

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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THE FIFTIETH ANNIVERSARY
MAY 28, 1975

The attractive drawing of the Big House at Wendover was done by Mrs. Richard G. Elliott of Lexington, Kentucky, for the invitation to the Fiftieth Anniversary Annual Meeting. Our readers will be interested to know that Virginia Elliott is the granddaughter of the late Judge Edward C. O'Rear whose many contributions to the early days of Frontier Nursing Service included the authorship of its Articles of Incorporation.

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

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A FEW NOTES ON NURSING

by an old nurse

There is a tendency in nursing at the moment toward standardization in certain fixed patterns. Modern nursing owes its remarkable growth to experimentation. For this growth to continue it is necessary to avoid rigidity. Inflexibility is something we all of us have to avoid as persons and in our professions.

Arnold Toynbee says in his *A Study of History* that differentiation is the mark of growth and standardization is the mark of disintegration. One need not lack standards in avoiding standardization, just as one need not lack unity in avoiding uniformity. . . .

The one thing that should be kept before all nurses always is that their highest office is the care of the sick whether in a hospital or in the home, whether on a crowded city street or on a remote creek in a rural area. Preventive work and teaching work should grow out of the nursing of the sick. Skilled nursing care, demonstrated over a period of time, should precede teaching and supervision. Even one terribly sick patient carefully nursed on even one remote creek is a gold mine. Home nursing and care of the sick are taught a whole neighborhood through the care of that one patient. Furthermore, a nurse who has done this, has demonstrated her skill to that neighborhood in such a manner that she then holds them in the hollow of her hand. She, having served them in what they recognize as an essential need, finds them willing to listen to advice about diet and sanitation; willing to take shots; and easily led to the prevention of all preventable illness. In nursing, the prevention of disease can rarely be divorced satisfactorily from the bedside care of the patient. The patient will be with us always because we cannot abolish birth and death. All we can ever do is widen the span that lies between.

—Mary Breckinridge

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THE FIFTIETH ANNIVERSARY A Celebration: May 27-May 29, 1975



Mrs. Jefferson Patterson, the National Chairman, presides at the Fiftieth Anniversary Annual Meeting

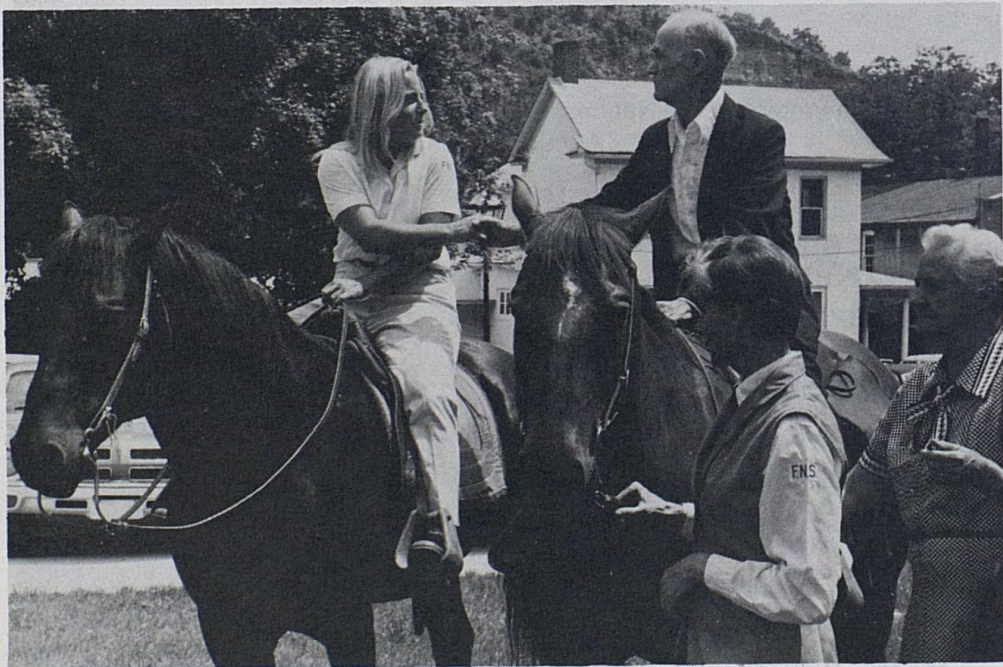
Tuesday, May 27

On the evening of Tuesday, May 27, the Board of Governors of Frontier Nursing Service and the Hon. and Mrs. John B. Breckinridge gave a dinner at Spindletop Hall in Lexington, Kentucky, in honor of the retiring National Chairman, Mrs. Jefferson Patterson. Mrs. Patterson was accompanied to Kentucky from Washington by her husband, the Hon. Jefferson Patterson, her brother, Mr. Robert Breckinridge of New York, Lady Ramsbotham, wife of the British Ambassador to the United States, the Hon. and Mrs. George McGhee, Mrs. Mona Lynam, and Mrs. M. Williams Blake, the official representative of the FNS Washington Committee to the Fiftieth Anniversary celebration.

It was a lovely party and the Vice Chairman, Mr. Henry R. Heyburn, was a delightful master of ceremonies. The Honorary Treasurer, Mr. Edward S. Dabney, congratulated Mrs. Patterson on the many accomplishments of FNS during her chairmanship

and presented her with a gold disc, with the FNS initials and her dates as National Chairman, for her charm bracelet, a gift from the members of the Board.

Marvin Breckinridge Patterson, a cousin of the late Mrs. Mary Breckinridge, has been associated with FNS since she came as its first woman courier in 1928. Two years later, after studying professional cinematography, she made the film "The Forgotten Frontier", copies of which are now in the National Archives, the Library of Congress and the Smithsonian Institution's Division of Medical Science. This film and the hundreds of still photographs taken by Mrs. Patterson provide an excellent record of the early days of the FNS. After a distinguished career as a photographer, magazine writer and broadcaster with CBS World News Roundup during the early days of World War II, and as the wife of a noted diplomat, Mrs. Patterson became a member of the Board of Governors of Frontier Nursing Service in 1955 and



Molly Lee (in uniform) and Betty Lester introduce Mr. Allen Gay, formerly of Bowlingtown, to old courier Peggy Baker on the lawn of the Old State Capitol



Former couriers and ex-staff enjoy a chat in Frankfort. Standing: Margaret Watson, Rockledge, Florida, and Bobbie Glazier Smith, New Britain, Connecticut. Seated: Marion Ross, Oakville, Canada, and Dorothy Caldwell, Burlington, Kentucky

served as its National Chairman from 1960 until her retirement on May 28, 1975.

Four other Board members announced their retirement at the Fiftieth Annual Meeting—Mr. Brooke Alexander, Mrs. Morris Cheston, Mrs. Richard Higgins and Mr. James Parton, all of whom have been involved in FNS affairs for many years, as members of city committees as well as of the Board of Governors. Like Marvin, Brooke and Jim's association goes back to the beginning of the FNS. In the Quarterly Bulletin of September 1928, Mrs. Breckinridge wrote:

"We couldn't have gotten through the summer without our volunteer transport service—Marvin Breckinridge and Anna Weld, Brooke Alexander of Kent School (his third summer) and Jim Parton. If we were a College of Heraldry we would give them arms—a mule rampant, guests couchant, on a field emblazoned with rising water, quicksand and mud!"

Wednesday, May 28

Friends of the Frontier Nursing Service began arriving long before the time set for the Commemorative Ceremony on May 28, in Frankfort, Kentucky, the site of the first meeting of the Kentucky Committee for Mothers and Babies, the parent organization of Frontier Nursing Service. The terrace and the lovely, newly renovated rooms of the Old State Capitol were filled with old and new friends from all over this country, from Canada and Great Britain. There were sights and sounds of old friends meeting for the first time in many years—the “Remember when . . . ?”, “Whatever happened to her?”, “Have you seen Agnes? She’s right over there in the East Room.”, the “I’ve GOT to see Marion Ross!”, “Good heavens—that IS Molly Lee on that horse!”, “BETTY LESTER—you don’t know how glad I am to see you”, and “Is Brooke here? Do you know he used to sneak in and put frogs in the nurses’ beds!”



Agnes Lewis chats with old courier Julie Breckinridge Davis and her husband, Jimmy, while staff member Ann Browning and old courier Abigail Allen catch up on FNS news

The memory-spun stories kept the colorful and joyous reunion in constant motion and the momentum built to the moment when the Assembly Room at the Old State Capitol overflowed with friends who had gathered to celebrate the fiftieth birthday of FNS. The mellow sounds of dulcimers played by Floyd and Edna Ritchie Baker of Winchester, Kentucky, greeted those entering the room. Members of the Board, Trustees, representatives from FNS's National Nursing and National Medical Councils and its Medical Advisory Committee, representatives from the Blue Grass, Louisville, Boston, New York, Philadelphia, Pittsburgh, Washington, Cincinnati, Chicago, Minneapolis, Detroit, Hyden, Wendover, Brutus and Hazard Committees, old and new couriers, old and new staff, representatives of State and Federal government and agencies, the media, members of the Breckinridge family and the families of the men and women who signed the original Articles of Incorporation, representatives of the National Society of the Daughters of Colonial Wars and loyal friends joined the fun.

The Commemorative Ceremony was opened by the Hon. John B. Breckinridge, Congressman from the Sixth District of Kentucky, who called on the Rev. Vance Bowling of the Hurt's Creek Church of Christ in Hyden, for the Invocation. Mr. Bowling asked God's blessing on those gathered together to honor the memory of Mary Breckinridge and voiced praise and thanksgiving for the many blessings He has bestowed on the work begun by her fifty years ago.

Congressman Breckinridge reviewed briefly the life work of his cousin, Mary Breckinridge, noting particularly the original audacity of her dream which she changed into the most rigorous and adventurous action. He recognized the National Chairman, Mrs. Jefferson Patterson, whose interest was spurred by Mary Breckinridge, and who has served FNS in many areas since her original role as a courier, and the Director, Miss Helen E. Browne, who has worked tirelessly toward fulfilling the original object of Mrs. Breckinridge. An appreciative audience gave Miss Browne a standing ovation.

Mr. Breckinridge introduced the distinguished guests seated on the platform with him—The Hon. Julian M. Carroll, Governor of the Commonwealth of Kentucky, Lady Ramsbotham, wife of

the British Ambassador to the United States, the Hon. Thruston B. Morton who had been present at the dedication of the old Hyden Hospital in 1928, the Hon. Tim Lee Carter, Congressman from the Fifth District of Kentucky, and General William R. Buster, through whose good offices the Old State Capitol had been opened for the ceremony although it had not yet been opened to the public since its restoration.

Congressman Carter recalled his many friendships in Leslie County and in the FNS, and spoke of his admiration and respect for the nurse-midwives who have served the community so long and so well. Senator Morton spoke of the early days of FNS and his visits to Wendover and Hyden with his grandmother who had given one wing of the old hospital in memory of his mother. He remembered the dedication, purpose and drive in the work to which Mary Breckinridge lent all her dynamism. He said, "So I suppose it's fitting to say 'God bless Mary Breckinridge,' though I'm sure the Almighty in His wisdom has done that. Let's instead say 'Bless the work she started. God bless the inspiration she has given to all of us, and may God help us prosper and go forward in the noblest tradition of all, that of Mary Breckinridge.' "

Governor Carroll accepted Mrs. Breckinridge's FNS uniform and saddlebags from Senator Morton on behalf of the Kentucky Historical Society and commented that "It grieves me to see someone print that the Frontier Nursing Service is behind the times. If they only knew what was going on, the Frontier Nursing Service has been ahead of the times for fifty years". He commended the foresight of all those who supported the plan Mrs. Breckinridge proposed in 1925, and issued a proclamation making May 28, 1975, Frontier Nursing Service Day in Kentucky, calling on all Kentuckians to "heed and support the example of Mary Breckinridge and her successor, Helen E. Browne, and their associates in the Frontier Nursing Service in fulfilling the high duty and calling of family nursing of the sick and protecting health". The Governor apologized for the absence of his wife who, he said, "is in the good hands of a midwife who works for a member of the medical profession in Kentucky". Governor Carroll bestowed on Lady Ramsbotham the honorary title of Aide de Camp on the staff of the Governor with the rank of Colonel. He concluded the ceremony by wishing for the FNS "the best of everything, and may your service to humankind be eternal".

