sarah is better known as Sary, Surry, or Sairey (as in Dickens' nurse Gamp). China = Chiny.

A final unstressed "d" or "k" will often be heard as a "t." "He ast me to take a-holt of it." Song-ballet (ballad) and poke-sallet (salad) follow the same "rule."

The intrusive "r" appears in "warsh" (wash) and is added to words that end with an "o" sound: (po)taters, 'maters, (to)baccer. Wasps can become waspers if a well-educated President can say "idear" and "Cuber" on national TV.

The Scottish influence is reflected in the pronunciation of "thar" for there, and "whar" for where. "Pooch" is a Scottish variant for "pouch," used in the 1600's to mean protrude. The old Scottish pronunciation of dish, bush and itch is deesh, boosh and

eetch. Mountain women will cooperate in labor better if the nurse says "POOSH" than if she says "push."

Archaic pronunciations persist for many words: deaf for deaf and afeered for afraid, to name a few. Words with "er" inside were said in Queen Bess's day as if they were "ar," as in "sarvice" (service), "narvous" (nervous) and "sartin." Consider the pronunciation of sergent and and varsity today.

Her subjects used an "i" for an "e" sound: miny = many, and kittle = kettle. Pin and pen sound alike here but are differentiated as stick-pin, latch (safety) pin, and ink-pin.

An "il" replaces "oi." Taters are biled. The snake is quiled and can pizen if not pintoed out to Ye.

The disyllabic ending for some plural words goes back to English spoken in the Middle Ages, as in bird nestes, final testes and fence postes.

"Ir" is heard as "ar." Examples: hard girls changing tars and building fars.

"On" can supplant "un". It is untelling or ontelling (no telling) how long until they come.

I don't know why Mary is called Murray, or Murray is called Mary. "Very" is pronounced "vurry" and "Taylor" becomes "Teller."

In addition to all this, the accent may be on an unexpected syllable: GI-tar, A-rabs, Pas-QUAIL (Pasquale). We remember when tennis star Pancho Gon-ZALES made it big in PEE-ru.

"Ye" is not a mispronunciation of "you" but the old pronoun used in the objective case.

In 1500 "them books" was nothing to disagree with. Possessive forms like the words his'n, our'n and her'n came about in the Middle Ages on the model of mine and thine. In the 16th and 17th centuries "do" was correctly used with he, she or it, which accounts for the "he don't" that grates on the ears of Standard English devotees.

During the 17th and 18th centuries there was the plural "you were" and the singular "you was." Because of present use of "you" alone to mean the singular or plural, mountaineers and Southerners add "-all" to indicate the plural.

"Hit" is the Old English third-person singular neuter pronoun for "it." The "h" adds definiteness to the pronoun sound. Hit can be an animal or a child.

In Standard English -s or -es is the most often added to indicate plurality of a word. The mountaineer perceives the words appendix and license and similar-ending words to be plural and calls each "them." When someone has failed to pluralize an obviously plural word he does it for them. Macaronis and spaghetties are a staple here, too, as well as aspirins.

The ancient preposition "a-" is used in verbal nouns, common in the 1300's. It can indicate "in, on or into." He lay a-bed, asleep. It can mean "in the act of," as a-fishing or a-going.

"Used-to" is an old sentence-beginning adverb. Used to, we did that.

Double and multiple negatives were rife in Shakespeare's time. Until someone decided in the 18th century that two negatives = one positive, it was and still is, here, common to modify every important part of a sentence. "Ain't no need for nobody to have no funeral at no church, no more."

The mountaineer likes to be specific. He says shin-bone, eyeball-doctor, nose-hole, feet-nails, play-pretty (toy) and cook-stove.

Sometimes the effort to be correct leads to putting the "l" back into salmon (not considered correct) or to say Vienna (sausages) as Vi-eeny.

A local speaker would be as crippled as a handcuffed Italian if his final prepositions were taken from him. "Where is it AT?" and "Where is he going TO?" express a lot more, somehow.

Verb-form changes amuse outsiders, as the use of "fit" for "fought." Some parents complained about a teacher who mis-used "see" and "saw." He was defended by a school-board member who said he'd "a heap druther have the teacher who says 'I seen' when he seen something than one who says 'I saw' when he ain't saw nothing!"

Often the past tense is given by adding -ed to the root word. Growed = grew, throwed = threw and knowed = knew. Sometimes -en is used: "I shaken hands," "I gotten on the bus" and "I taken a seat."

"Est" easily creates a superlative: mostest, bestest, the noblest Roman.

The idiom can be beautiful and descriptive. "Edge of dark" is the twilight-time. Some expressions are frank, and some not translatable.

"Deader 'n four o'clock" means a syncopal episode and there are about three explanations for the phrase.

"I'll study on it" implies several things. "I'm not convinced," "I won't decide now," "I'll think about it after I leave here."

The same person may be described as tetched (touched, mentally unbalanced) and slow (retarded) but still clever (willing, accomodating). An "ill" person is bad-tempered. If he were sick he would be "drinlin'" and if he were very sick he would be "bad," "bad-took," or "bad-off."

If a patient's body is examined and he feels a sudden, hot, tingling pain like an electric shock or unexpected sharp discomfort to pressure on a certain area, he may say "It's quicky right where you touched me there."

If an outsider is said to be "common as the rest of us," this is a supreme compliment in spite of the way it sounds.

A mother may not be able to bring herself to discipline an only boy who is also the "least 'un." He "messes over her" (is her favorite). A man may warn a threatening person, "Don't mess over me" (make me mad). If they went ahead and "fit" the loser will have undoubtedly been "messed over" (beaten up).

"Come and go home with me" is said as a polite, friendly gesture. The correct answer is "Can't. You just better stay with me."

I admire the brazen courage some mountaineers show in forging ahead and trying some words or phrases not in the usual mountain repetoire, when fainter hearts would spell the word out or not use it. Without these attempts we would not have "blucoat" (glucose), "very close veins" or "brownchitis."

I admire the meaningful place-names: Rope Works Branch, Push Back.

Some mountaineers, especially those who live in the heads of the hollows, still use most of the forms so far represented. A definite watering-down has occurred in the valleys and towns. The dialect is further diluted by higher education, wider experience, outside influences, increased mobility and travel; television, radio and movies also have their influence.

The dialect should be accepted as a valid variant. I wish its users could be help toward a bi-dialectism so that "at times (they can) continue to use those habits that remind them of their link with each other and with the past"⁸ while more easily achieving a

higher education, better earning power, self-esteem and adaptability to change.

A problem seen here having to do with reading and writing is dyslexia, a brain-interpretation-disorder. It is estimated that at least 10% of elementary school children suffer from this condition, and there are victims in this Appalachian area.⁹ They have severe problems reading and writing, although often of superior intelligence. The word "tree," for instance, is not perceived as a symbol for the object, and no picture of a tree appears in the mind. Instead, it is as if the English-speaking person was shown Chinese symbols and asked to read, a remedial course instructor at Berea College, Berea, Kentucky, explained.

Beside school difficulties, and being thought of as uncooperative and backward, the child will most often read words backwards and write backwards or upside-down and backwards. Numbers are read or remembered in reverse. Hearing may be "scrambled," although it is thought best to test these children orally and not with written tests.

There are sociological implications arising from deep frustration caused by the defect. There may be delinquent or anti-social behavior, although a few people have managed to cope: General Patton and Thomas Alva Edison, to name two.

These children should be referred to a speech therapist, or one consulted for specific referral to a specialist.

In conclusion, a nurse doesn't have to use the Eastern Kentucky dialect except in understanding it and allowing these many points about speech and writing to influence her approaches to our problems.