On the lawn outside the Old State Capitol, Molly Lee, Dean of

the School of Midwifery, and Peggy Baker, of Crestwood, Kentucky, in the nursing and courier riding uniforms of yesterday and mounted on horses, brought back memories of past adventures in the hills of FNS country. Mable R. (Skip) Spell, supervisor of the outpatient department of the Mary Breckinridge Hospital, also in uniform, drove an FNS jeep, the present means of transportation up the creeks and back roads. In the lobby of the Sports Center were displayed color photographs taken by the late Virginia Branham, an old courier, whose memory is cherished by all who knew and loved her. Panels of large photographs around the dining area exhibited scenes in the territory served by FNS. The large auditorium was filled with tables set for over four hundred guests and colorful flags provided a back-drop for the speakers table. Mrs. Arla Hibbard, whose two children were delivered by FNS nurse-midwives many years ago, was introduced and presented the Golden Anniversary cake she had baked and decorated in honor of the occasion.

Following the luncheon, Mrs. Patterson presided at the business meeting at which three new Trustees and four new



Mrs. Fred Blumers of Minneapolis, and new Board member, Miss Mary L. Mills of Washington, D. C., lead the tour group into the Red Bird Center



The tour group enters the Mary Breckinridge Hospital

members of the Board of Governors were elected. New Trustees are Mrs. Samuel E. Neel (old courier Mary Wilson) of McLean, Virginia, and two Hyden friends, Mr. Edward A. Mattingly and Mr. George Wooton. Our new Board members are Mr. C. V. Cooper, Hazard, Kentucky, Mrs. Albert Ernst, Perkiomenville, Pennsylvania, Miss Mary Lee Mills, Washington, D. C., and Mrs. Burgess P. Standley, Medfield, Massachusetts. Kitty Macdonald Ernst is a former FNS staff nurse and a graduate of our nurse-midwifery program. She is a past president of the American College of Nurse-Midwives and is presently Director of the Nurse-Midwifery Program at the Salvation Army Booth Maternity Center in Philadelphia. Mary Mills, who is also a nurse-midwife, is presently employed as Nurse Consultant, Community Health Services in the Department of Health, Education and Welfare. She has had a distinguished career in the U. S. Public Health Service and has been awarded the Rockefeller Public Service Award by Princeton University and the Mary Mahoney Award by the American Nurses Association. Caroline Dabney Standley, formerly of Louisville, has been an active member of the FNS Boston Committee for many years and is its present chairman. In

addition to her interest in FNS, she has been working with the Development Program at Radcliffe College. C. V. Cooper, who is a member of the Hazard Committee and has been a Trustee for some years, has long been associated with the FNS through the Peoples Bank and the Hazard Insurance Agency.

On motion of Mr. Heyburn, Mrs. Patterson's services were recognized by a standing vote of approval and she was elected an Honorary Trustee. Mrs. Patterson announced that Miss Kate Ireland had been elected by the Board as her successor as National Chairman and that the other new officers of the Board of Governors for the coming year were Mrs. Alfred R. Shands III, First Vice Chairman, Mr. Henry R. Heyburn, Second Vice Chairman, Mr. Homer L. Drew, Treasurer, Mr. W. F. Brashear, Assistant Treasurer, Mrs. John Marshall Prewitt, Recording Secretary, and Miss Jane Leigh Powell, Corresponding Secretary.

Lady Ramsbotham was introduced and spoke of the basic interrelationships which bind together Great Britain and the



Mrs. Walter Green and Mrs. Charles Thornbury, members of the Mary Breckinridge Hospital Auxiliary, talk with Miss Dorathea Eberhart of New York City and Mr. and Mrs. Richard Higgins of Dedham, Massachusetts, in the Hospital gift shop where the Auxiliary displayed mountain crafts



FNS friends at lunch on the terrace of the Big House at Wendover

United States in heritage and friendship. (Lady Ramsbotham's address is printed elsewhere in this Bulletin.)

Mrs. Patterson announced that Miss Browne would retire as Director on January 1, 1976, to be succeeded by W. B. Rogers Beasley, M.D., who returns to the staff in June to work with Miss Browne as Associate Director. Miss Browne will remain involved with the FNS as Director Emeritus after her formal retirement. Before turning over the gavel to the new National Chairman, Mrs. Patterson expressed her willingness to help in any way possible to further the interests of FNS. She introduced Kate Ireland as one who has "given generously of her time, ability and resources" over a span of years. Before adjourning the meeting, Kate expressed the deep gratitude of all to Mr. John H. Kerr and his enthusiastic, hard-working committee for a most successful Fiftieth Anniversary Celebration and introduced the Rt. Rev. C. Gresham Marmion, retired Bishop of the Episcopal Diocese of Kentucky, who pronounced the Benediction.

After the meeting, many friends joined a walking tour of historic Frankfort, followed by refreshments served at the Orlando Brown House. Others boarded a bus or cars for the mountains where they joined Hyden friends for dinner at the Appalachia

Motel and saw the new movie about the FNS, filmed by Airlie Productions for the Agency for International Development, "Cherish the Children". The members of the Breckinridge family were entertained at dinner that evening by Mr. and Mrs. John Marshall Prewitt of Mt. Sterling.

Thursday, May 29

On the Thursday following the Fiftieth Annual Meeting, the staff of the Frontier Nursing Service and the members of the Mary Breckinridge Hospital Auxiliary and local Board members had the pleasure of entertaining some sixty friends, which included old couriers and old staff members, in the mountains. Lady Ramsbotham and Mrs. Leslie Reid, wife of the British Consul-General in Cleveland, spent the night at Wendover and were taken by Donna Murphy to visit the Brutus and Red Bird Centers, as well as on a tour of the Mary Breckinridge Hospital. Those who had come by bus, or in their own cars, had the opportunity of visiting the Red Bird Center, were shown the new hospital by members of the Hospital Auxiliary and lunched at Wendover.

. . . .

The Fiftieth Anniversary has been a memorable occasion, one that we will remember for years to come. To those of you who came from twenty-four states and two foreign countries scattered from New England to California, Canada to Florida, Washington and Arizona to England, we can only say that we hope you enjoyed the celebration as much as we appreciate this evidence of your affection for the Frontier Nursing Service.

—Verna Potter
Peggy Elmore

(Editor's Note: All photographs contained in this issue of the Quarterly Bulletin, unless otherwise credited, were taken by Nancy Dammann, our "staff photographer".)

A PROPER JOB

By L. G. Taylor

I bumped into Charlie one evening when he was on his way home from milking. 'Jus' the man', he said. 'My missus do want the kitchen done out. Would 'ee mind lookin' in at un one night?'

I do a bit of decorating as a side line, just to oblige, as the saying is, and I looked in a couple of evenings later to size up their job. Charlie, I discovered, had a passion for pin-ups; anything from a beauty queen to the State opening of Parliament. The kitchen, where he and his wife did everything but sleep, was the picture-gallery of a lifetime's collecting.

It was too late to back out. With Charlie watching sadly from the door, and his wife chipping in with 'Good job too! Tha's the last we'll 'ave o' that lot', I ruthlessly removed dozens of yellowing pictures, ranging in age and propriety from Victorian ladies in bloomers to Hollywood starlets in considerably less. Each was held in place by four brass drawing-pins; and every pin pulled out a little cone of plaster, leaving a miniature crater behind.

I filled, scraped and sand-papered till I was ready to scream; but I gritted my teeth and worked on. Goodness knows how many hours it took me. At last it was finished, and with the smug satisfaction of a man who has not skimmed the preliminaries I began to apply the cream and green paint that Charlie's wife had chosen. The job had become an obsession. I was determined to attain perfection. After another three nights' labour it was complete. In the light of the paraffin lamp the three of us stood back and drank it in.

'No more o' they ol' pictures, Charlie', said his wife.

'No fear!' said Charlie. 'Tha's a real tidy job you've made of un. Call in when you've made up yer bill. Us'll 'ave a bit of a settle up.'

Charlie was not too well off, and I erred on the lenient side. In any case I had taken a special pride in that job. I knocked a few nights later and handed Charlie the bill. He didn't ask me in, which rather surprised me; and when he had gone to fetch the money I put my head round the door. From the wall directly over the range Brigit Bardot smiled triumphantly back at me from between her four brass drawing-pins.

—The Countryman, Summer 1969, Edited by Crispin Gill,
Burford, Oxfordshire, England.
Annual Subscription for American readers
\$6.25 checks on their own banks.

LADY RAMSBOTHAM'S ADDRESS AT THE FIFTIETH ANNUAL MEETING



Lady Ramsbotham at the Podium
Seated: The National Chairman

Mrs. Jefferson Patterson, Congressman Breckinridge and Congressman Carter—And Assembled Friends; Fellow Kentuckians:

What a delight it is for me to be a part of your great celebration near the Cumberland Hills of Appalachia, commemorating the Fiftieth Anniversary of the Frontier Nursing Service, and saluting the memory of its founder, Mary Breckinridge, who physically passed away ten years ago, but whose spirit lives on in these mountains.

I first became aware of the Frontier Nurses early in May last year, when my husband and I were accompanying HRH Princess Margaret and Lord Snowden on their visit to Kentucky to attend the 100th running of the Kentucky Derby. It was on that occasion that I met Miss Browne and Miss Ireland, and my interest in the F.N.S. was kindled. Therefore, when, a few months later, I was

invited to speak at a dinner given by their Washington Committee, I accepted with pleasure—and began to do my homework. The more I read about this legendary woman, the more I was intrigued by her compelling story. It is people like her, who are able to rise above their private sorrows and break the barrier of bitterness, who are the salt of the earth. As I read on, I also became increasingly aware of the strong British Connection—which is my theme today.

Between my first visit to Kentucky and now, I have travelled widely over this great country, and everywhere I have been struck by the involvement of the citizens in helping those in need, especially in the field of rehabilitation. As Marvin Patterson has told you, this is my Number One interest, especially in the area of opening horizons for those held prisoner in their wheel-chairs. In a never-to-be-forgotten interview in Los Angeles, I was released from the usual questions concerning the planning of dinner-parties; where I bought my clothes; and whether I thought that Mrs. Thatcher would make a good Prime Minister. For a moment I was allowed to speak of things which were more personally meaningful, and, in re-reading the resulting article, I was struck by the similarity of my thoughts with those of Mrs. Breckinridge contained in her autobiography, "Wide Neighborhoods". I was recorded in that article as saying the following: "I believe that each one of us is a creative individual. If one person is a painter, another a musician, and yet a third a poet, the creativity is obvious; yet this gift is not limited to such forms alone. To create, to bring into being, makes life worth while. It is the difference between living and existing. To be truly creative, it is necessary to grow beyond conventional limitations and break the sound-barrier of comfortable cliches. If we can work wisely with whatever material is at hand, it is surely possible to become possessors of an expanded space in which to live, as members of God's family."

If anyone was a part of God's family, it was Mary Breckinridge, who used her suffering to broaden the dimensions of her life to embrace mankind, particularly little children, in whom lay the seed of the future. Her vision of a team of nurse-midwives, combining the skills of the French midwives she met while working with the American Committee for Devastated France in 1919 with those of the American nurses with whom she

had trained in New York City in 1907, was to materialize in the Frontier Nursing Service. Mary Breckinridge had first been made aware of this possibility by the British nurse-midwives she had encountered while in France, and, by one of those flashes of intuition, which seem to be at the root of many innovations, she realized the potentiality of the nurse-midwife in the remote hills of eastern Kentucky.

Following up her idea, she went to London in 1924 to train as a midwife in the British Hospital for Mothers and Babies in Woolwich, in order to prepare herself for her pioneer role in the mountains of Appalachia. I can imagine how the chill of misty winter mornings in London must have entered the bones of that young pupil midwife, but she records in her autobiography that the warmth of the friendship she enjoyed during that time amply made up for any physical discomfort.

And I was delighted to discover that Mrs. Breckinridge became a member of the English-Speaking Union in those early days of the 1920's, before ever there was a branch in Kentucky. After completing the four-month course necessary for fully trained nurses to study midwifery, Mary Breckinridge set off for Scotland to study a fascinating branch of nursing, created by Sir Leslie MacKenzie, about ten years before. This was the Highlands and Islands' Medical Service which operated in the remote fastnesses of Scotland—true Breckinridge country.