GLOSSARY

aidge: edge.

aig: egg.

allow: think. I 'low I'll go now.

argy: argue.

arn: iron.

ary, airy: any. Have you seen airy sight or heered airy a thing?

ast: ask, asked.

axed: asked.

bad luck: miscarriage.

bainch: bench.

big-eye: insomnia. I took the big-eye.

blinky: spoiled, usually said of milk.

bread: cornbread.

brought-on: bought in a store or brought in from another place.

colley: creek.

cook: fry or boil.

cotch: catch; you will cotch cold. Caught; the doctor cotched the baby.

courting: going steady.

 sparking: dating.

 talking to: courting with thoughts of marriage.

crap: crop.

crouch: crotch.

dinner: lunch.

don't like: don't want to. I quit school because I don't like.

dopes: soft drinks.

drap: drop.

drinlin': in poor health.

druthers: preferences. If I had my druthers . . .

druther: would rather. I'druther not.

edge of dark; twilight.

enduring: lasting.

 forever and enduring: longer-lasting.

finger: fanger.

fatback: pork fat with very little meat, salted, used as seasoning.

feisty: high-spirited, hard to control.

fit: fought.

flashy: fleshy, fat.

fotch: fetch, get.

fotched-on: brought in from somewhere else, or bought.

fraish: fresh.

franzzy: frenzy.
goes foolish: is silly.
goes the foolishest: is the silliest.

grine: groin.
gritter: grater.

heap: whole lot.
hippoed: hypochondriacal.
holler: hollow; low place between two hills or ridges.

jine: join.
juice: electricity. Obviously this word is an innovation.

leader: tendon.
likely: probably. Will you be leaving now? Likely.
light bread: leavened white bread or store-bought bread.

man: husband.
meat: pork.
mess: enough of edible item for a meal or meals. A mess of beans.
mizeris: Mrs. They's a "r" in hit, ain't they?

nary: never a, not any. Nary one, not a one.
nigh: near or nearly. It's nigh four o'clock.

ornery: onerous, acting in a contrary manner.
on the draw: on welfare.
ort: ought.
overhauls: overalls.

pack: carry. The baby can't pack a load. Hit has to be packed itself.
peart: pert, alert.
passel: a lot.
piedy: acting strange. Also, spotted or mottled.
plum: or plumb; completely.
plunder: furnishings, as house plunder.
poke: sack or bag.
pore: poor.
proper: very correct. May be used as "Proper John Combs."

purt or purty: pretty. It was purt nigh bedtime.

puke: vomit.

vomick: puke.

quare: queer, strange.

turn quare: begin to act in strange manner, or to experience an unusual sensation.

rainch: rinse.

raised up: reared.

reckon: Tudor English. To consider, or suppose.

right smart: many.

sass: impudence.

several: 20 to 200.

shore: sure.

sight: a lot. A sight of people were there.

smart: insolent. Also, to sting or hurt, as a wound.

soup beans: brown or pinto beans cooked in a lot of water. The liquid is as valued as the beans.

sour milk: buttermilk.

'spenders: suspenders.

strudy: sturdy, or fat.

sweet milk: plain old regular milk.

tetch: touch.

tip: touch.

tetched: crazy.

tolerable: all right, as in answer to "How do you feel?"

trade: shop in a store.

uncommon: rare. It was uncommon good.

warsh: wash.

wasting: vaginal bleeding, more than normal or lasting longer than usual.

witty or clever: willing, accomodating.

woman (pronounced wah-man): wife.

Footnotes

1. "40 Acres and No Mule" (Boston, 1967), p. 3.
2. "Newsweek" (New York City, December 8, 1975), pp. 59-60.
3. *World Book Encyclopedia* (Chicago, 1968) "P" volume, pp. 722-723.
4. "Appalachia's Children" (Lexington, Ky., 1971) p. 16.
5. *Ibid.*, p. X.
6. *Ibid.*, p. 36.
7. "The Southern Appalachian Region, A Survey" (Lex., Ky., 1967) p.52.
8. "Annual Editions, Readings in Human Development" (Conn., '74/'75) p. 287.
9. *The Lexington Herald-Leader* (Lex., Ky. January 6, 1976) p. A-9.

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PREDATORS AND PREY

I was sitting on a rock idly fishing in thick kelp. Nothing stirred and I seemed to be the only living thing in the world. Then I found I had snagged my hook in a net which had been set across the inlet, and started to pull in the net to release my hook. I found a large fish caught in the net. Coming purposefully up the net after it was a crayfish, and coming stealthily after the cray was an octopus. I had been sitting within feet of all this drama, completely unaware of it!—*B. Wills, Tasmania.*

—*The Countryman*, Winter 1974/75, Edited by Crispin Gill, Burford, Oxfordshire, England.

Method in Madness

Old George was a carter in the Manhood, the extensive wheat-growing district of Selsey in Sussex. He was very ancient when I knew him in the 1920s. I remember him dressed always in a smock and bowler hat; occasionally a hare or partridge dangled from his belt. Every summer a crop of wheat appeared on the thatch of his cottage. It kept the birds busy, he said, and they were better there than on the peas. When the wheat ripened he put his hens on the roof 'to clean it up a bit'. Indoors the roots hung in festoons, and Old George had to wear his bowler in bed 'to keep the rain off'. Fortunately it hardly ever did rain in that district in summer; there was only the sea mist drifting inland. When the thatch finally rotted and fell in, Old George pushed it into one room which he used as the 'broody house' for chick rearing. He rethatched the cottage himself in the evenings after work. —*J. Scott Pitcher.*

—*The Countryman*, Spring 1967, Edited by Crispin Gill, Burford, Oxfordshire, England.

A NEW YEAR'S DAY PARTY



Helen E. Browne

On New Year's Day, 1976, the staff of Frontier Nursing Service had an Open House at Wendover in honor of Helen E. Browne on the occasion of her "change in status" from Director to Director Emeritus of the FNS. Between two and three hundred friends came to the Big House to talk with Brownie and sample the delicious food prepared by half of Leslie County! The Dog Trot table had been beautifully arranged by Joan Fenton and Peggy Irving and various staff presided over the coffee pot and punch bowl. Among the out-of-town guests were Agnes Lewis and Margaret Hobson, old staff members, and Jane Leigh Powell and Sally Steeves, old couriers, and Mrs. Helen L. Peterle who had come down from Connecticut to spend a few days with her daughter, Helen, who was with us as a courier.

A highlight of the afternoon, and a surprise to all of us, was the gift to Brownie of a lovely engraved silver bowl from the citizens of Leslie County. In making the presentation, Judge C. Allen Muncy said:

"Ladies and Gentlemen:

"It is written in the Holy Bible that 'no man hath greater love than to give his life for a friend'. It is appropriate here today to rephrase that and say, 'No person hath greater love than to spend her life serving her friends.' And today we honor one who has spent her life serving us, the people of Leslie County.

"Some people are honored by and awed by the presence of Presidents, and Kings, and I have been honored to be in the presence of Gerald Ford, President of the United States, but I feel more honor and more awe to be in the presence of this lady who has given of herself for us. For what kind of a person is it who would leave, at a young age, her own country to come and live among us in this place, and serve us. It has to be a person who loves, who cares for others, and what greater thing is there than for one to love and care.

"It is loving and caring that has been the hallmark of the Frontier Nursing Service; and of another great lady, Mary Breckinridge; and of the many ladies who have worn the blue and white uniform of the FNS.

"Helen Browne and these ladies of the FNS have reached out and touched our lives, and helped make the difference. I was born at the Frontier Nursing Service Hospital. I well remember the nurses who were there, at my parents' home, when my two younger brothers were born. They were there when we needed them, and they will be here serving us when others have long since come and gone.

"So again I ask what kind of person it is who spends her life serving others, and I say it is one who has love in her heart. The people of Leslie County love the FNS, I love the FNS, because they have loved and cared for us.