Blissfully happy in tweeds, she moved through the mists, responding to the sheer magic of the land which, in the mysterious chemistry of life, must have related to her native hills in Kentucky and the very heartbeat of the mountain people she was going to serve. Many of the mountaineers in the Cumberland Hills come from similar stock, so it was altogether appropriate that the system adopted by the Frontier Nursing Service should be based on that used by the Highlands and Islands' Medical Service, and that Sir Leslie and Lady MacKenzie should come over to Hyden, Kentucky, for the dedication of the first hospital.

Before going back to Kentucky, Mrs. Breckinridge decided that the four-month course in midwifery she had taken was not sufficient to qualify her for the task ahead. Therefore, with characteristic determination, she decided to return to London for a post-graduate course in the East End, at Lambeth and Camberwell. I feel that this experience strengthened her attach-

ment to what is best in the British character. Here she worked among the "millions of plain people whose throbbing hearts *are* London; watched the beauty of their family ties, yearned over their quiet sufferings; and welcomed their babies."

At *this* moment in the saga, something of a different dimension occurred. On the eve of returning to America, Mary Breckinridge paid a visit to Adeline, the sister of Maud Cashmore, one of the nurses at Woolwich who had been a special influence in her life. Adeline was an anchoress—a religious recluse—who lived in a cell attached to the church of All Saints in North Street, York. Seven years earlier she had decided that she could best help the world through prayer, and so had come to live in this cell, last inhabited by another recluse five hundred years earlier. She divided her time between prayer and acting as sacristan of the church.

It so happens that Saint Julian of Norwich, who lived around the same time as Adeline's predecessor, is one of my favorite saints, and she also lived in a cell—or anchorhole, as they are known in Britain—built into the walls of St. Julian's church in Norwich; and the thought has struck me that these three holy women are together, outside of time, in illustration of the inspired words of Adeline quoted by Mary Breckinridge in her book:

"There *is* no time—spiritually I think there is not past or present—that is just one of our purely natural seemings, and memory, which brings past things into living reality for us, is the shadow of a spiritual fact".

Adeline is described in the following words by Mrs. Breckinridge: "She is fragrance, a light, an unexplainable suggestion of the real things of which we are shadows. She is a mystic and thinks that prayer is the channel by means of which the human is brought in touch with the divine". Mrs. Breckinridge tells us that the Frontier Nursing Service would never have materialised without the prayers and guidance of this radiant woman.

Back in Kentucky, however, time had a meaning, and it was necessary to get to work. The story of that first committee for Mothers and Babies must have been told many times, and the reasons why the hills of eastern Kentucky were chosen for this pilot project must be as familiar as the verses of a well-loved poem. What enthralled me particularly was the Inquiry in 1925 into the number of births and deaths in the then almost inaccessible mountain passes, since the introduction of legal registration in

1911. As there were no calendars or diaries, or marriage certificates, and very few clocks, this was a challenge of the first order, but if this survey had not been undertaken, there would have been no way of evaluating whether the mortality rate among mothers and babies was lowered as a result of the introduction of the Frontier Nursing Service.

One of the main reasons for concentration on the mountains of eastern Kentucky, apart from their inaccessability and extreme need for such a service, was the fact that so many of Mary Breckinridge's friends and relatives lived within the same state, and could be relied on to give ample financial help and become regular donors. I was very interested to learn that the National Society of Daughters of Colonial Wars adopted the Frontier Nursing Service as their National Project in 1947, and that they have continued to subscribe ever since then, furnishing funds for the new hospital and outlying centres. We have also heard today of their splendid contributions.

I am sure there is still need for further donors, especially in these difficult days of inflation, and I am equally sure that there will be no shortage of financial support. One of the exciting aspects of the Frontier Nursing Service is that their organization is a model for other remote and rural areas in the world. Minute records are kept of every aspect of the program, so that working parties can come to study ways and means to adapt the system to *their* local needs. I believe that my friend, Lady Dean, was the last British ambassadress to visit the Frontier Nurses, and she has told me of her great pleasure at visiting the hospital and outpost centres in the beautiful Cumberland Hills. I wonder if she travelled by jeep or on horseback? I must confess to being a little disappointed on hearing that the last stable is empty, but I know I am going to enjoy every minute of my experience.

I have talked today about the many associations that Mary Breckinridge had with Britain.

Next year you will be celebrating the bi-centennial of American independence. You will be celebrating, in one sense, your separation from Britain. But the ideals which animated your great men, such as George Washington, were ideals which had come from Britain. And so, although the events of two hundred years ago sowed bitterness at the time, the reconciliation between our two nations was not long in coming and has continued down

the years at all levels—both personal and governmental. (Perhaps by now I can even tell you that my Great, Great Grandfather, Sir William Beechey, was Court Painter to King George III.

There is between our two peoples what Winston Churchill called “a union of hearts and minds”. And it seems to me in a world full of doubts and uncertainties that we should build on the rock of Anglo-American friendship and *trust*.

I can truly tell you that I have never felt a foreigner or a stranger in your country, especially since I am now a Kentucky Colonel as well as Aide de Camp to the Governor. It has struck me again and again that ordinary men and women in all parts of the United States do feel a special bond of affection for Britain. And I can assure you that such feelings are warmly reciprocated. We believe in America; we believe in your genius, your generosity, your idealism. We have faith in your leadership of the West. And at the grass root level, particularly if the grass is blue, we see a people who, like Mary Breckinridge, are exponents of practical Christianity.

And so I hope that the work which Mary Breckinridge launched fifty years ago, and the connection she forged with the British people, can go from strength to strength in the mountains of Kentucky and the hearts and minds of people everywhere.

THE ROBERT WOOD JOHNSON FOUNDATION AWARDS GRANT TO FRONTIER NURSING SERVICE

The Frontier Nursing Service is pleased to announce that The Robert Wood Johnson Foundation has awarded the Service a three year grant in support of its plan to develop a region-wide, nurse-run health care sytem to the end that quality care may be available to the citizens of the region.

URGENT NEEDS

Several years ago, at an annual meeting, Helen Browne explained the increase in the FNS budget by citing a heavy-duty can opener which had cost under \$5.00 ten years previously and for which we had just paid over \$20.00 for a replacement. Now, if the \$20.00 can opener ever breaks, we probably won't be able to afford to replace it at all!

No one who feeds and clothes a family, or replaces an appliance, or runs a business, needs to be lectured on the effects of inflation. Suffice it to say that this organization, in company with thousands like it, has a difficult time making ends meet in spite of many generous friends who have increased their support of our work to help cope with this problem.

During the past year FNS has kept its expenditures for new and replacement equipment to a minimum, except for equipment for the new Mary Breckinridge Hospital which has been purchased with funds specifically earmarked for the hospital. Only the most urgent maintenance has been done on other buildings at Hyden, Wendover and the outpost centers.

As all of our friends know, the Frontier Nursing Service has received no reimbursement for hospital care of patients under Title XVIII and Title XIX since the summer of 1973 when the old Hyden Hospital was judged to be "not in compliance" with the Life Safety Code of 1970. Even though we moved into the new hospital on February 10, have been inspected and recommended for reinstatement by the State, we are still waiting (as of May 20) for the official documents from the Atlanta office of the Department of Health, Education, and Welfare which will allow us to be paid for the care of the elderly and indigent patients who have had to be hospitalized. For two long years the FNS has continued to give care to such patients at a severe drain on its financial resources.

The FNS has continued to receive Titles XVIII and XIX reimbursement for its Home Health Agency. On the surface this would appear to be a good source of income since so much of the work of the Service is done on the district. But, unfortunately, it doesn't work that way! There is no third party reimbursement for any services performed by the nurses in their center clinics, or for health education, or for any kind of preventive health care. The patient must be "homebound" before the services of the nurse can

be reimbursed. There are numerous elderly patients with chronic illnesses who need a regular visit from the nurse to maintain their level of wellness, to keep them out of bed, to keep them out of hospital—but there is no third party reimbursement for such care, essential though it may be to the patient.

It is one of the ironies of our time that a health agency may be reimbursed thousands of dollars for one hospital stay for a patient who has become acutely ill because a tenth of that sum is not available, perhaps in a whole year, for health maintenance care in the home.

It is for these reasons that one of the most “urgent needs” of the Frontier Nursing Service this year is for a little extra income which will allow its staff to continue providing health maintenance for the elderly in the home, to provide health education and preventive care for the young families, and to care for the elderly and indigent in the Mary Breckinridge Hospital until such time as third party reimbursement is again forthcoming.

LADY INTO FOX

My tame fox Agag escaped one October evening and, being anxious to get him back before the hunt met the next morning, I decided to wait for him in my field near his kennel. I started my vigil at ten o'clock. It was cold, wet and windy, so after a time I settled inside the kennel with a sleeping-bag and pillows and soon went to sleep. Shortly after 2 a.m. I was wakened by a snuffling sound and saw Agag's face peeping through the window; but finding his bed occupied, he darted off again. Just before dawn a cold mist came up from the river, and I returned shivering to the house for a hot drink, then went to my bedroom for a hot-water bottle. There was Agag on the bed, curled up fast asleep on my electric blanket.—*M. M. Chetham.*

—*The Countryman*, Winter 1970-71, Edited by Crispin Gill,
Burford, Oxfordshire, England.

OLD COURIER NEWS

Edited by
Juanetta M. Morgan

From Margarita Noble Serrell (Migi), Greenwich, Connecticut—May 1, 1975

In response to the request in the latest Bulletin for old couriers to write of a memorable experience for the 50th celebration, I confess to an overwhelming desire to "re-cap" the entire experience which, after almost forty years, is still concise and clear as if it were a month ago. Chronologically it would be incorrect, but from the really rough ride down to Lexington on the train, to my final return a second time a few months later, all of it is still a number one hit parade memory.

To comply with just one experience? Well, I guess it would have to be the train trip down to Hazard from Lexington. This may not meet the requirements of the request since it was not a Wendover occurrence. However, taken from my point of view in 1936, it was an indoctrination of considerable worth. Coming from New York City, never having been down country, I must admit that, alone and following written instructions into the unknown, was indeed a revelation to such an innocent as I was then! What made it a really special experience were the mountain folk who got on and off every few miles (or at least it seemed so to me!) with all kinds of live animals—pigs, chickens, goats, etc.—and the complete lack of the spoken word! Then to be dropped at whatever hour it was in the lobby of the hotel in Hazard to await the courier to pick me up and deposit me at the head of Hurricane Creek. I was met there by some kindly soul with horses to transport me down the creek to Wendover, to begin what must be one of the outstanding times of my life.

I must include Waddle and Splash—those wretched guardian geese whose over-developed sense of duty made my life miserable for weeks while working in the stable! And the great lovely cook who taught me to make homemade rolls on the huge beautiful wood stove in the Wendover kitchen. Tea with Mrs. Breckinridge every afternoon, listening to her recount endless stories of the earlier days. And Marvin Breckinridge's stay there photographing every daily occurrence.

**From Janet Chafee Cushman, Point Claire,
Quebec, Canada—May 13, 1975**

The six weeks I spent at Wendover in the spring of 1940 were filled with so many memorable experiences that it is difficult to pinpoint one. Agnes' kindness; Bucket and her camera; helping Boxie at a delivery; the glorious countryside I shall never forget. They were sad days because of the Battle of Britain, but Mrs. Breckinridge's courage to look ahead and her determination to start the FNS School of Midwifery, inspired optimism among all of us. The over-riding concern was for the safety of the British Nurses who had left Kentucky to join the British Forces and our prayers were always for them.

From Celia Coit, Bremen, Germany—May 21, 1975

My most memorable experience—one short paragraph, out of more than a year of memorable experiences? It was the realization of just how much love and devotion Mrs. Breckinridge inspired.

Mrs. Breckinridge was beyond the mountains getting money for the FNS and I volunteered to clean and redecorate her bedroom while she was gone. Her room, even thirty years ago, was like a shrine to all of us. I made a careful chart of how she'd left each object on her mantle, on her dresser and on that table that slid over her bed, so that everything would look the same when she came back. What was practically the first thing Mrs. Breckinridge did when she finally got back to Wendover? She shooed everyone out of the kitchen, and on her hands and knees and with some canned crabmeat and an irresistible wheedling voice, she lured Pitty-Pat out from where she was trapped under the sink. Then with a hearty laugh and shining eyes, she climbed the stairs up to her room. How we all loved her!