"It is appropriate that the people say thanks in a special way, and on behalf of the people of Leslie County and the Fiscal Court, I have this silver bowl to present to Miss Browne,

In Appreciation of Service

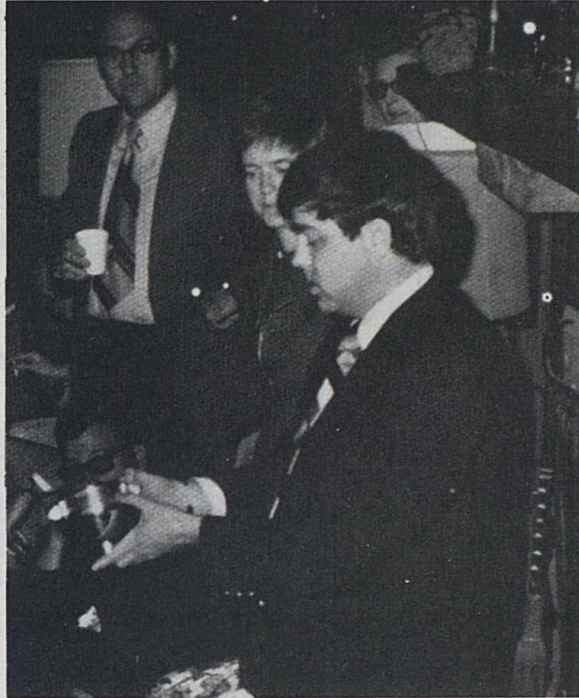
Helen E. Browne

FNS 1938-75

People of Leslie County"

Brownie's many friends wanted to do something tangible to express appreciation for all she had done for us so on behalf of many people, Phil Isaacs gave Brownie a toy car symbolizing the gift of a real car of her choice, saying, in part:

"July 28, 1938 . . . is a very significant date in the history of FNS . . . the day Helen E. Browne arrived in Hyden to work for Mary Breckinridge. Many meaningful, worthwhile and interesting things have happened since that date and, Brownie, you have been deeply influential in making those things happen. The development of the progressive health services programs that you have been involved in have been recognized far beyond the boundaries of Leslie County . . . Those of us here today, and many others that cannot be here, consider it a great privilege to have had the opportunity to get to know you and to work with you. We want to thank you for the many kindnesses you have shown us, your thoughtfulness for the needs of others, your straight-



Judge C. Allen Muncy

forward manner in dealing with the problems we have presented to you, your devotion to duty, your sense of humor . . . It is indeed an honor to present this car with affection and appreciation from staff, old staff, couriers, Board members, Trustees and friends . . .”

The car Brownie chose was a VW “Rabbit” which she has named “Fiver” and it is at Wendover awaiting her return from vacation.

OFFICIAL SECRETS

A civil servant who received a memo and obeyed instructions to initial it and pass it on got it back three days later. Attached was a note: “Since you were not meant to read the memo please erase your initials and initial the erasure.”

PETERBOROUGH

OLD COURIER NEWS

Edited by Juanetta M. Morgan

From Lyn Markley, Syracuse, New York—December, 1975

I am in my sophomore year at Syracuse University School of Nursing and I am really enjoying it. My days in Kentucky seem like yesterday and I still miss all of you.

.

From Abigail Allen, Alexandria, Louisiana—

December, 1975

I'm in Louisiana breaking thoroughbred yearlings which will be taken to a Florida sale in January and there they will be bought and initiated into their racing career. I really love my work and am enjoying the Louisiana sunshine!

.

From Mary (Timmy) Balch Miller, Deerwood, Maryland

—December 9, 1975

It has been too many years since I have been in touch with any of you and I am surprised that my name is still on your mailing list. Nancy Dammann's letter to old couriers is wonderfully newsy.

I was very sorry to hear about Anna May January's death. I don't suppose that I shall ever forget my first trip on district with her—on horseback, a wet, slippery night and the birth of twins.

Dick and I have two children. Patrick is in the second grade and Anne will be five in February.

.

From Eleanor Fields Wells, Granby, Connecticut

—December 18, 1975

It was such a rare privilege to attend the FNS fiftieth anniversary events in Frankfort last May and to go on to Wendover, and to see Agnes Lewis and the Red Bird Center. I found Hyden so very changed!

.

From Becky Johnson, Philadelphia, Pennsylvania**—December 29, 1975**

I enjoyed reading the newsletter to the old couriers and look forward to the next one. I do miss Kentucky. I am working full time at a pediatric and family planning clinic in Philadelphia as well as taking calculus and trying to get into medical school. Give my greetings to all.

.

From Birch Hincks Milliken, South Dartmouth,**Massachusetts—December 31, 1975**

I'm a long lost courier back in the fold! I've followed the FNS with great interest but have neglected to tell you of my marriage and new address. FNS's new developments have been fantastic and have put FNS in the foreground of medical thinking, especially with your nurse practitioner program. I received my MPH from Yale in 1966 but my public health work has mostly become family health—we have a girl aged three and a boy aged one. In a few years I hope to be back at work.

.

From Melissa Morris Charest, Seneca, South Carolina**—January 1, 1976**

I am in my final term at Clemson University and will graduate in May and I plan to work in obstetrics at a nearby hospital. My husband, Dick, works as a supervisory chemist at a nuclear station and enjoys his job very much.

.

From Holly Cheever, Lexington, Kentucky**—January 14, 1976**

I am starting my third (and hopefully last) semester at University of Kentucky in veterinary science and should hear from the veterinary schools that I have applied to sometime in May or June. Meanwhile, I am living in a tenant house on a farm near Lexington, and plow with my landlord's team of horses in exchange for free rent. Our only source of heat is a coal stove, so I know tajaam not too far from Leslie County.

We send much sympathy to **Marvin Breckinridge**

Patterson on the loss of her brother, Robert Breckinridge, who died in November, 1975; and to **Ellen Bayard** whose grandmother, Mrs. Thomas F. Bayard, died in September, 1975.

WEDDINGS

Sabra Dunham and Douglas C. Thorburn on August 23, 1975, in Boulder, Colorado.

Susan S. Holmes and Mr. Philip James Taylor in Hopkinton, New Hampshire on August 23, 1975.

Patricia C. Bodell and Mr. William S. Hopkins on August 23, 1975.

Nancy Harmon Ruckberg and Dr. Bela Vitez in Churchville, New York on August 31, 1975.

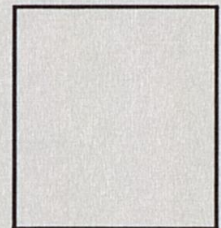
Melora Coggeshall and Mr. Eric Thacker Clarke in Dedham, Massachusetts on December 27, 1975.

SELF SERVICE

Patsy, our Irish terrier, usually came with me to the orchard to feed the hens; she liked to help herself to wheat from the feeding bucket. But one day she seemed unwilling to face the wind and rain, so I went alone. I always took a cream can to collect the eggs, leaving a few handfuls of wheat in the bottom to keep them steady. There were twenty-three, including a cracked one which I put carefully on the top. I opened the back door and slid the can some 6 feet away from the mat, so that anyone entering in a hurry would not kick it flying. Then I went on to feed the rest of the stock. On my return I just saved myself from stepping on to the mat, which was entirely covered with eggs. The can—7 in. across the top and 10 in. deep—was where I had left it, but not a grain of wheat remained. I counted the eggs, and there were twenty-three, all intact, including the cracked one. Patsy opened a lazy eye as I entered the kitchen and wagged her tail very slightly.

—*The Countryman*, Summer, 1967, Edited by Crispin Gill,
Burford, Oxfordshire, England.

Mrs. Stanley D. Petter, Jr.
Hurricane Hall
Georgetown Pike, R. 6
Lexington, Kentucky 40504



Loose Item

To: The FNS Horse Show Committee

- I would like to sponsor stakes at \$375.00 each.
 - I would like to sponsor jumper classes at \$250.00 each.
 - I would like to sponsor hunter and pony classes at \$150.00 each.
 - I would like to sponsor trophies at \$50.00 each.
 - I would like to participate in the program advertising.
- Please send me the rates.

Please make checks payable to FNS Horse Show, Inc.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Loose Item

FNS HORSE SHOW

By William R. Bates III

The Blue Grass Committee of the Frontier Nursing Service, in cooperation with the Keeneland Pony Club of Lexington, will stage the first annual FNS Horse Show in mid-August. The Cincinnati Committee of FNS will also participate in the arrangements. In former years, this Show has attracted Hunters and Jumpers from around the country and promises to attract an outstanding field of entries this year.

Mr. Robert Brewer of Lexington will serve as Chairman of the Show, now planned as a four-day event. Mr. John Kerr, a member of the FNS Board of Governors, will coordinate the activities of the two organizations.

Mrs. Stanley Petter and Mrs. James B. Holloway, Jr., co-chairmen of the Blue Grass Committee, will be responsible for securing the stakes money, class prizes, trophies and program advertising.

Proceeds from the Show, after expenses, will be for the benefit of the Frontier Nursing Service. Persons interested in the FNS, in horses, in Pony Clubs, are encouraged—even urged—to support this project either as stakes or class sponsors, by donating trophies, or advertising in the program. Needed are ten (10) stakes sponsors, at \$375.00 each; twenty-one (21) jumper class sponsors at \$250.00 each; seventy-five (75) hunter and pony class sponsors at \$150.00 each; and one hundred and eight (108) trophy sponsors at \$50.00 each. Each sponsor's name will be attached to a specific stake, class or trophy.