**From Louise Taylor Watts, New York City
—May 10, 1975**

The Frontier Nursing Service has always been close to my heart and I have never forgotten the wonderful Mrs. Breckinridge, Agnes Lewis, Betty Lester and the nurses away back in 1931-1932. I suppose I am one of the oldest couriers, having been at Wendover in 1931, but I am still alive and can ride a horse!

I would like so much to attend the Fiftieth Anniversary celebration in Frankfort but due to obligations here at home I

cannot take time out to travel to Kentucky. However, I would like to think that someday I might pay you all a little visit and stay at the Appalachia Motel in Hyden. I remember full well, my first step into Wendover country was climbing aboard a horse at the head of Hurricane Creek.

From Cynthia Bray, Leeds, England—May 5, 1975

Thank you so much for having me at FNS. I really enjoyed it and think you're doing a very rewarding thing. I have very good memories, serious and funny, of the FNS and I really hope I can make it back for a visit in the near future. It is lovely to be home, but I often think of you all over there.

A TRIBUTE

Editor's Note: A birthday remembrance of Miss Nightingale, born May 12, 1820.

Florence Nightingale was an Angel of Mercy and a true example of what Christianity should be. She shared her love with no thought of self or reward. Nothing was too much for her to do. With her devoted love, compassion and mercy for the afflicted and sick, she gave of herself.

Such pure devotion and love is Beauty Put Into Action. Her soul revealed this beauty to mankind and had man followed the example she set instead of working for selfish gains what a different picture our world would display today.

She was an example of truly pure love. Such love would bind the world together and be the greatest mortar to unite the nation for it is constructive and not destructive like weapons. In its power it heals and soothes and brings Peace instead of hate.

Florence Nightingale demonstrated to the world a Pure Love for others to copy. Such a soul has been a living monument to mankind.

—Contributed

In Memoriam

MRS. CHARLES S. CHESTON, SR.
Blue Bell, Pennsylvania
Died in February 1975

MRS. LYNN McNAUGHTON
Grosse Pointe Farms, Michigan
Died in February 1975

MRS. ROBERT KINNAIRD
Lexington, Kentucky
Died in February 1975

MISS MARIAN WILLIAMSON
Louisville, Kentucky
Died in November 1974

MRS. KARL M. WILSON
Rochester, New York
Died in Fall 1974

Women who meant so much to us in our earlier years have gone to a well-earned rest. **Mrs. Lynn McNaughton** of Grosse Pointe Farms served as President of the District Nursing Society of Detroit—a group of women who sewed beautiful baby clothes for our Kentucky babies, and who have recently given us a generous gift of stock for our endowment fund. Mrs. McNaughton was a member of our Detroit Committee and several years ago gave a tea in her lovely home for FNS friends who gathered to hear a report of the work.

Mrs. Karl Wilson of Rochester, New York, was the widow of the nationally known obstetrician of the University of Rochester. She was a nurse and visited Wendover with her husband when he came to address the members of the American Association of Nurse-Midwives. It was my pleasure to visit Dr. and Mrs. Wilson in Rochester and to have a personally conducted tour by the professor of the obstetrical unit at the University. Mrs. Wilson was a member of our Rochester Committee and served as a Trustee of FNS for many years.

The Philadelphia Committee has lost **Mrs. Charles S. Cheston, Sr.** of Blue Bell, Pennsylvania, the mother and sister-in-law of two members of the FNS Board of Governors. We offer our sympathy to them and to her grandson, Christopher, who was with us, in Kentucky, as a young volunteer, several years ago.

The Blue Grass Committee was saddened by the death of **Mrs. Robert Kinnaird**, daughter of our old friend, Mrs. Willis Reeves, formerly of Hazard, Kentucky.

Miss Marian Williamson of Louisville was beloved by so

many Kentucky children to whom she devoted her skills by organizing and directing for many years the Kentucky Commission for Handicapped Children. She honored the FNS by serving on its National Nursing Council.

We are most grateful for the generous legacy left us by Mrs. Ralph W. Payne of La Jolla, California.

Our deepest sympathy goes to the family and friends of each of these good women.

"All that is, that has been, or that ever time shall reap,
Is but moving home again, with mighty labours done,
The Many to the Everlasting One.

And this is the meaning of man,
The task of the soul,
The labour of worlds, and the plan
That is set for the whole,
For the spark of the spirit imprisoned within it,
In all things one and the same,
Aeon by aeon and minute by minute,
Is longing to leap into flame,
To shatter the limits of life and be lost in a glory intense
and profound
As the soul with a cry goes out into music and seeks to be
one with the sound."

—Clifford Bax
The Meaning of Man



Molly Lee on the Old State Capitol Lawn

Photograph by Gabrielle Beasley

ANOTHER FIFTY YEARS?

By William R. Bates III
Development Director

Fifty years ago, about two dozen people met to approve formally the concept of FNS. This was Mary Breckinridge's bold concept—an idea that was on the "cutting edge of change." The organization began and flourished with dedicated energy and a practical approach to solving some very real problems.

Initially, energy and determination made up for a very small amount of working capital. Fees for patient services were paid in kind, in labor, but rarely in cash. This was a commodity scarce in most hands.

Slowly, the story of the "nurses on horseback" and their common sense and concern in dealing with health care caught the imagination of thoughtful people around the country. Their gifts of time, talent, and financial assets allowed FNS to make continuous growth, achieving respect and admiration on an international scale.

During this period, FNS has struggled to use its financial gifts and resources in as effective a manner as possible—eking out, making do, following the frugal and creative examples of its neighbors and patients.

The idea of an "endowment" fund to help even out the large gaps between income and expenses grew slowly. Now, after fifty years, there is over \$3,000,000 in endowment, donated by people who have recognized the value and personal satisfaction of a permanent, enduring gift to FNS.

The survival of FNS in the next half century as an independent health agency will depend upon its ability to remain independent financially. This is not a unique situation, for most, if not all, privately controlled institutions face the same problem. But, in contrast to many other organizations, FNS is healthy in every other operating respect.

It has an outstanding program that is looked at—and to— by huge numbers of people the world over for answers to local health problems that have been eliminated or markedly changed in Leslie and surrounding Kentucky counties. It has an organized curriculum and field training program that few, if any, other organizations have been able to duplicate.

The entire functioning structure of FNS—minus the physical plant—could be located anywhere else and begin immediately to attack and improve local health conditions. In this sense, FNS truly has the background, knowledge, experience, and success pattern to duplicate itself anywhere else.

But, at this point, we choose not to go elsewhere. Rather, we elect to improve our strengths and abilities in an area, and with people, who have been hospitable, who have given of themselves, whom, we believe, understand their part in the wider neighborhoods of a healthy mankind.

To continue where we are, and to grow, and to pioneer in new health care delivery techniques, to remain at the “cutting edge” will require greater financial resources. Obviously, a certain portion of our annual expenses must come from equitable patient fees for service given at the hospital by doctors and nurses, and for treatment and preventive care at outpost centers and in the home. But patient fees simply cannot be raised to reach even a break-even point and preventive health care at the outposts or in homes does not qualify for reimbursement under present laws or insurance benefits.

So the gap between income and expenses continues to widen annually as FNS offers quality health care to a widening population. This gap has historically been brought into balance by three things—annual gifts, special grants, and bequests. Annual gifts, ranging in amount from one dollar upwards, are of vital importance in keeping FNS operating on a daily basis. Current estimates place the daily operating cost of FNS at \$5,000. Over 4,000 people across the country make annual contributions and thus share in the operation of the hospital, outposts, well-child clinics, family planning and other specialized instruction and care.

Special grants have enabled FNS to undertake new programs of health care and training, build and maintain outpost centers and nursing quarters, buy vehicles, and keep FNS as an organization responsive to the health needs of the people it serves and trains.

Bequests have led to our stability. The present \$3,000,000 endowment has been developed slowly, and carefully guarded. The income from this endowment provides the annual vital margin of FNS excellence. Over the next few years, the value of

the endowment will have to be steadily built if we are to anticipate the continuation of FNS as an independent operating entity.

For the individual, bequests to philanthropic organizations are one of the most valuable estate planning tools and the easiest to accomplish. Everyone should have a will and the inclusion of an individual's favorite charity can not only be personally satisfying but also often can reduce taxes on an estate.

FNS qualifies under present laws as a tax exempt organization and gifts to it, whether during life or by will, receive favorable tax treatment. We hope many of our friends and donors will discuss the idea of a bequest to FNS with their financial advisors or attorneys. We shall be pleased to give any interested friend more information on named endowed funds or memorial opportunities. Simply detach the card inserted nearby, fill in the appropriate information and mail it back to us.

Another fifty years? Surely. Interest, concern, and help have always come before. Should we expect any less now that FNS has proven itself, and its people, worthy of your help and trust?

MORNING GLORY

When skies begin to bleach, stems are webbed,
And dews soften, leaves rot, and the air smells
Sweet with decay, the green, furred parasol buds
On the Morning Glory open, sudden and improbable,
More blue than is possible, a wide rift of hope
In time of fall and failure, like the clear glance
Of childhood opening windows in an old face.

—*Margaret Stanley-Wrench*

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

Place
8-Cent
Stamp
Here

Miss Helen E. Browne
Director
Frontier Nursing Service
Wendover, Kentucky 41775

Loose Item

Dear Miss Browne:

- I have already made plans for FNS.
- I would like more information about the idea in the *Bulletin*.

Name: _____

Address: _____

Telephone No.: _____

Loose Item



Mrs. Jefferson Patterson and Miss Helen E. Browne at the Fiftieth Anniversary Celebration

Photograph by Gabrielle Beasley

HOME DELIVERIES

By Phyllis J. Long, R.N., M.S., C.N.M.

Clara Jefferis, R.N., B.S.N., C.N.M.

Nurse-midwives in both rural and urban areas are receiving many requests for home deliveries. Those C.N.M.'s who are inexperienced in managing labor and delivery at home, wisely question the safety and desirability of complying with this consumer demand. For the past fifty years, home delivery has been offered by Frontier Nursing Service to the families it serves. Through our experience during the past twenty-five years with 2,669 women, who had registered for care and were delivered at home without a maternal death, the following approach has proved safe and satisfactory.

Preparation for delivery at home:

Preparation for all deliveries begin with prenatal care, which is managed at FNS by the midwifery staff. The physician sees all patients for a medical and obstetrical evaluation early in pregnancy and again during the last month. Each patient receives one or more prenatal home visits—at which time the home environment and family health is assessed and a prenatal exam done. Families desiring home delivery must meet the criteria established by FNS for a normal obstetrical history, physical condition and progress of pregnancy. Mothers are told early in the pregnancy that any deviation from normal in the course of pregnancy might necessitate delivery in the hospital. The final decision as to place of delivery rests with the midwife, who continually evaluates each situation on the basis of safety and individual need.

Specific preparations for the home delivery begin during the last trimester, when the midwife makes the routine prenatal home visit. She assesses the home and explores with the mother or parents such things as:

- Which room will be used?
- Who will be available to help?
- Who will care for the other children?
- Does the father want to participate and how much?
- What arrangement will be made for water supply, toilet, light, trash disposal and heat?
- Who will call the midwife?

The family is encouraged to make specific plans for the event and the midwife reviews these plans on subsequent visits. Mothers are asked to prepare and put aside the following:

Washed clothing and blankets for the baby

Several bath towels

Wash basin

Pads to protect the bed—she can make these of clean newspaper covered with old sheets

Boiled jar with boiled water (which can be used at delivery to make prep solution)

Kotex

An old night shirt

The midwife's preparation for home delivery includes informing those who share the delivery call about the approaching delivery date and updating the travel directions contained in the patient's record. She also makes sure the home delivery equipment is ready and a jeep is kept available.