For your convenience in supporting the FNS Horse Show, a tear-out reply card is inserted in this issue of the Bulletin.

THE FBI AGENT . . .

The FBI agent asked the bank teller, who had been robbed for the third time by the same man, if she had noticed anything specific about the robber. "Yes," she replied, "he seemed to be better dressed each time."

Modern Maturity, Dec.-Jan., 1970

TO HELEN E. BROWNE

Throughout the history of the Frontier Nursing Service there are those who have grown quietly in the shadow of the old and have given of themselves without fanfare or thought of self. Miss Helen E. Browne is one of those rare individuals who always has those extra five minutes or tireless hours to give to others. No problem is too little or too big to merit her undivided attention. She knows when to listen and when to ask questions; when to wait and when to intervene; and when all else fails, there is always that marvelous sense of humor. Perhaps this comes of being a good nurse-midwife, whose being is devoted to bringing forth life and with it new hope; whose faith and charity knows no boundaries; and who finds joy and delight in both the great and the small, but who has also known sorrow and grief. For all these things she is loved dearly by those who know her and have been inspired by her.

It is because of these attributes that the FNS has become what it is today and the world owes Miss Browne a great debt of gratitude for the contributions she has made in helping others find more practical and workable solutions in the health care field.

For these things we thank you, Brownie.

—Contributed Anonymously
By A Staff Member

Everyone Knows Angels

A letter addressed simply to "Angels of Mercy, Somewhere in Kentucky," was promptly delivered to the Frontier Nursing Service in Wendover, Kentucky.

—From an Unidentified Newspaper

OLD STAFF NEWS

Edited By Eileen H. Morgan

From Carolyn Coolidge Godfrey in Dallas, Texas

—December, 1975

We moved to Dallas in May of this year. Ed's job got transferred, but he is still with ACTION, now working as a Placement Manager with both the Peace Corps and VISTA.

We are presently awaiting the birth of our third child, due around Christmas Day. (See *Babies*.) Our Anne is now five years old and enjoying kindergarten. Teddy is 3½ years old and thinks being "a real cowboy" is the greatest thing. I guess we moved to the right state! We are adjusting to Texas but hope to get back to Virginia or New England one day. We are very far away from our families now and Kentucky, too! We plan to drive back East on vacation next summer and definitely will stop in Leslie and Clay Counties. We've just *got* to see the new hospital!

I was deeply shocked to learn of the death of Anna May January. She was a great person as well as one of the best "common sense" nurses I've ever known.

I am very proud to be an old FNS nurse. My experiences there have proved invaluable.

.

From Barbara Kinzie in Saada, Yemen Arab Republic

—December, 1975

Christmas, 1975 has hardly passed as I write this letter. My prayers were for Christmas joy and peace to be with each of you, as I delightfully recalled holiday seasons which I have so enjoyed spending with many of you.

The Muslim calendar is a lunar one, so the various special days and religious celebrations depend on the moon and vary each year. This year our Christmas Day came about a week after the Muslim's main religious celebration, The Feast of Sacrifice, which commemorates Abraham's sacrifice of Ishmael (according to the Koran). Our Yemeni friends were so thoughtful to invite us to their homes during this time to enjoy the celebration with them. So Christmas Day and week was the perfect opportunity for us to invite Yemeni friends and hospital staff into our home, not only to share our home, love and food with them, but also to share the

reason Christmas is so important. We had a lovely time with our friends.

Certainly, the Christmas setting and story were more real and alive to me than ever before. Here, as soon as the baby is born, it is "wrapped in swaddling clothes", which is a cloth tightly bound with string and covering the entire infant except for its face. In fact, the word in the Arabic Bible used for this clause is the exact word used here in the Yemen for this clothing process. Other aspects of the Gospel narrative have also become vivid and "every-day" as the Yemeni hills always have shepherds guarding their flocks. Camels are common and men dressed with the head gear and robes and carrying the staffs we associate with the wise men are a daily sight.

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From Carroll Schilling in New Haven, Connecticut

—December, 1975

I was with FNS in the spring of 1974 as a student nurse from Boston. I wanted to tell you how meaningful the newsletters and Bulletins are. Though I haven't been able to return yet, I feel that I have remained abreast of the recent changes.

While I was there I did a study of nutrition on adolescent girls and that spurred my interest in research. I am now attending Yale University for a Masters in Public Health. My specialty is Infectious Disease Epidemiology. As you can see, FNS was quite a formative experience for me. Perhaps I will return at some point and make use of my new capabilities. I spoke to Dr. Isaacs on the phone when she was in New Haven last month.

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From Tricia Ware Sturgeon in Loughborough, England

—January, 1976

Thorpe House (where Tricia is now Matron) is a County Home for the elderly with places for 47 residents and 5 day care places. Each resident has his/her own room which we try to make as attractive as possible. We, personally have a nice house on the grounds with some lawn which is fine for Jonathan—he uses it as a racing-pad. He will be four in March. We had a very nice Christmas. Each resident had a stocking and lots of festive fare. We had a New Year's Day party and are still sending contingents

to the Pantomime. Believe it or not, we plan an "American Evening" soon, at which I'll show my FNS slides and serve hot dogs and Brutus Beans, followed by coffee and cake and popcorn!

Do you know I can still remember the thrill I got reading the first Bulletins which were sent to me when I first wrote to enquire about the FNS. And how the actuality lived up to the dream.

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**From Rosemary Radcliffe in North Woodchester,
England—December, 1975**

I had a great surprise earlier in the year. Out of the blue I was appointed a Magistrate! Each time I sit on the Bench, I do so in fear and trembling—"there but for the Grace of God go I"—thinks me. Life gets more and more complicated at work since the Health Service was reorganized. It's like everything that gets too big—it loses the personal touch which a "caring" service can't afford to do.

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**From Liz Palethorp in Swanage, England
—December, 1975**

I shall be changing my job shortly. Although I am very happy in my present district post, the work can be heavy. Recently I heard that a night sister at the Swanage maternity unit would be leaving so I applied for the job and have been accepted. I shall be starting on February 1.

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**From Mary Ellen Munsche Stanton in Atlanta, Georgia
—January, 1976**

I'm on my way to Africa! I would like the Bulletin sent in care of my parents, who will forward it. My plans are tentative, but I have been offered a job in the main hospital on the Ivory Coast. And I just found out today I am a C.N.M.!

I will keep in touch.

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**From Joanne Vickers Peterson, North Andover,
Massachusetts—January, 1976**

I thought you might like to have news of Sarah even though it

married and have a baby. The Advisory Committee feels that some modification of this situation is long overdue; that with this enormous health facility of the Mary Breckinridge Hospital, it should be possible for more young people to be introduced to a spectrum of careers in health services.

The Vocational Educational Program of the Commonwealth has had several demonstrations of this in different counties in the past four years. A curriculum entitled Health Careers is designed to involve the high school, the county board of education, the vocational school, and the local hospital. Our Advisory Committee has urged that we support and be involved in such a program. It is hoped that this will lead to an increasing number of young people in Leslie and Clay Counties becoming aware of the opportunities in pharmacy, in laboratory, in x-ray, as medical secretaries, as business office workers, as hospital maintenance, as district nurses, as nurses aides, as dentists, as physicians, as social workers, as statisticians, as medical bookkeepers, as controllers, as PBX operators, in audio-visual aides. Truly there are an enormous variety of activities related to the hospital services, and as young people in this area develop professional qualifications, the future staffing of this Service will be assured.

Many congratulations are due to the new president of the FNS Advisory Committee, Mr. Edward A. Mattingly, Vice-President of the Leslie County Telephone Company, who himself is an FNS baby and who is a Trustee of the Frontier Nursing Service.

—W. B. R. Beasley, M. D.

Beyond Dispute

A retired Scottish prelate has a favourite story of an English visitor to the Highlands, who, lacking company, spent his time in walking around. As he explored a cemetery, looking at the tombstones, he came across the gravedigger digging a grave. 'Quiet up here,' said the visitor. 'A lot quieter doon here,' remarked the man from below. 'Do people often die in this parish where the air is not polluted?' asked the Englishman. 'Just once,' replied the gravedigger.—A Baptie, Stirlingshire.