Although jeeps have replaced horses, the delivery equipment is still packed in saddle bags, which are convenient as they hang over a chair and do not occupy the sometimes limited surface areas in the home. The equipment is packed in separate cloth bags according to usage to prevent unnecessary contamination of the total bag contents. Saddle bags are carefully packed in a prescribed order so the midwife can find what she needs quickly. Briefly, the contents include:

For examination: thermometer, urine test dip-sticks, blood pressure cuff, vaginal exam equipment

Medications: analgesics, sedative, oxytocics, prep solution, narcotics

Scrub brush and sterile gloves

Delivery linens: aprons, masks, towels, leggings

Delivery pack: clamps, scissors, bulb syringe, cotton, gauze

Equipment for babies' care: eyedrops, thermometer, cord clamp, scale

Equipment for mothers' after care

Medical Directives, chart, labor record, birth certificate

Emergency box: IV fluids and suture set

Management of delivery at home:

When a home delivery call is received, the nurse-midwife and

student load the delivery bags, emergency box and patient's record into the jeep and go to the home. They examine the patient to determine whether she is in labor or not and assess her condition. If the woman is in early labor, the nurse-midwife may leave and return later—requesting that the family call her if necessary. When labor becomes active the nurse-midwife will set up the delivery equipment in a convenient location. We have found that an ironing board or overturned wash tub makes a handy stand for the delivery equipment. The delivery is conducted in an aseptic manner and the baby is taken care of as it would be in the hospital—dried and wrapped warmly. The baby is placed in its mother's arms or a previously warmed bed. After delivery the wet pads and the placenta are wrapped up in newspaper, and burned in a hot stove, or outside. The nurse-midwife stays with the delivered mother for about two hours and instructs the mother and the family in the care the patient requires after delivery.

Upon recognition of any deviation from the normal course of labor, consultation may be sought from the medical backup or a senior staff midwife by telephone. If necessary, the patient may be transported to the hospital or the doctor may be called out to the home. Transfers are accomplished quickly, using the midwife's jeep.

Postpartum follow-up:

Postpartum home visits are made daily for the first four days, or more if necessary, and visits are made frequently during the first ten days and, after that, weekly for six weeks unless more frequent visits are indicated. On the postpartum home visits both mother and baby are examined. Care is done as indicated and teaching and instructions are given, just as they would be in the hospital. Hematocrits and PKU's are done in the home as well as the circumcision—if desired.

A review of FNS statistics over the past fifty years shows no significant difference in maternal mortality, infant mortality and perinatal mortality rates by *place* of delivery. A close examination of details of home deliveries during the past ten years reveals that these were as safe for mother and infant as hospital deliveries conducted during that same period. The more significant statistics are those suggesting a relationship between nurse-midwifery care and a reduction of maternal and infant mortality

rates when compared with statistics of surrounding areas during this same time.

FNS statistics also reflect a sharply declining percentage of home deliveries. This decline is probably due to multiple factors, the major ones being changing patterns of obstetric care, financial reasons (third party payors do not reimburse for home delivery) and transportation. The hospital delivery service offered by FNS has been family-centered from the start. Hospital care is well accepted by parents and requests for home deliveries are infrequent at present. Two of the three home deliveries conducted during 1974 were for families from other states who moved into the Frontier Nursing Service area especially for this childbirth experience.

We feel that morbidity and mortality statistics are almost irrelevant to the home delivery discussion, because of the many variables reflected by the statistics. The only conclusion that can be reached is that the nurse-midwifery service offered by Frontier Nursing Service over the past fifty years has resulted in a highly satisfactory outcome of pregnancies.

Summary

Labor and delivery, prenatal and postpartum care have been managed in the home for fifty years with very satisfying results. The conduct of labor and delivery at home actually differs little from that which occurs in the hospital setting. Procedures have been carefully designed for the home or hospital use, to provide clean, safe, and satisfying deliveries, regardless of place. Additional skills needed by the nurse-midwife for the home delivery are those used in making home visits, specifically, aseptic bag technique. We feel that home delivery is a viable option within the services we offer at FNS. We recognize that the cost of this service is probably as high as hospital services because of the relatively inefficient use of time and personnel. We would emphasize the belief that a single, high standard of care, with guidelines for safety, should apply to all services offered, regardless of place.

Small Boy: "Mother, what becomes of automobiles when they get too old to run?"

Mother: "Somebody sells them to your father."

—*Modern Maturity*, October-November, 1968

OLD STAFF NEWS

Edited by
EILEEN H. MORGAN

From Edith Clark in Fort Nelson, British Columbia, Canada—February, 1975

What a pleasant surprise to receive a picture of the new hospital and what a change from the old building!

The family nursing course sounds interesting. It would have been very helpful for me to have had that before going to northern outposts.

I am enjoying public health in this area but do miss the hospital nursing. I travel up and down the Alaska Highway and stop at different homes, etc., covering a 450-500 mile area. I also fly out to an isolated Indian reserve in a helicopter every three months.

I have a very comfortable trailer accommodation and social life is good.

This has been a busy month for curling. We flew up to Watson Lake for a spiel last week end and I plan to work my way down the highway on Thursday, so as to curl in Dawson Creek next week end. It is great fun and good exercise. I curled in a ladies' spiel here this week end.

I hear that Kay Hunt is working in Colorado now. Fairy Cochlin is soon to be back in the United States, as is Priscilla Reitz Heidorn. Gwen Gessner Horsfield and her husband are to leave Australia soon for Europe and then North America.

.

From Mrs. Grace A. Terrill ("Pixie") in Louisville, Kentucky—March, 1975

Come May 15, I will have been away from Wendover nine years. It doesn't seem possible and yet so many things have happened in that time.

Nancy and Bill are going to Russia in May for two weeks. Marc and I will hold down the fort while they are away.

Love to all those I know.

.

From Kay Hunt in Monte Vista, Colorado—March, 1975

I am back in the States and will be here for sometime. The

maternity center where I had been working has just been fully "Cameroonized". Here (in Monte Vista) we have had a small mission work for some time with a small clinic. We have a volunteer doctor who sees patients two afternoons a week and every other Saturday morning if he is available. My main work is to be in public health.

. . . .

From Sue Cross in Swindon, England—March, 1975

Thank you for the photograph of the new hospital. How different it must all look around Scott House now! I presume that by now you are moved to the new hospital so what is happening to the old one?

I am working as a tutor at a hospital in Swindon. We have forty students annually with an intake of ten every three months. Having achieved my MTD, now I am enjoying life!

. . . .

**From Mary Kaldeway in Vom, B. P. State,
Nigeria—April, 1975**

Greetings from Nigeria. So often I think about all you folks at FNS. I still miss being there. I hope you are keeping well. How is the new hospital? I've not heard whether you've moved in, but I suppose you have.

In late June of this year I hope to be home on leave. I'll be there for a year in order to go to Bible College as well. I do hope I'll get a chance to come down for a visit during this time.

Things here are busy as ever. I'm still working in the maternity department of Vom and enjoy it. It's always challenging, but I'm also getting tired so I will be looking forward to a rest at home. The girls here say I attract trouble because almost always when I'm on duty someone comes in who needs a manual removal of placenta or develops eclampsia or arrives in obstructed labour of varying degrees and needs a vacuum extraction or C-section. It's certainly never dull anyway!

. . . .

**From Rachel Schildroth on board ship S. S. African
Dawn, Bayonne, New Jersey—April, 1975**

I am writing to you from my stateroom on board the S. S. African Dawn. I boarded this Farrell Lines vessel yesterday in

Brooklyn, New York. About 6:00 a.m. today we came across the harbor and docked here in Bayonne, New Jersey. We are to leave port here about midnight tonight.

On April 16th, I learned that my visa to return to Liberia had been granted by the Liberian Government. Much of my packing had already been completed but these last days have been busy with the final packing and caring for the many details necessary for leaving the U. S. for four years.

We will probably be about fifteen days going to Monrovia, Liberia. We are scheduled to stop in the Azores and Dakar, Senegal, before we dock in Monrovia.

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From Maria Sullivan in Boa Vista, Brazil—April, 1975

We are still in our dry season, but soon to pass into the rainy season. An important thing to do before it sets in is to get everything from the deep recesses of drawers, bookcases, etc., and out into the sun to get thoroughly dried. I spread out as many of my books at one time as I could, turning pages to let the sun soak in. The students were fascinated to see the different kinds. To them, anything written is God's Talk.

Our field leader and his wife generously offered to stay a year past their furlough time so that our station will not have to limp along without a man in charge. Carole Swain will be going home on furlough early in order to be back before the Andersons leave for furlough. So Carol James, Steve and Dawn and I will be on the station.

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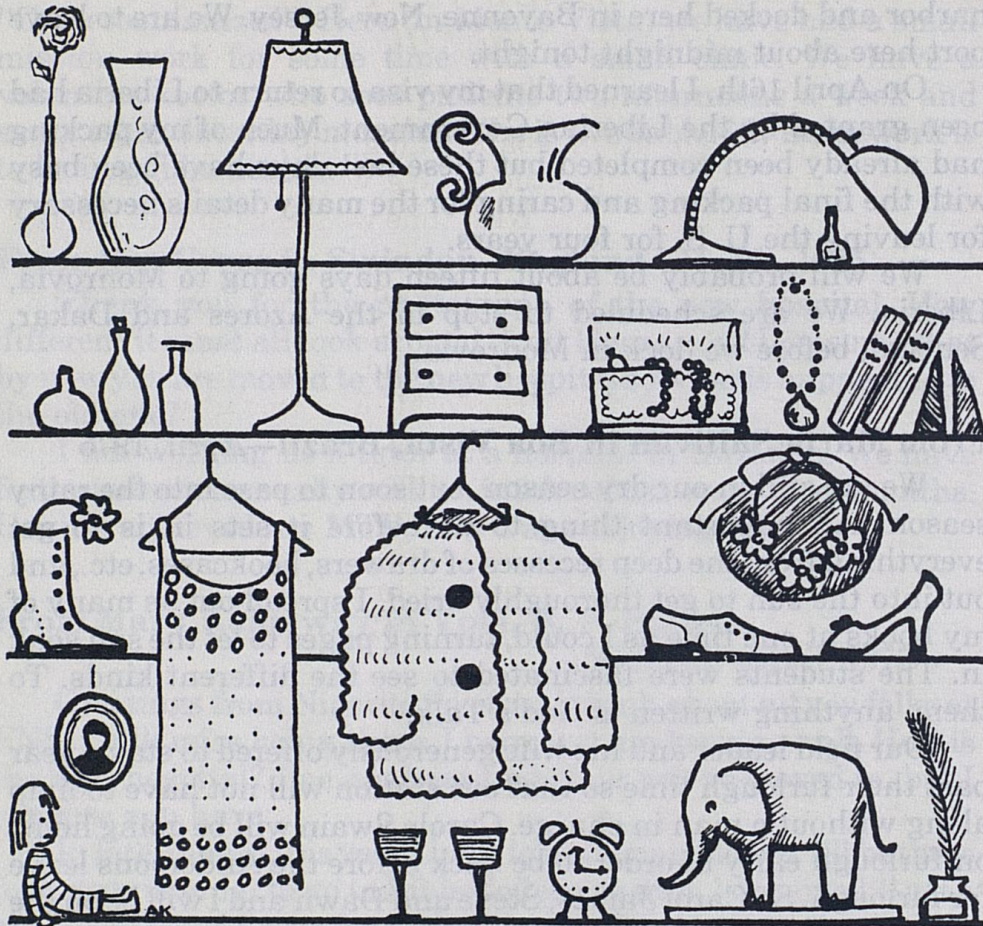
We wish to express our deepest sympathy to Wilma Duvall Whittlesey on the death of her mother, Mrs. Vashti Duvall, in December, 1974.

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We extend our sincere sympathy to the family of Mrs. Bella Vaughn of Williamsburg, Kentucky, who died on April 28, at the age of 93. Mrs. Vaughn was Secretary to the Superintendent of Hyden Hospital for a number of years during the 1950's.

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WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT

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

You don't have to live in or near New York to help make money for the Nursing Service at the Bargain Box in New York. We have received thousands of dollars from the sale of knickknacks sent by friends from sixteen states besides New York. The vase you have never liked; the ornaments for which you have no room; the party dress that is no use to shivering humanity; the extra picture frame; the old pocketbook; odd bits of silver; old jewelry—There are loads of things you could send to be sold in our behalf.

If you want our green tags, fully addressed as labels, for your parcels—then write us here at Wendover for them. We shall be happy to send you as many as you want by return mail. However, your shipment by parcel post or express would be credited to the Frontier Nursing Service at the Bargain Box if you addressed it

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

ONE HUNDRED FIFTY MILES IN LABOR

By Alice Gaines

Three years ago, my husband, daughter and I moved from California to Danville, Kentucky. We were apprehensive and reluctant to leave California. With time we adjusted and learned to appreciate the many exciting things about Kentucky.

As we planned our second child, we discovered that Kentucky could offer us nurse-midwifery service which led us to Hyden and Frontier Nursing Service. Our first child, Erika, was born in La Jolla, California, at Scripps Hospital. My doctor at that time assured me a natural childbirth delivery with no drugs and supportive nurses to assist me through labor and delivery. I did deliver Erika without drugs but Tom and I had to concentrate our energy on rejecting these drugs rather than on relaxing during my contractions. This hospital experience turned out to be a negative one for me and we decided to turn to a place which could offer us true natural childbirth—FNS.

Rachel was born on January 21, 1975, after a short, relaxed labor and beautiful delivery with no drugs. She was pink and alert. Her blue eyes literally sparkled as she focused on Tom and me with great interest. I felt energetic and happy. I was able to experience the entire birth of Rachel with no drugs, enabling me to work with Phyllis Long and Nancy Staheli in order to push the baby through the birth canal. About one hour after delivering Rachel, I walked to my room and ate a hearty lunch. I was starved.

Mary Bradish stayed with me throughout labor, creating a relaxed environment. Unlike my experience in the hospital in California, I was able to move about freely with Mary's help, working out different positions for my comfort during the contractions. In addition to walking, a rocking chair with a hot water bottle at my back proved to reduce sensation. This approach helped to move labor along and kept me from becoming too tired. I had ample energy to get through the final stage of labor in the delivery room. What a difference from being forced to lie on my side in a bed which is standard procedure in most hospitals.

Danville is a two and a half hour drive from FNS. This did not stand in the way of my going to Hyden to deliver Rachel. I would travel twice as far to deliver my baby if I could be assured of

receiving the competent, skilled, warm and compassionate treatment that I was given at FNS.

RIDING THE BORE

When I was seventeen my mother sent me on an errand from Blakeney to Slimbridge; and to save time I took my bicycle with me on the ferry from Newnham. For the old ferryman this meant two trips to the boat, first with me on his back and then with the bicycle, over the stretch of mud left by the receding tide, and two more trips on the other side. He told me I must be back within two hours; but I was several minutes late and found the tide at its lowest with only a narrow stretch of water on the Newnham side. The ferryman, in some excitement, took me on his back again and, dragging my bicycle with him, hurried across the now wide stretch of mud to the boat, which he pulled away in haste. After the first few strokes of his oars he sat still and leaned forward listening. "'Tis the bore," he said. "Too risky gettin' ye ashore now. 'I'm be 'ere an' 'im'll be a big un. Just sit still in the middle o' the boat an' 'old on." He stood up, planted his feet well apart, placed his oars deeply in the water and faced the oncoming wave. There was a distant rumble like an approaching train; then a wall of rushing water came surging round the horseshoe bend. The bore was a moderate one, probably not more than five feet high, but awe-inspiring enough from my position in a small rowing boat in mid stream. Suddenly it was upon us with a roar. The bow of the boat seemed to leap upwards and we swayed violently; but the ferryman knew his job and kept the little craft head on. I was thankful when he could resume his seat and swing round for the shore. As we reached it he remarked, "Don't recall ever 'avin' anybody in me boat afore when the bore come. But I usually goes out on me own to meet 'im".—*Eric F. Powell.*

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

OUR MAIL BAG

From An Old Staff Member:

I was delighted to get caught up on what is happening in the mountains and in the FNS. I just can't tell you enough how impressed I am with everything you are doing in the FNS plus the wisdom you are sharing with the many new programs that are invading the area.

. . . .

From A Friend in Washington:

Thank you so much for the invitation to the ceremony commemorating the Fiftieth Anniversary of the Frontier Nursing Service. I regret that obligations in the District will not permit our attending. However, let me take this opportunity to extend my heartiest congratulations to you and the many members of the Frontier Nursing Service on this wonderful occasion. The outstanding work you have done in the past and will continue in the future is an example to us all.

. . . .

From the President of a Kentucky College:

The Frontier Nursing Service has a distinguished record and its contributions to eastern Kentucky and its people have been outstanding in every way.

. . . .

From a Friend in New Jersey:

I admired Mrs. Breckinridge and her work so much and was happy to have a very small share in the building of the new hospital. Miss Browne is a worthy successor to Mrs. Breckinridge. Please tell her how very sorry I am not to be with her on the 28th but I *will* be there in spirit—wishing her congratulations on completion of the hospital and all best wishes for the years ahead.

. . . .

From Washington Friends:

We are very sorry we can't be with you but it gives us joy to think of your wonderful work and how much you have accomplished in the past fifty years.

From a Graduate Student in Sociology:

I would like to express my appreciation for my recent visit. I don't know that I have ever experienced a more eye-opening four and a half days, and your staff proved to be most gracious and helpful. The enthusiasm and dedication of just about everyone I met was what impressed me most deeply. And, judging from your accomplishments in terms of the health care level of the community, I would say that sisterhood has been very powerful in Kentucky for the last forty years!

I believe that the rest of the country could well profit from your example, and I know that in the future, the FNS will become a showpiece of what institutions can do for people.

. . . .

From A Friend in Rhode Island:

Congratulations to Frontier Nursing for a wonderful fifty years! How I wish I could be there to celebrate with you—but at ninety-three I am too old to make the trip.

I've known the Frontier Nursing Service since its beginning when Mrs. Breckinridge used to visit me and give talks to those interested here in Providence.

How happy she would be to know how successful her project has been and what has been accomplished in fifty years!

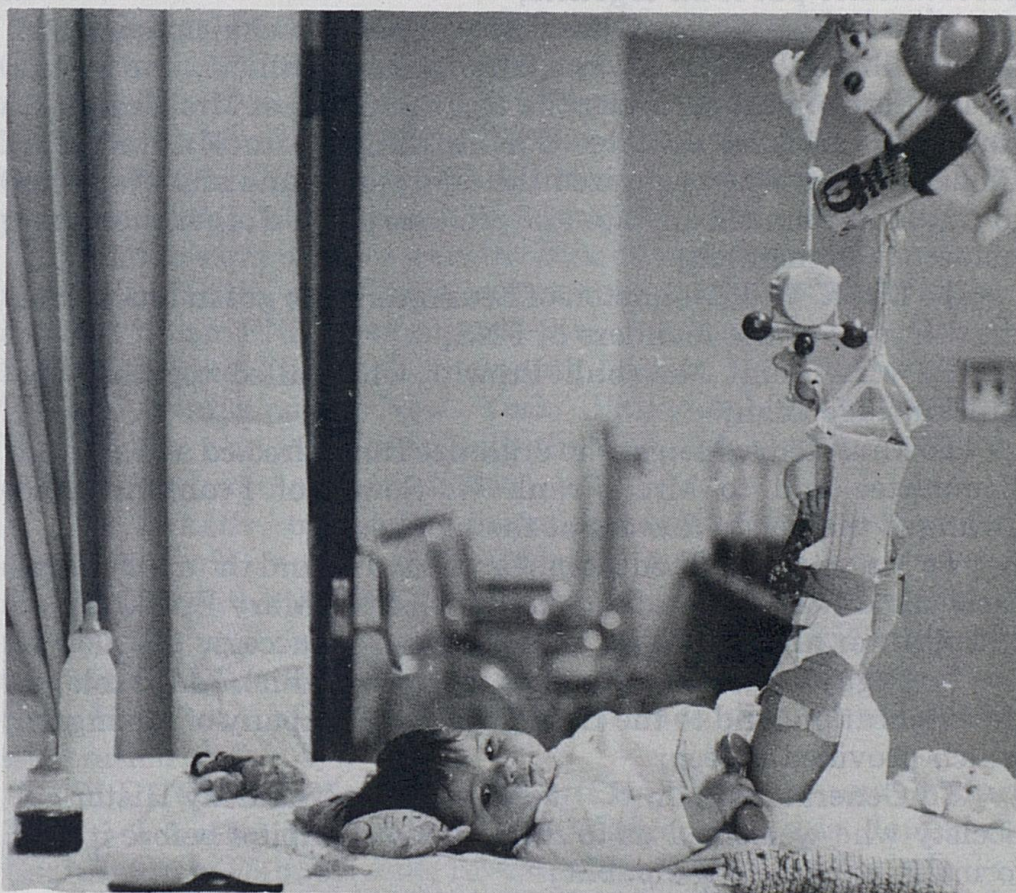
. . . .

From A Friend in England:

To all members of FNS—Just to add my good wishes on this very happy occasion. Happy memories of my visit with you in 1952 come flooding back. Visiting the centers was a great experience and now I can imagine the lovely new Hospital. I often meet Norah Kelley in London as we both serve on the College Benevolent Fund Committee, and we speak about FNS. The front cover of our *Midwives Chronicle* shows the house and I recall sitting on the verandah. I hope all your visitors have sent good wishes and that your wonderful work of caring and nursing and midwifery continues into future years.

From A Friend in Tennessee:

The Fiftieth Anniversary of Frontier Nursing Service is certainly a landmark for Mary Breckinridge's dreams and efforts. Wouldn't she be pleased and amazed to see the changes that have occurred since her death? Some of her early supporters and participants are still there and they lend an historical perspective to a very fine service.



A FAVORITE PATIENT

Misty Feltner, the daughter of Mr. and Mrs. Harold Feltner of Wooton, Kentucky, was hospitalized with a fractured femur following an accident and was enjoyed by the entire Mary Breckinridge Hospital staff.

FIELD NOTES

Edited by
Peggy G. Elmore

The preparations for the Fiftieth Anniversary occupied the hearts and minds and hands of a great many people for months. It would be impossible for us to name every single person who helped, but we want to give our especial thanks to a few:

To Mr. John H. Kerr, Chairman of the Fiftieth Anniversary Committee, whose determination, vision, adroitness and perseverance put it all together;

To the Blue Grass Committee, under the chairmanship of Mrs. William T. Maxson and Mrs. Richard Elliott, and to the Louisville Committee, under the chairmanship of Mrs. James N. Rawleigh, assisted by Mrs. Gus Griffin, and to Mr. and Mrs. Richard Bean, who organized the addressors and stuffers of the invitations, rounded up flags and pictures and did other chores too numerous to mention;

To Mr. R. W. P. Johnston of Lexington who got in touch with the relatives of the founders of FNS;

To Mrs. John Marshall Prewitt who called together the Breckinridge Clan;

To Mrs. Henry Meigs who organized and directed a Frankfort Committee and to Mrs. Frank W. Sower of Frankfort who arranged the lovely flowers at the luncheon;

To Mr. and Mrs. Fred Brashear of Hyden and the members of their committee and to the Auxiliary of the Mary Breckinridge Hospital for all they did to make the tour a success;

To Peggy Baker who provided the horses which added color to the celebration, and to the Lagrew Motor Company of Lexington which provided a Jeep;

To General William R. Buster and the Kentucky Historical Society who welcomed us to the Old State Capitol before it was formally opened to the public;

To Mr. Ed Hubbard, the manager of the Sports Arena, and to Mr. Ted Lance, Food Service Manager, who provided the excellent luncheon;

To the U. S. Army and the Army Reserve at Fort Knox who supplied flags to decorate the speaker's platform and provided delivery and pick-up;

To Mrs. Arla Hibbard for making the Fiftieth Anniversary cake;

To the Byron-Page Printing Company of Lexington who printed the programs without charge;

To Mr. and Mrs. Roger L. Branham who brought Jinny's pictures down for the occasion;

To the Rev. Alfred R. Shands III for all the publicity arrangements;

To John Kerr, Jr., and his friends Rick Krabill and Rogers Beasley, Jr. for all their chauffeuring and behind-the-scenes chores;

And last, but by no means least, our grateful thanks to Governor Carroll who not only arranged for us to use the Sports Arena without charge, and provided the Lieutenant Governor's Mansion for the use of Lady Ramsbotham, the Hon. and Mrs. George McGhee and Mrs. Reid, but also honored us with his presence at the commemorative ceremony.

Of no less importance were the friends who came to Frankfort, and on to Hyden and Wendover, some from thousands of miles away. Fifteen FNS Committees were represented: Blue Grass, Boston, Brutus, Chicago, Cincinnati, Detroit, Hartford, Hazard, Hyden, Minneapolis, New York, Philadelphia, Pittsburgh, Washington and Wendover, with the largest contingent, outside of Kentucky, coming from Boston.