—*The Countryman*, Autumn 1975, Edited by Crispin Gill,
Burford, Oxfordshire, England.

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The Frontier Nursing Service acknowledges with deep gratitude the editorial note which prefaced an article entitled "The Frontier Nursing Service: The Primary Care Nurse in the Community Hospital" by Helen E. Browne and Gertrude Isaacs which appeared in the January 1976 issue of the *American Journal of Obstetrics and Gynecology*:

"On the occasion of the Fiftieth Anniversary of the Frontier Nursing Service, we extend our congratulations for the excellent health care system the Frontier Nursing Service has developed and provided in a medically underserved area, for the progress made, and for the attainment of professional and community cooperation.

The Editors"

Cookie-Proof

"How do you keep your children out of the cookie jar?"
 "I lock the pantry door and hide the key under the cake of soap in the bathroom".

—*Modern Maturity*, December - January 1966-67

BEYOND THE MOUNTAINS

Helen E. Browne flew to New York in early February where she was the guest of Miss Jane Leigh Powell, a member of the FNS Board of Governors and an old courier. Mrs. R. McAllister Lloyd and her committee had arranged for their annual meeting on February 5, at the headquarters of the English-Speaking Union—a most appropriate place for the FNS which, throughout its history, has had strong ties with the Old Country. A good group gathered in spite of threatening weather. Mrs. Lloyd opened the meeting by introducing Miss Dorothea Eberhart who presented Brownie with a handsome check from the Bargain Box. Members of the New York Committee volunteer many hours of their time at the Bargain Box and are to be congratulated on another successful year. Any of our readers who may be closing an apartment or cleaning an attic are invited to refer to the Bargain Box page in this Bulletin where the address can be found to which packages may be mailed and the contents sold for the benefit of FNS. Labels for such packages are available upon request.

Mrs. Lloyd invited Brownie to give the highlights of FNS news and to introduce the film, "Cherish the Children." This film illustrates the work of the FNS nurse in Kentucky and was made possible by the Agency for International Development to be used as an educational tool in South American countries.

It was good to greet old friends, among whom were old couriers Nella Lloyd Helm (visiting from Philadelphia), Isabelle Breckinridge Dubow, Selby Brown Erlich, Claire Hoddup Irving, and Anne Rose Stewart with her young daughter, Amy, who hopes to follow in her mother's footsteps in a few years.

While in New York, Brownie was the luncheon guest of Mrs. Ruth Watson Lubic, General Director of Maternity Center Association, and she was interested to hear about the development of the new Childbearing Center at Maternity Center. She was given a tour of the new Center where families come for a normal delivery. The Center is attractively designed and will undoubtedly encourage a relaxed atmosphere. Brownie had an interesting conversation with two of the nurse-midwives in the program, one of whom was Janet Reinbrecht, an FNS graduate.

Mrs. Lloyd invited Brownie to lunch with members of the New York Committee the day after the Annual Meeting. It is always a

pleasure, and a help, to talk with the women who work for the FNS throughout the year.

Brownie also enjoyed speaking to the Women's Group of Columbia-Presbyterian Medical Center while she was in New York.

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On February 10, our former National Chairman, Mrs. Jefferson Patterson, showed "Cherish the Children," in Spanish, at the American Embassy in Mexico to the Ambassador and a few of his Counselors.

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In early February, Dr. W. B. Rogers Beasley was invited by the Family Planning Division of the Department of Obstetrics and Gynecology at the Downstate Medical Center to come to speak to their nurse-midwifery program on the rural health services of Frontier Nursing Service. The group included eight "sage femmes" from the Cameroons who had been brought to Brooklyn to be trained in family planning clinical services. While in New York, Dr. Beasley also talked to the midwifery faculty at Downstate and to the midwifery class at Columbia University about the FNS program.

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The Nurses Association of the American College of Obstetricians and Gynecologists, at their regional meeting this winter in Louisville, invited FNS to present a paper and lead a workshop on current concepts in family planning. Dr. E. Fidelia Gilbert accepted the invitation to present the paper and lead the workshop, which she reported was very well received.

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In late January, Dr. Anne Wasson and Elsie Maier attended a conference of representatives from Family Nurse Practitioner Programs held at the University of North Carolina in Chapel Hill. Dr. Wasson reports: "We met with physician-nurse teams from twenty-two programs to determine the current directions in family nurse practitioner curricula. The participants divided into groups and studied, in depth, the material now being taught by the respective schools. There was a diversity of opinion regarding

how much material should be taught to nurse practitioners. The varying opinions seemed to have some relationship to the type of practice the nurse would be doing. The conclusion was reached that in rural centers, triage work and knowledge of various abnormalities need to be taught in greater detail because of lack of consultants available to help with specific problems, and because of the distance patients would have to be sent for consultation. There was considerable discussion regarding what primary care consisted of and what the primary care providers should be able to do. Dr. Katherine Nuckolls preferred the following definition:

'Primary care is a type of health care delivery which emphasizes first contact care and assumes an ongoing responsibility for the patient for both health maintenance and therapy for illness. It includes services for the promotion of health, prevention of illness and disability, maintenance of health care during acute and chronic phases of illness, guidance and counselling of individuals and families and referral to other health providers and community services. Concern for the physical, emotional, social and economic status of clients and their families in relation to their cultural and educational backgrounds and a pattern of continued interaction between client and care provider are important aspects of primary care.'

"It is hoped that a similar conference of interested professors of family nursing will be held again next year for further studies of the role of the nurse, teaching methods and selection of individuals for the various programs."

Frontier Nursing Service was the only non-university based program included in this conference. Dr. Wasson and Elsie were delighted to be invited to participate and felt that many of the problems which are facing other schools had already been solved in the FNS educational program.

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Drs. Anne Wasson and Tom Dean, Peggy Burden and Kenneth Palmer attended a KPRO/PSRO meeting in Somerset, Kentucky, on February 27, one of a series of meetings planned to foster a more complete understanding of KPRO and PSRO in Kentucky.

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The Annual Meeting of Frontier Nursing Service, Incorporated will be held at Spindletop Hall in Lexington, Kentucky, following luncheon, on Wednesday, May 26, 1976. Please note the date on your calendar. Invitations will be mailed later in the spring.

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The Joint Faculty Committee from the University of Kentucky and the Frontier School of Midwifery and Family Nursing has mutually and successfully developed a curriculum in family nursing. This curriculum is to be the basis of an affiliation which will provide college credit at the master's level in the University of Kentucky for students in the Frontier School of Midwifery and Family Nursing. This affiliation is made possible by a grant from the Division of Nursing, Department of Health, Education, and Welfare.

Enchanted Toad

One dank autumn evening when we were living in a small cottage in the Forest of Dean, I opened the back door and saw a large dark toad squatting on the doorstep. It shuffled forward across a piece of fibermat, then over the matting of the kitchen floor to mount a shallow step into our sitting-room, when it crossed several yards of deep-pile carpet, coming to rest against the radio set. Our two sons, then aged twelve and seventeen, had the Light Programme switched on at all hours, so I cannot pretend that our toad had the cultured taste of the hare described in 'The Good Life' (Autumn 1968, p. 119), but it remained leaning against the set for a matter of hours. Before supper we decided to return it to the garden; but later, when I was about to lock up for the night, I again found a toad, apparently the same one, outside the back door. It embarked on the same journey over dry carpeted terrain to end up in its former position by the radio. We allowed it a further concert before returning it once more to the garden. Very late in the evening, to satisfy ourselves as to its intent, we opened the door again and in it came, to enjoy music till midnight. Finally we carried it carefully more than 60 yards up the garden, where it made a permanent home for the next three years. —Kathleen M. Rowley.

—*The Countryman*, Autumn 1969, Edited by Crispin Gill
Burford, Oxfordshire, England.

IN MEMORIAM
Ethel Bledsoe

Born October 11, 1909

Died January 13, 1976

Her many friends in the FNS, and in the community, were deeply saddened by the death of Ethel Bledsoe on January 13, 1976.

Ethel was born and raised in the Coon Creek section of Leslie County. She had spent several years at the Presbyterian Dormitory in Hyden, first while she was attending high school and, later, remaining to help the Misses Mable and Lila Byers with the younger dormitory residents. Ethel first joined the domestic staff at Wendover in 1942, staying with the Service for several years. She returned to preside over the Wendover kitchen in January, 1961, and, for fourteen years, fed and spoiled the staff, the couriers, and the many guests who stayed at Wendover.

We shall always remember how Ethel loved a party, and the delight and pride she took in preparing meals for the whole staff at Thanksgiving and Easter, for the Board of Governors each spring, for any other occasion that called upon her culinary skills. She prepared delicious meals for fifty, and more, as happily as she fed her Wendover family daily.

During her terminal illness this past fall, Ethel was able to spend some time with her mother on Coon Creek. When she had to be hospitalized at the Mary Breckinridge Hospital, she always had a warm smile for the many friends who stopped by to see her.

Ethel was our friend and we miss her at Wendover. Our deepest sympathy goes to her mother, her son and daughter-in-law, and her sisters and brother.

The Frontier Nursing Service is deeply grateful to the many friends of Anna May January who have made donations in her memory. It is our hope to be able to establish a respiratory therapy department at the Mary Breckinridge Hospital as a memorial to Anna May, so that we may offer better care to patients with problems similar to hers. It is estimated that the equipment needed for this new department will cost in the neighborhood of \$6,000 and all donations in Anna May's memory, unless specified otherwise, will go toward the purchase of this equipment.

OUR MAIL BAG

From a Father in Colorado—

“My wife and I lived for four years in a rather remote location here in the Colorado Rockies, as caretakers for a summer biological field station. While we were living there, we had our second child, and she was born at home in our cabin, unfortunately, without the presence of a “frontier nurse” or midwife, although a doctor who happened to be at the field station came by just after the birth and checked my wife and the baby. Fortunately, however, the birth was very normal—to the extent that such an event can be called “normal”—and while it was a very intense kind of a thing, we are both glad (after the fact) that we took the risk. We are also both convinced that it was basically a foolish kind of a risk to take, and would not do it again.”

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From a Guest From New York—

I am truly impressed with the scope of the job FNS performs, and the high quality care provided by the staff of FNS which demonstrates dedication and skills far beyond the usual. It is no wonder that you are a proud director of such an outstanding organization.

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From a Friend in Louisville—

It is a joy to see how the FNS has been able to change with changing needs and is continuing to develop and expand its field of service. My husband, as Director of the Bureau of Maternal and Child Health, gave the first examinations for the licensing of the nurse-midwives by the Kentucky State Board of Health. With him, and later, I made several visits to Wendover where to know Mrs. Breckinridge was a great privilege.

RUNNING ON THE RIMS

The little girl was telling her teacher about her baby teeth coming out. “Pretty soon,” said the tyke, “I’ll be running on the rims.”

—*Modern Maturity*, Oct.-Nov., 1968

FRONTIER NURSING SERVICE TOUR of the National Society Daughters of Colonial Wars

By Mrs. French Maggard, Tour Chairman

On the afternoon of October 2, 1975, ladies from many states began checking in at the Appalachia Motel, Hyden, Kentucky. Some had come by automobile directly from their homes; others had flown to Lexington, Kentucky, and been taken by car to Hyden. The occasion was the Second Frontier Nursing Service Tour of the National Society, daughters of Colonial Wars.

For the second time in the history of the organization, the Semi-Annual Council meeting—the 75th—was held outside Washington, D. C. Mrs. C. Wayne Elsea, National President Daughters of Colonial Wars, presided at the Council meeting which was attended by two Honorary National Presidents, Mrs. John J. Wilson and Mrs. H. David Hickey, seven National Officers, four State Presidents and eight National Chairmen. In all, twenty-eight members, representing twelve states, attended the meeting.

On Thursday evening, October 2, the members of the Kentucky State Society were hostesses at a delicious steak dinner in the Motel dining room, Mrs. Dewey Daniel, Kentucky President, presiding and welcoming the guests. The National Society was privileged to have as guests Miss Helen Browne, Director of the Frontier Nursing Service who retired January 1, 1976, Dr. and Mrs. W. B. R. Beasley (Dr. Beasley had been selected to become Director of FNS to succeed Miss Browne), Miss Leigh Powell, Corresponding Secretary of the Board of Governors of FNS, and Miss Peggy Elmore, Secretary to the Director.

Following dinner Mrs. C. Wayne Elsea, National President DCW, presented to Miss Browne a check for \$1,550.00 for the purchase of two microscopes and also a check for \$2,500.00 which, with \$800.00 given in February 1975, completed two full FNS scholarships for nurses in the Frontier School of Midwifery and Family Nursing.

After dinner the group was delighted to view the new film "Cherish the Children" which portrayed the work of the Frontier Nursing Service. After the showing of the film, the National Officers retired to Mrs. Elsea's rooms for the Executive Board

meeting. The other members remained in the dining room where Miss Elizabeth Storer, Vice-Chairman, FNS Tour Committee, showed slides of her recent trip to Alaska.

On Friday morning the members were divided into two groups, one group visiting the new Mary Breckinridge Hospital in Hyden and the other group visiting an outpost center, called Brutus. The group which visited the Hospital in the morning remained there to have lunch in the cafeteria and visited the outpost center called Flat Creek in the afternoon. The other group visited the Hospital in the afternoon.

The five outpost centers are located in remote parts of Leslie County, are staffed by FNS nurses and serve the people in that particular locality. When problems arise, the nurses refer the patients to the Hospital in Hyden. The nurses are well trained, dedicated and sincere in their work with the people in their area. They were gracious hostesses to the DCW members who visited them and served cake and coffee.

The high-light of the Tour was the visit to the Mary Breckinridge Hospital which was the realization of a dream come true. There the tours of the Hospital were conducted by Miss Betty Lester, who came from England to join FNS in 1928 and worked there continuously until her retirement except for a brief time spent in England during World War II. She took the DCW members to each department of the Hospital where the employees took time to give greetings and explain their work. All the DCW members were impressed by the beauty of the Hospital with its light, spacious rooms, modern equipment and warmth and dedication of the workers. They were particularly pleased with the well-equipped Pediatric Ward with the plaque on the door—"Furnished by the National Society, Daughters of Colonial Wars."

Some of the DCW members visited the first FNS Hospital, which is being renovated and will be used for offices and rooms for nurses.

Friday evening the Tennessee State Society was hostess at a beautifully appointed and excellent dinner, Mrs. Shelley Stack, Tennessee State President, presiding. Following dinner Miss Helen Browne spoke to the group about the work of FNS, after which the Seventy-Fifth Semi-Annual Council meeting was held in the dining room.

On Saturday morning Miss Browne and her staff entertained the Tour group with a coffee at the Big House, home of Mrs. Mary Breckinridge. Miss Browne spoke briefly about Mrs. Breckinridge and her dedicated work in the Kentucky mountains.

After lunch at the Appalachia Motel on Saturday, the DCW members departed by cars to their various destinations. For each one it had been an inspiring and uplifting experience and caused a renewed determination to work for the continuation of this great cause.

Our sincere thanks go to Miss Helen Browne and her staff who made this a pleasant and profitable Tour.

THE PARAGON

Mrs. Addekin was considered to be the perfect charwoman in the Derbyshire village where I lived as a boy. A small vigorous Irish woman in her late forties, she was clean, punctual and discreet, never discussing her employers' affairs with the numerous other clients she accumulated as her reputation spread. She had been deserted by her husband—a desperate character, she confided to neighbours, who would think nothing of stabbing a man to death with his putty-knife. Her only failing was a habit of borrowing small sums of money to cope with various emergencies such as rent, rates and bills; but, as she invariably repaid the loans without delay, she was trusted implicitly. It escaped notice, however, that the sums borrowed gradually increased in amount, until one day she failed to report for duty. After three days neighbors visited her cottage to find it locked and empty of furniture. Rent and rates were owing, tradesmen's bills unpaid. She had borrowed simultaneously from all her trusting employers and sailed from Liverpool to rejoin her husband in America. —
H. H.