The Fiftieth Anniversary provided an excuse for a reunion for over forty old couriers and old staff members, some whose association with the FNS goes back to the very beginning. Since the couriers and staff will always be a part of the FNS family, we trust our readers will understand why we list their names even though we cannot list all of those friends who attended the celebration.

OLD COURIERS: Abigail Allen, Peggy Baker, Anne Guthrie Brinly, Dorothy Caldwell, Joseph Carter and his daughter, Carlyle, Betty Dabney, Julie Breckinridge Davis, Jan Craig DeTe, Pam Dunn Ellis, Ann Hobson, Freddy Holdship, Elizabeth VanMeter Hutchinson, Kate Ireland, Ann Danson Muhlhauser, Marvin Breckinridge Patterson, Mardi Bemis Perry and her daughter, Susan, Jane Leigh Powell, Florence Booker Rawleigh, Bobbie Glazier Smith, Anne Preston Turner, Theresa Nantz Walton, Eleanor Field Wells and Mary Bulkley Wotherspoon.

OLD STAFF: Betty Bear, W. B. R. Beasley, M.D., Martha Prewitt Breckinridge, Jerry Byrne, Mary Jo Clark, Kitty Macdonald Ernst, Kay Doggett Gardiner, Mary Ann Quarles Hawkes, Jean Bradley Holmes, Lois Harris Kroll, Betty Lester, Agnes Lewis, Hope Muncy, Meta Klosterman McGuire, Marion Ross, Mary Ruth Sparks, Eva D. Vanover, Margaret A. Watson and Nancy R. Wilson.

If we have missed anyone, we apologize, but it *was* a large crowd!

We think special mention should be made of the friends who made the effort to come to the mountains after the Frankfort celebration, to see something of the work at first hand. In addition to Lady Ramsbotham, Mrs. Leslie Reid, Jane Leigh Powell and Corrie and Joan Browne, Brownie's sisters who came from England for the occasion, the following people took the bus tour or drove up in their own cars: From the Boston area, Mrs. E. Boden Alexander, Mr. and Mrs. Roger L. Branham, Mr. and Mrs. John L. Grandin, Jr. and their son, Edward, Mr. and Mrs. Richard Higgins, Mrs. Arthur Perry and Miss Susan Perry; from Kentucky, Mrs. John Babbitt, Mrs. Jane Bach with her granddaughter, Jane Messmer, and Miss Mary Katherine Adams, Miss Julia Deke Henning, Miss Marion Sprague, Mrs. Dudley Mason, Mrs. Arthur G. T. Courteau and Mrs. George C. Patterson; from Canada, Mrs. Alvin Gardiner (Kay Doggett) and Miss Marion Ross; from Connecticut, Mrs. Barbara Glazier Smith and Mrs. Eleanor Field Wells; from Ohio, Mrs. H. H. Haworth, Mrs. E. William Monter and Mr. and Mrs. Kenneth Fleming, representing the Ohio Society, Daughters of Colonial Wars; from New York, Mrs. Edward Finch, Miss Dorathea Eberhart and Mrs. Charles A. Loreto whose family were originally from Leslie County; from Tennessee, Mrs. Arthur Byrne (Jerry), Mrs. James McGuire (Meta Klosterman), Miss Dolores Adams, and Miss Mary Ruth Sparks; from Washington, Mrs. M. Williams Blake and Miss Mary Lee Mills; Mr. and Mrs. Fred Blumers, Minneapolis, Minnesota; Mrs. Albert Ernst (Kitty Macdonald), Perkiomenville, Pennsylvania; Mr. and Mrs. Everett Holmes (Jean Bradley), Ventura, California; Miss Margaret McLaughlin and Miss Lola M. Hanson, Charlottesville, Virginia; Mrs. Henry Kroll (Lois Harris), Seattle, Washington; Miss Nancy Wilson, Norcross, Georgia; and two nieces and a great niece of Mrs. Breckinridge, Mrs. W. G. Ellis

(Pam Dunn), Mrs. Leo J. Voell, and Mrs. James E. Davis (Julie Breckinridge) with several members of their families from such places as New York, North Carolina, Wisconsin, Texas and Arizona!

We thank you, one and all!

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After Cynthia Bray returned to England and Linda Raymond and Jody Johnson left in May, Margaret Wood (Margy) of Dedham, Massachusetts, found herself the only courier due to last-minute withdrawals by others lined up for the late spring period. Margy worked so hard, and so cheerfully, that we were hardly aware that we only had one courier at Wendover, but we can assure you that she was delighted to welcome Pamela Schwartz of Wilmette, Illinois, when Pam arrived on May 29! Margy did find time to represent the youngest generation of couriers at the Fiftieth Anniversary celebration. It was good to know that our English couriers were thinking about us on this occasion and we are grateful to Alison and Cindy Bray for the cable they sent us from England on May 28, saying: "best wishes for the next fifty years".

By the time this Bulletin gets in the mail, Elyce Kearns will have returned as senior courier and the new juniors will be in residence.

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We are happy to welcome Dr. W. B. Rogers Beasley back to Kentucky and to the Frontier Nursing Service staff, as of June 1. Dr. Beasley and his family are no strangers to the FNS as he has been our Medical Director for several two-year periods during the past twenty years. He is spending the first two weeks in June learning his way around the new hospital, getting reacquainted with the staff and talking with representatives of the various agencies with whom we are working in southeastern Kentucky. After a six week management course at Harvard in June and July, Dr. Beasley will take up his duties as Associate Director of Frontier Nursing Service until he succeeds Miss Browne as Director upon her retirement in January 1976. In answer to a question asked many times in recent months, we are delighted to report that Brownie will remain with the FNS after she becomes Director Emeritus.

The Mary Breckinridge Hospital Auxiliary was officially formed in February and the following officers were elected in April for a period of one year: President—Mrs. Hiram Brock, Jr.; Vice President—Mrs. Richard Bowling; Secretary—Mrs. Charles Hoskins; Recording Secretary—Mrs. McKinley Morgan. The Auxiliary staffs the information desk at the hospital seven days a week, directing visitor flow and assisting patients and guests in finding various areas in the hospital. The Auxiliary directs the youth volunteer group which staffs the reception desk in the emergency suite from four to nine p.m. Monday through Friday, and assists the staff during special clinics held at the hospital. The enthusiastic and hard-working members of the Auxiliary are making plans for opening the hospital gift shop and for providing services in other areas of the hospital such as the library, the wards and x-ray and laboratory.

The FNS could not exist without its volunteers. All those who know anything at all about the Service recognize the debt owed the Courier Service and the new Hospital Auxiliary contributes greatly to the smooth-running of the Mary Breckinridge Hospital. But there are others whose work is of immense value. The senior medical and nursing students who spend off-campus terms with us take a great load off the shoulders of the doctors and nurses. This spring we have enjoyed having with us senior medical students Sue Legarde, Cornell, Tim Carey, University of Vermont, John Grant, Ohio State (for his second term with FNS), and Martin Proudfoot, University of Kentucky, and senior nursing students Beverly Ohe, University of North Dakota, Judith Davis, University of Evansville, Roberta Dean, Harlan Appalachian Regional Hospital, and Mary Alice Shepherd, Thomas Jefferson University. June arrivals, whom we welcome with open arms, are Annie Ghory, Ohio State medical student, Cynthia Waller, Winona State College nursing student, and Peggy Irving of Danville, Kentucky, who has come to us as a volunteer aide.

The district clerical staff are most grateful to the "Flat Creek Volunteers", Mary Frances and Ronald Napier and Doris, Ricky and Roderick Sizemore, for the hours they have given in helping to set up the folders and files for the new district record system.

We are especially grateful to Dr. Knowles B. Lawrence of Needham, Massachusetts, for coming to Kentucky in April to

relieve for Dr. Lepreau's holiday, and to the physicians, nurses and audiologists from the University of Cincinnati who came twice in May, first to screen patients and then to conduct an ENT surgical clinic at the Mary Breckinridge Hospital.

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A new class of fifteen students, all of whom had been on the FNS staff, were admitted to Family Nursing I in the Frontier School of Midwifery and Family Nursing on June 2—Susan Albritton, Eileen Alpers, Mary L. Banigan, Sister Linda Bouchard, Susan Brezec, Nancy Crawford, Patricia Deibel, Connie Folk, Leone Hensel, Barbara Long, Cynthia Morrison, Laurie Randall, Sister Christine Schenk, Carolyn Schuessler, and Patricia Wikoff. We are delighted to be able to increase the number of students we can admit to the School, even though this makes staffing the place rather difficult! We are glad to welcome to the nursing staff Cynthia Brockberg, Marshall, Minnesota, Katherine Goodwin, Santa Fe, New Mexico, Carol Morgan, Helton, Kentucky, Becky Ann Ruohoniemi, Minneapolis, Minnesota, and Rita Rhoads, Quarryville, Pennsylvania, who are helping to fill some of the "holes", and are anxiously awaiting the other nurses who will be coming to FNS in June and July.

Judy Fallo, Sister Kathryn O'Meara, Kim Abby and Linda Bell completed the internship following Family Nursing I and have begun their midwifery experience. Barbara Dunphy, Lorraine Johnson, Sally Rinehart and Phyllis Seven began the second part of midwifery in June. Marilyn Osborne and Gail Alexander are now working in the outpatient clinic at the hospital as is Becky Lynch who is also spending one day a week fulfilling some of the clinical requirements for Family Nursing III which she plans to begin in October. Six students, Madeline Blidberg, Mary Bradish, Martha Burk, Susan Thomas, Sister Sebastian Vienneau and Peggy Weiser, completed their midwifery training at the end of May. Peggy and Martha will remain with the FNS for a midwifery internship and Susan and Sister Sebastian are staying on for a few weeks to help us out at the beginning of a new school.

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Mrs. Mary Kamara, a nurse-midwife from Liberia, spent four months with the FNS this spring to gain clinical experience in pediatrics following completion of a pediatric nurse practitioner

course at Washington University in St. Louis. The Brutus, Red Bird and Wolf Creek Centers have entertained nurse-midwives from Ceylon and Lesotho who came to Kentucky for rural experience after completion of a family planning course at Downstate Medical Center.

We have enjoyed visits this spring from a number of the old staff. Jerry Byrne drove Agnes Lewis to Wendover, and spent a couple of nights, when Agnes came up prior to the spring meeting of the Board of Governors. Margaret Willson came from England for a three week visit and was warmly welcomed by all of her old friends in Leslie County. Vanda Summers brought her brother and sister-in-law, Mr. and Mrs. Basil Summers from England, down to see us in early May. Margaret McCracken and Bert Norris stopped by one weekend and Mary Jo Clark and Mary Ann Quarles Hawkes spent the weekend after the annual meeting at Wendover. And for a little while we thought we were seeing double when Doris Reid brought her twin sister, Mrs. Dorothy Smith, by for a brief visit! Old couriers Marvin Breckinridge Patterson, Jane Leigh Powell, Freddy Holdship and Mardi Bemis Perry caught up with our "doings" when they were at Wendover in connection with the spring Board meeting. Another old courier, Holly Cheever, has been visiting in the area recently and Donna Kossen Anderson, who worked with us as a nurse some years ago, brought her husband by to see the FNS several weeks ago.

We were pleased to have a chance to meet Dr. and Mrs. R. W. Johnson of Brooklandville, Maryland, when they came down to see their daughter, Jody, while she was with us as a courier. Miss Elsie Warner, Philadelphia, Pennsylvania, a member of our National Nursing Council, stopped by to see the new hospital on her way to Frankfort to attend the Fiftieth Anniversary celebration, as did Mrs. Hertel Saugman, an old friend from Racine, Wisconsin.

St. Christopher's Chapel was the scene of a wedding this spring when Judy Haralson and Clifford P. Rafson were married by Judy's father in a lovely ceremony on Saturday, May 24. Among the wedding guests were two old staff members who came from Texas and Minnesota for the occasion, Judi Floyd and Suzanne Johnson. Our very best wishes go to Judy and Cliff.

BEYOND THE MOUNTAINS

Many of the trips made by our staff this spring, in and beyond the mountains, have been for the purpose of continuing education. Janet Watts, head nurse on the medical-surgical floor of the Mary Breckinridge Hospital attended a three week Coronary Care Nursing course in Phoenix, Arizona, and our physicians have attended the annual convention of the American College of Surgeons, a Neonatology Workshop sponsored by the National Foundation, and a meeting of the American College of Physicians.