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

FIELD NOTES

Edited By
Peggy G. Elmore

On the evening of February 24, the Kentucky Educational Television program entitled "Kentucky Magazine," edited by Stanley Petrie, was devoted entirely to the Frontier Nursing Service. At the same time "Kentucky Magazine" was aired over statewide television, Guy Mendes, who works with Stan Petrie at KET, and old courier Panni Hobson, brought a video tape of the program to Hyden to show the staff. This very well done program included interviews with nurse-midwives and family nurses and students about the FNS educational program, with patients, and with Helen Browne and Betty Lester who discussed something about our history, and excerpted a few shots from the FNS film, "The Forgotten Frontier", filmed in the early 1930's. We are deeply grateful to KET for featuring the FNS and for a copy of the tape for our own use, and to the Steele-Reese Foundation for making it possible for KET to film eastern Kentucky topics.

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In January 1975, the Congress of the United States passed Public Health Law 93-641 which was entitled "A National Health Plan Resources Development Act". This Law replaces much of the comprehensive health planning system which Kentucky had developed. Frontier Nursing Service has been active in regional comprehensive health planning for some years and has also been active in the development of the new Eastern Kentucky Health Systems Agency which will have so much significance in health care in this region in the future since Federal funding for health programs will be channelled through this new system.

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We extend our sincerest sympathy to district nurse Susan Hoeffel whose father died in February.

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The spring meeting of the Frontier Nursing Service Board of Governors will be held at Hyden and Wendover the weekend of April 9-11, 1976. Board members have been coming to the

mountains for the spring meeting since 1961.

During the winter a number of Board members, among them Mr. W. F. Brashear, Mr. C. V. Cooper, Mr. Henry R. Heyburn, Miss Fredericka Holdship, Dr. James B. Holloway, Miss Kate Ireland, Mr. E. J. Moore, Miss Jane Leigh Powell, Mrs. John M. Prewitt and Mrs. Alfred R. Shands III, have attended in-service education sessions at the Mary Breckinridge Hospital. During one session Mr. W. T. Burkett, Chief of the Division of Licensure and Regulations for the Commonwealth of Kentucky, reviewed some of the changing patterns of health service in the State in relation to FNS activities. Mr. Burkett brought to our attention a private legacy that had been left for a home for the aged and invited FNS to include this activity in the total health care it is providing. FNS has responded by making the availability of funds known to the Leslie County Judge and the Senior Citizens group, feeling they are in a better position than we to develop a proposal. The idea was received with enthusiasm and FNS is collaborating with the community in this matter.

The Governors who were in Hyden in January recommended that the Health Resources Development Institute of Lexington be asked to review the activities and services of FNS, with special emphasis on the district health program. The board of Health Resources Development Institute agreed to undertake this review and requested that the data they gathered on primary health care from FNS be distributed to other interested organizations—to which request FNS readily agreed.

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FNS staff have made several trips to Louisville and Frankfort during the winter for discussion with groups who are interested in pending legislation on primary care and the revision of the Nurse Practice Act in Kentucky.

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On January 17, 1976, many of the FNS staff had the pleasure of attending the wedding of Wanda Turner and Thomas King at the Sizerock Baptist Church in Leslie County. Tom is a native of West Virginia and Wanda came to the FNS from Indiana and is presently a student in the Frontier School of Midwifery and Family Nursing. Our very best wishes go to this young couple.

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A new class in the Frontier School of Midwifery and Family Nursing began on February 2, 1976. Presently enrolled in the School are:

Family Nursing IA: Sister Barbara Brilliant, Cynthia Brockberg, Sister Valerie Chaplain, Katherine Dean, Barbara French, Sister Kathryn Gates, Joanne Jackman, Lillian Link, Rita Miller, Tami Petr, Jennie Sholly and Sister Elizabeth Sweeney.

Family Nursing IB: Kim Beck, Norma Brainard, Sue Harris, Wanda King, Rita Rhoads, Becky Ruohoniemi, Shelley Russell, and Mary Weaver.

Family Nursing II: Sue Albritton, Mary Banigan, Corinne Dunn, Nancy Crawford, Leone Hensel, Barbara Long, Laurie Rendall and Sister Chris Schenk.

Family Nursing III: Sue Brezec, Sister Linda Bouchard, Connie Folk, Marilyn Osborne and Patricia Wikoff.

A new facet of our educational program this year is the availability of an internship in family nursing offered to graduates of other family nurse programs. We are pleased to introduce two graduates of the family nurse program at the University of Indiana, Christina Guy and Laura Pilotto, and a graduate of the Ohio State University program, Margaret Morgan. These family nurses have been assigned, respectively, to the Flat Creek, Beech Fork and Red Bird Outpost Nursing Centers. These three nurses have committed themselves to remaining on our staff for eight months following the four month internship and we know they will greatly enhance our district nursing program. Tina Guy calls Pennsylvania home, Maggie Morgan is from Columbus, Ohio, and Laura Pilotto is a native of Italy but has been in the United States for nine years.

New nurses who have joined our staff this winter are Patricia Campbell, Hyden, Kentucky, Nancy DeVries, Wheatfield, Indiana, Sandy Hochman, New York City, Laurie Johnson, South

Windsor, Connecticut, Ida Laserson, a pediatric nurse practitioner from Overland Park, Kansas, Helen Rothfuss, Indianapolis, Indiana, Nancy Ward, Columbiana, Ohio, and Lucy Wilson, Greenville, South Carolina. Upon completion of the family nursing internship, Cynthia Morrison and Carolyn Schuessler are working in the Mary Breckinridge Hospital outpatient clinic with a view to entering Family Nursing II in June. Kim Abby has completed her nurse-midwifery education and is working at the Beech Fork Center and Sharon Koser and Gail Alexander both have new roles in the FNS upon completion of Family Nursing II. Sharon is coordinating the family nurse internship program and Gail is helping with the district nursing program and supervising students who are assigned to ward rounds at the hospital. Two other nurse-midwifery graduates, Lorraine Johnson, and Judy Fallo, have remained in eastern Kentucky, working at the Cutshin Mission Clinic so that Barbara French, who is already a nurse-midwife, might return to the FNS to take Family Nursing.

Clara Jefferis, who has been night supervisor at the hospital for the past year, is now helping Elsie Maier in the School, and Martin Bledsoe has moved from the medical-surgical floor to the clinic to assume a head nurse position.

In the last Bulletin we announced that Donald Skaggs had accepted the position of chief technologist in the hospital laboratory. Unfortunately, the health of Don's youngest son necessitated the Skaggs moving to a different climate. We are fortunate to have been able to recruit Gary Whorley and Barry Stuart, both M. T. (ASCP) qualified technologists for our laboratory. We are also pleased to welcome Darrell Moore of Hyden to the Personnel office and Gabrielle Beasley to be in charge of photography, audio-visual aides and other related matters, and Allan Marcum of Barbourville as a relief pharmacist for Joe Lewis.

We are delighted to report two additions to our Medical Staff, a surgeon, Dr. Stephen Thorngate, and a pediatrician, Dr. Carl Ellison. Dr. Thorngate is a Fellow of the American College of Surgeons, experienced in abdominal, vascular and thoracic surgery and in the field of trauma, who has been in a group practice with his father and four brothers in California for a number of years. He came to spend a week with us in early

January, did a number of surgical cases and won the hearts of the staff and the community with his sense of humor as well as his skill as a surgeon. When Dr. Thorngate returned to assume the staff position at the beginning of February, Mrs. Thorngate came with him to spend a few days and we are looking forward to having the family move to Hyden when their younger son completes high school this spring.

Dr. Carl Ellison, a Board eligible pediatrician, had been in partnership in Louisville where his wife is attending the Kent School of Social Work. He is with us under the auspices of the National Health Service Corps and is working hard with our pediatric nurses to expand our pediatric program. We are glad that Dr. Thomas Lynch, whose place Dr. Ellison took on our staff, is remaining in eastern Kentucky with a pediatric program in Perry County. Becky Lynch has remained on the staff temporarily to complete her scholarship obligation to FNS.



Courier Lisa Greene and a Friend

Photo by Gabrielle Beasley

Shortly after Christmas, old courier Linda Dodds returned to spend her semester break from the University of Vermont with FNS. She was joined by Lisa Greene of Princeton, Massachusetts,

and, after Linda went back to school in late January, Lisa did a marvelous job as our only courier. Lisa is staying on for a couple of weeks in March to introduce new couriers Mary Beirne, Baltimore, Maryland, Susan Whipple, North Grafton, Massachusetts, and Priscilla Whiteman, Sweet Briar, Virginia, to the system.

Other young volunteers have made their contributions to the FNS during the winter months. Ohio State University medical students Mark Brown and Mike Garovich, who came in early December, were with us into January, Gary Silverman of Cornell arrived at the end of December to stay for five weeks, and Steven Lampert, University of Vermont, was here in January. Of their experiences with us Mark and Mike wrote:

"Upon beginning our rotation we were rather skeptical of these 'nurse practitioners', and felt threatened that they might somehow overstep their capabilities in health care. But the reality of FNS is just the opposite. Not once did we observe a nurse extend herself unwisely. If more physicians could be reassured of this attitude by nurse practitioners, many unnecessary fears would be laid to rest, and the program could be more easily accepted.

"The most important consequence of our two months Kentucky visit was a revitalization of our idealism. Here in Hyden an incredible group of idealists, young and old, have gathered to channel this philosophy toward productive goals rather than allowing the world of 1976 constantly to blunt their idealism. We have learned that the true meaning of medicine to us is not 'curing disease' or treating 'patients' but rather it is people using their knowledge and skills to help other equal people."

Carol Hesketh, a senior medical technologist from Northeastern University in Boston, has been of tremendous help in the Mary Breckinridge Hospital laboratory, and Nina Redgrave, a senior nursing student from Boston University, has done excellent work at the Flat Creek Nursing Center. We are especially pleased that Nina, who completes the BU program at the end of this semester, will be returning April 1 as a staff nurse at the Mary Breckinridge Hospital.

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During the month of January, eight students from Illinois Wesleyan University, and one of their instructors, spent three weeks with FNS. While they were with us the students were assigned to the outpost nursing centers so that they might gain an understanding of primary health care in a rural area.

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The FNS staff continue to be deeply grateful to those kind friends who come to Hyden to help us with continuing education—to the physicians from the College of Medicine at the University of Kentucky who lecture to the family nursing students; to Dr. Sanford Jones of Eastern Kentucky University who is teaching “Advanced Human Physiology”; to Mr. Walter Wisnicky of the Hazard Community College for his ten hour course in audio-visual techniques; and for an auto mechanics course sponsored by the Leslie County Vocational School.

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It was good to have a visit in February from our Research Consultant, Alice Westover, who came down from Massachusetts to help with the revision of the patient contact form. We were especially pleased that Alice brought “our baby” Lenore, who was three years old on March 1, back to see us!

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Dr. Anne A. Wasson has received the Physician’s Recognition Award for Continuing Education from the American Medical Association. She has also been recognized by the Department of Community Medicine of Ohio State University as a preceptor for medical students.

A New Patient . . .

A new patient was quite upset when the doctor’s nurse led him to a small curtained cubicle and told him to undress.

“But I only want the doctor to look at an ingrown toenail!” he protested.

“Our rule is that everyone undresses,” snapped the nurse as she left him.

“Durn fool rule,” grumbled the patient as he complied. “Making me undress just to look at my toe.”

“That’s nothing,” growled a voice from the next cubicle. “I came in to fix the telephone!”

—*Modern Maturity*, August-September 1974

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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."

HOW ENDOWMENT GIFTS MAY BE MADE

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

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

2. **By Gift of residue under Your Will.** You may leave all or a portion of your residuary estate to the Service.

3. **By Living Trust.** You may put property in trust and have the income paid to you or to any other person or persons for life and then have the income or the principal go to the Service.

4. **By Life Insurance Trust.** You may put life insurance in trust and, after your death, have the income paid to your wife or to any other person for life, and then have the income or principal go to the Service.

5. **By Life Insurance.** You may have life insurance made payable direct to the Service.

6. **By Annuity.** The unconsumed portion of a refund annuity may be made payable to the Service.

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



FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic condition 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 or United Parcel Service to Hyden, Leslie County, Kentucky 41749.

Gifts of stock should be sent to

FRONTIER NURSING SERVICE
Mr. Homer L. Drew, Treasurer
First Security National Bank & Trust Co.
One First Security Plaza
Lexington, Kentucky 40507

Gifts of money should be made
payable to

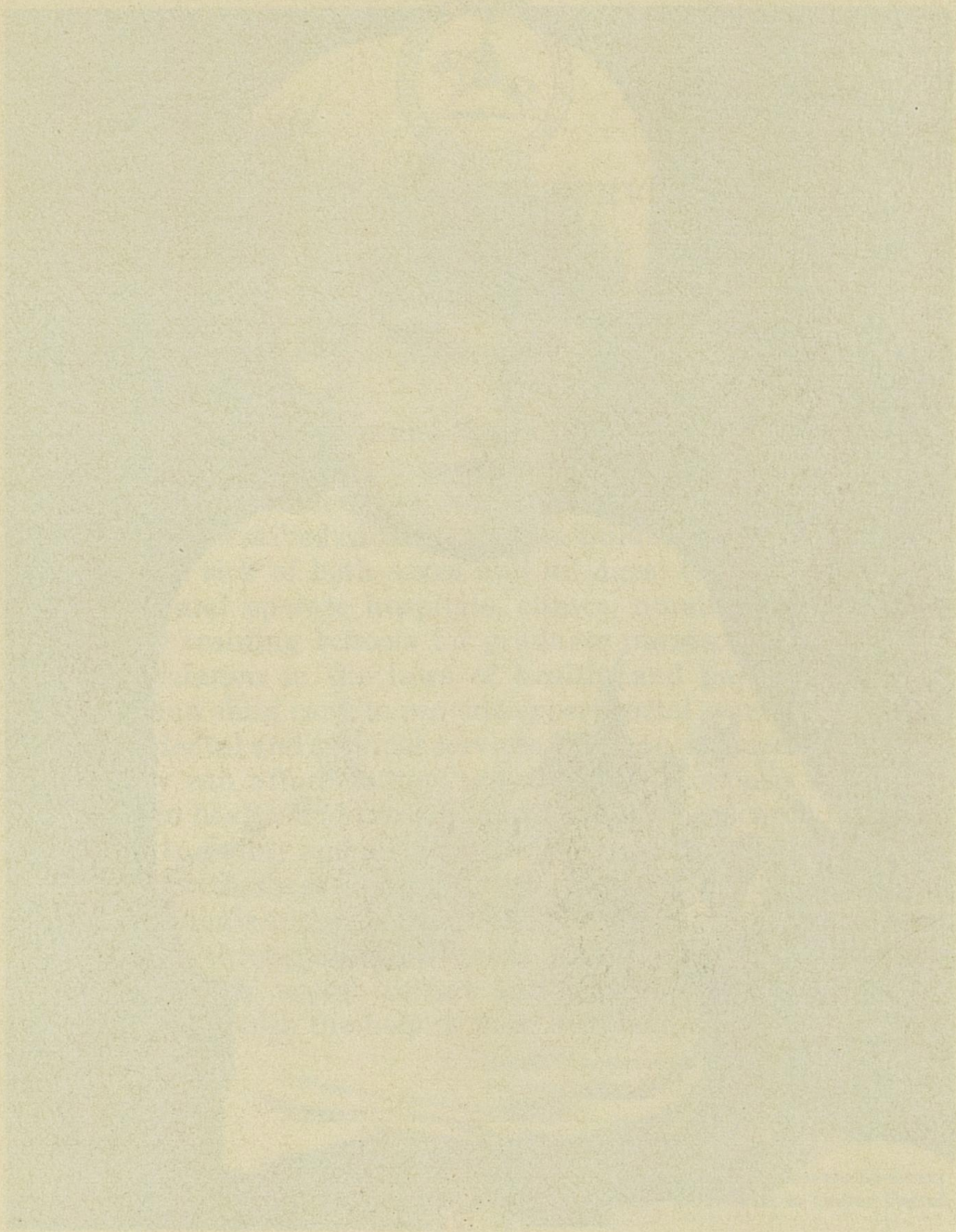
FRONTIER NURSING SERVICE
and sent to
Office of the Director
Frontier Nursing Service
Wendover, Kentucky 41775



Riley John Williamson

Photo by Gabrielle Beasley

This young gentleman's mother, Edith (Mrs. Riley Williamson), is the secretary at the FNS Flat Creek Center.



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