The subjects of other seminars and workshops attended by FNS staff include Child Health Maintenance, Infection Control, Psychological and Physiological Problems in Chronic Illness, Management of Medical Emergencies, Services to Blind Persons, Craniospinal Trauma, Back Pain and Stroke, Respiratory Disease, Care of Patients with Respiratory Conditions, Child Abuse-An Interdisciplinary Presentation, Nursing Care Plans and Problem-Oriented Charting, Cardiovascular Nursing, Aging and the American Experience, and Diabetes. Other staff enjoyed an International Symposium on Psychopharmacology, the Annual Meeting of the American College of Nurse-Midwives, the 28th National Conference on Rural Health, a Symposium on the Delivery of Health Care in Appalachia, a JCAH Workshop on Nursing Audits, a workshop on Audio-visual Media for Midwifery Education, a meeting of the American Pharmaceutical Association and an Environmental Engineering and Science Conference.

The American College of Surgeons meeting concentrated on breast cancer. Upon his return, Dr. Lepreau gave a special report to the Journal Club for our doctors on the latest information and provided each physician with a bibliography.

The Symposium on the Delivery of Health Care in Appalachia was held at Case-Western Reserve University in Cleveland. Dr. Anne Wasson and Dr. Gertrude Isaacs were guest speakers on a panel which discussed the Delivery of Health Care in Appalachia and Dr. W. B. Rogers Beasley, attending the conference from New York, spoke of the contribution made by nurse-midwives to primary care.

Six FNS staff members attended the stimulating Conference on Rural Health which was held in Roanoke, Virginia, in March, sponsored by the American Medical Association. Over seven

hundred participants in the conference from all over the country heard of the manpower shortages in rural health care and the efforts of a number of groups involved in setting up improved facilities and teams to handle the health needs of our isolated rural citizens. Good primary medical and dental care, education, manpower needs, financing and the changing philosophy of total health care given by teams of workers, rather than traditional medical care administered by the local physician, were discussed in detail. The need for a nurse-physician partnership was a recurring theme. Workshops where this team concept was discussed were filled to overflowing with many questions from the audience. Many leaders of new health centers and satellite clinics, from Maine to California, brought into the open problems the FNS has faced for years. We felt less isolated as we discovered that other rural areas share the same difficulties in providing care and educating patients at a cost they are able to pay. Isolation and long hours of work were cited as the prime reasons many health workers were only willing to commit two or three years to practice in rural areas. The need for the community to become interested in and to understand and share in the solutions to their own health problems was constantly emphasized.

The nurse practitioner's role on the health team seemed more firmly established at the conference this year than last. Dorothy Delooff of the Buckhorn Clinic, a graduate of the FNS program, was a panelist and her presentation was well received. The program planner was enthusiastic over her contribution to the conference and the FNS staff in the audience were pleased with the presentation she made. She emphasized the role of nursing in providing primary health care, and the help brought to an isolated community by this means. Not all physicians present embraced the new team concept with enthusiasm but inroads have been made in the last year.

The Frontier Nursing Service and its staff are deeply grateful for the grant which makes it possible to provide funds for continuing education.

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We are most grateful to the media for publicity in connection with the Fiftieth Anniversary of Frontier Nursing Service. The *Louisville Courier-Journal* and the *Lexington Herald-Leader*

gave space to stories about our work in the week preceeding the Annual Meeting. Several professional journals, including the *American Journal of Nursing*, *Nursing Outlook*, and the English publication, *The Midwives Chronicle*, commented on our fifty years of service in their May issues.

Helen Browne appeared on a television talk show at WJHL-TV in Johnson City, Tennessee, on May 22, and Kate Ireland and Anne Cundle were interviewed by Julie Shaw on WAVE-TV on May 23. WAVE-TV also showed "Cherish the Children", the film about FNS commissioned by the Agency for International Development, on the Sunday evening prior to the Annual Meeting. And we hope many of our friends saw Helen Browne when she was interviewed on NBC's TODAY Show in New York on the morning of Tuesday, May 27.

Kate Ireland and Helen Browne were invited by Mrs. Norbert Stammer, Director of the Appalachian Fund, Inc., to their annual meeting of affiliates which was held in Berea in early May. Once again it was a stimulating experience to hear reports from all the groups who are putting their efforts into helping people help themselves.

CHAMPION COLLIE

Tommy, who ran a Northumbrian village cattle market, was collecting a hundred sheep from a field with the help of a very eager Border collie dog. I saw the dog make a superb job of rounding up the flock, herding them through the gate, then down the road and through a very complicated set of pens, with the aid of a few short whistles. But I was a little surprised that he occasionally bumped into a few posts and rails. I asked Tommy why this was and was it the same old Scamp I had known for years. 'Yes,' replied Tommy, 'he is now fourteen and quite blind.'—*Rod Jennings, Northumberland.*

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

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Thomas J. Lynch, M.D.

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Hospital Midwife
Mrs. Janet Watts, R.N., Head Nurse—
Medical-Surgical

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Nursing
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Mr. Kenneth Palmer, M.B.A., Hospital
Administrator
Mr. P. P. Isaacs, Administrative Assistant
Mr. Charles Thornbury, Controller
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Superintendent and Courier Secretary
Mrs. Ruth Morgan, Donor Secretary
Mrs. Mary S. Combs, Bookkeeper
Mrs. Virginia Roberts,
Office Manager—Hyden

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Miss Molly Lee, R.N., C.N.M., M.T.D.,
Dean of Midwifery and Assistant Director
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rector of Midwifery Service and Education
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M.T. (A.S.M.T.), Laboratory
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Mrs. Betty H. Couch }
Mrs. Mae Campbell Food Service Manager
Mrs. Lillie Campbell, Housekeeping

ADMINISTRATIVE HEADQUARTERS:

Wendover, Kentucky 41775

MEDICAL HEADQUARTERS:

Hyden, Kentucky 41749

OUTPOST NURSING CENTERS:

Jessie Preston Draper Memorial Nursing
Center
Clara Ford Nursing Center
Caroline Butler Atwood Memorial Nursing
Center
Belle Barrett Hughitt Memorial Nursing
Center
Margaret Durbin Harper Memorial Nursing
Center
Wendover District
Hyden District
Bob Fork District (Betty Lester Clinic)

FORM OF BEQUEST

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

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

HOW ENDOWMENT GIFTS MAY BE MADE

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

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

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

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

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

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

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

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



FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

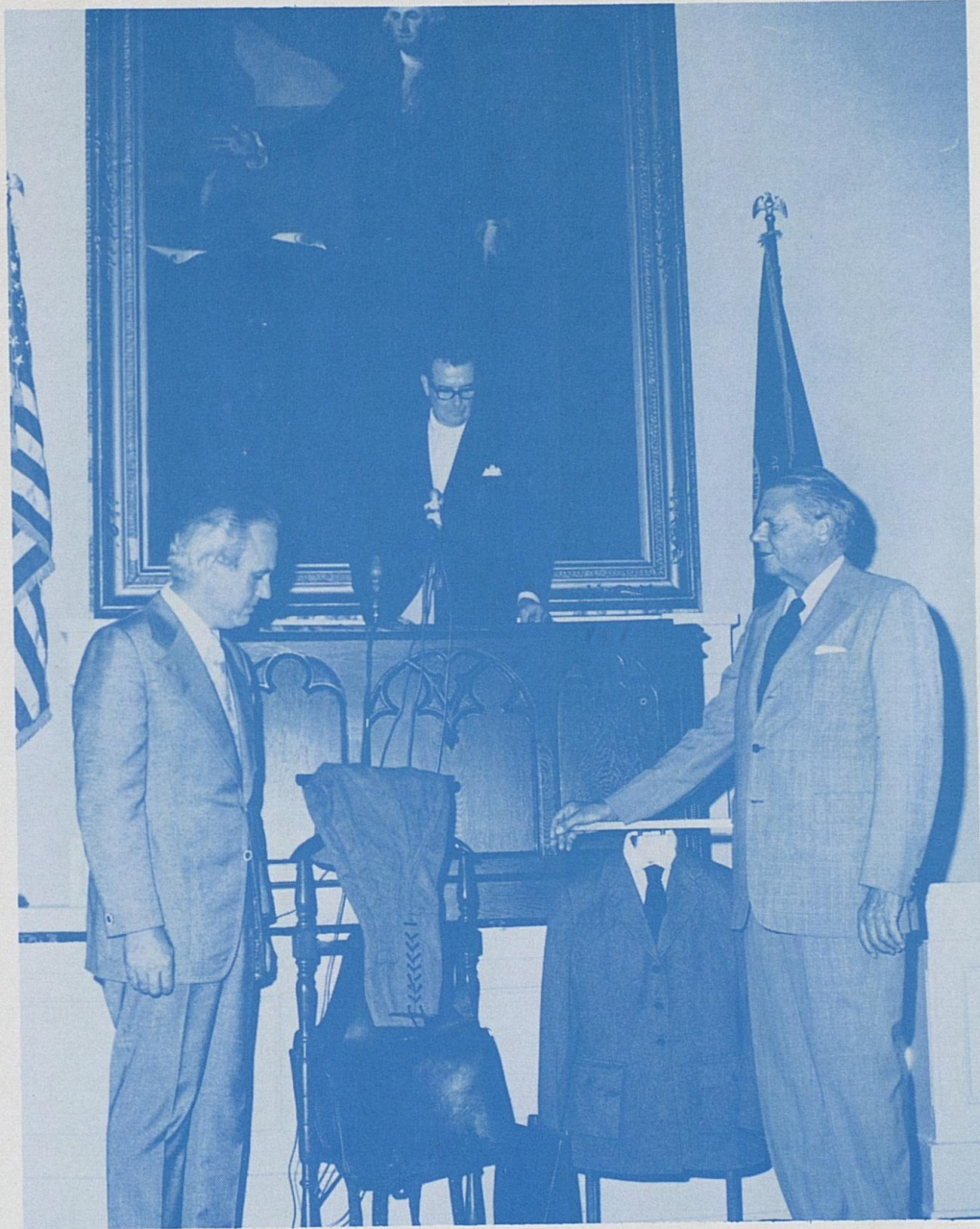
To safeguard the lives and health of mothers and children by providing and preparing trained nurse-midwives for rural areas in Kentucky and elsewhere, where there is inadequate medical service; to give skilled care to women in childbirth; to give nursing care to the sick of both sexes and all ages; to establish, own, maintain and operate hospitals, clinics, nursing centers, and midwifery training schools for graduate nurses; to educate the rural population in the laws of health, and parents in baby hygiene and child care; to provide expert social service, to obtain medical, dental and surgical services for those who need them at a price they can afford to pay; to ameliorate economic conditions inimical to health and growth, and to conduct research towards that end; to do any and all other things in any way incident to, or connected with, these objects, and, in pursuit of them, to cooperate with individuals and with organizations, whether private, state or federal; and through the fulfillment of these aims to advance the cause of health, social welfare and economic independence in rural districts with the help of their own leading citizens.

Articles of Incorporation of the
Frontier Nursing Service, Article III.

DIRECTIONS FOR SHIPPING

We are constantly asked where to send gifts of layettes, toys, clothing, books, etc. These should always be addressed to the FRONTIER NURSING SERVICE and sent either by parcel post to Hyden, Leslie County, Kentucky 41749, or by freight or express to Hazard, Kentucky.

Gifts of money should be made payable to
FRONTIER NURSING SERVICE,
and sent to the Treasurer
MR. HOMER L. DREW
First Security National Bank and
Trust Company
One First Security Plaza
Lexington, Kentucky 40507



*Photograph Courtesy of
The Lexington Leader*

The Hon. Julian Carroll, Governor of the Commonwealth of Kentucky, accepts Mrs. Breckinridge's FNS uniform and saddlebags on behalf of the Kentucky Historical Society from the Hon. Thruston B. Morton as the Hon. John B. Breckinridge, Master of Ceremonies, looks on at the ceremony commemorating the Fiftieth Anniversary of Frontier Nursing Service held in the Old State Capitol in Frankfort, Kentucky, on Wednesday, May 28, 1975.

Box 22
F 5