

The Quarterly Bulletin of The Frontier Nursing Service, Inc.

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SUMMER, 1932

NO. 1



FRONTIER NURSE FORDING RED BIRD RIVER

THE QUARTERLY BULLETIN OF
THE FRONTIER NURSING SERVICE, Inc.

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VOLUME VIII

SUMMER, 1932

NUMBER 1

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ANNUAL REPORT

Contrary to its unbroken custom for the last six years the Frontier Nursing Service is not publishing its annual report in the summer number of the Bulletin. The reason is, of course, the financial one. We do not like condensed reports, and the issuance of a complete report, including the unabridged audit and individual acknowledgments of all gifts, is much the most expensive piece of printing we have to carry in the course of the year.

We are not, however, going to abandon our custom of making a complete accounting of all of our affairs for the benefit of our subscribers. If times are better next May we intend printing the report for the two fiscal years in one issue by the simple process of a series of double columns headed by 1931-32 and 1932-33. This will keep our record unbroken; and it will cost very little more to print the two reports in one issue than to print one report alone.

For the immediate benefit of our readers we will now give a brief summary of the fiscal year which closed May 10, 1932, both as to funds and as to the work.

FISCAL REPORT

We received this year, exclusive of \$10,000 for the endowment of the Hyden Hospital, and borrowed money, \$130,988.87. We had a balance from the close of the previous fiscal year of \$14,301.95, making a total of \$145,290.82. We spent for running expenses, buildings and equipment, and a repayment of borrowed money, a total of \$160,729.20. It will be seen that this gave us a deficit on the year of \$15,438.38. Although this is not a large deficit for a large philanthropy to have to shoulder in a year like this, the resultant debt has been heavily increased through the summer months by the lack of a balance for running expenses. As the summer is always our dead

season, financially, due to the fact that most of our subscriptions fall due during the remainder of the year, we have had hard sledding. We faced the situation in the following manner.

First, by making a direct cut of about \$20,000 in our budget. To do this we had to let seven of our nursing and three of our administrative staff go, thus reducing substantially the number of people in the field and putting an added burden on those remaining. All those who elected to remain with the Service until better times (and they were more than we could keep) were given the choice of leaving, fully paid up a month in advance, or of remaining on a maintenance basis only for the present. The fact that out of a personnel of thirty-eight a total of twenty-eight remained, and of those ten who went away several would have remained, tells the story of the gallantry and devotion of our staff better than we could put it in words. We also faced the painful task of disposing of several of our old horses. As one of the Victorian novelists says somewhere, "This is a penalty we pay for living in one of the least dull periods of history."

We wish to acknowledge with the deepest gratitude the fact that during the past fiscal year 1929 people contributed to the support of the organization—in nearly every case by very real personal sacrifice. Although the majority of our subscribers found it necessary to reduce the size of their gifts, a few of them, by a supreme effort, actually increased their donations, and 656 of them were new friends. Our various committees worked for us loyally, and many of them redoubled their efforts to overcome our added handicap of the director's disabling accident.

It may be useful in this connection to state the basis upon which the Frontier Nursing Service spends money in order to raise money. During the year immediately preceding the depression (the accepted word and therefore we use it, although we dislike the word as much as the condition) the Frontier Nursing Service raised a total of \$146,680.31 at a total expenditure of less than 4 per cent—a record almost unique in the history of a new philanthropy. This was done in normal times

by arranging for meetings through the committees in the houses of hospitable friends, where the director told the story of what was needed and of what was being done. It has not been possible to keep to so simple a program since times became financially complex. In order to increase the spread of small subscribers it became necessary to keep a flood of publicity before the public so that it would know about a work of which it was otherwise ignorant. We therefore opened three offices, in representative sections of the country (New York, New England and Chicago), with the support and consent of the committees in these areas, to keep the public informed about us and to secure Associated Press and United Press releases for the whole country. We estimated that with the help of the trained personnel in these offices we could inaugurate plans for earning money on a broad, national basis. We figured that we could carry this additional expenditure at a cost not exceeding ten per cent of our subscriptions, plus funds earned through well-worked out plans.

Our big feature for the past fiscal year was the West Indies cruise of the Britannic. Although we made less than \$6,000 on this cruise, due chiefly to the fact that the rates had to be greatly reduced and that, owing to slack Transatlantic travel, there was nearly double the usual competition on the part of the steamship companies in the West Indian cruise business, we feel that the cruise was a profitable venture. Even small profits are gratefully received in times like these, and the really remarkable publicity given this venture of ours through the courtesy of newspapers over a large part of the country resulted in the 656 new subscribers to our work who heard of it through this cruise publicity for the first time. This publicity would have been absolutely impossible without the three offices and the trained personnel in New York, New England and Chicago. Something more than ten per cent (but less than fifteen per cent) of our subscriptions went to the maintenance of these and other agencies to maintain the publicity necessary both to raise and to earn money for our field work, but we do not think we would have received enough to carry on upon any other basis. As times improve we will raise and earn

more money at far less proportionate cost. We will not be content until we get back to our pre-depression record of raising our entire budget at a cost of less than four per cent.

FIELD REPORT

Now, as to the field work. The record for this last, most difficult fiscal year, is simply magnificent. We closed the year with 8,289 people in 1,775 families attended by the Service. Of these 5,047 were children, including 2,363 babies and toddlers. Bedside nursing care was given to 456 very sick people, of whom 310 recovered and 31 died. The district nurses paid 26,741 visits and received 20,560 visits at nursing centers. Our little hospital at Hyden was occupied 3,120 days by 224 patients. There were transported to hospitals outside the mountains, in Lexington, Louisville, Cincinnati and Richmond, 43 patients and their attendants, on passes given us by the Louisville and Nashville Railroad.

Under the direction of the State Board of Health, the nurses gave 8,482 inoculations and vaccines against typhoid, diphtheria, smallpox, etc., and sent 628 specimens out for analysis.

There were held during the year 219 field clinics with an attendance of 7,482 people.

Complete dental care, over a period of two months, in affiliation with the Kentucky State Dental Association, was given to 247 children and expectant mothers.

Dr. Scott Breckinridge, of Lexington, Kentucky, held his annual gynecological clinic at the Hyden Hospital; and Dr. R. L. Collins, of Hazard, Kentucky, performed numerous operations during the year, those on indigent people as a courtesy to the Service. None of the doctors in the various cities, to whom we sent patients, made any charges for their services. Our regular medical service was carried by our own medical director, Dr. John H. Kooser, and various physicians from the nearest towns were called in, both for emergencies and at the request of individual patients.

MIDWIFERY

The nurse-midwives delivered 404 women in childbirth of 396 live babies, 11 still-births, and 1 late abortion; and gave them full prenatal and postpartum care. Doctors were called in 14 times for abnormal conditions. There was no maternal death on the district. One mother died of mitral stenosis at the hospital, under medical care, 18 days after delivery. There were 493 midwifery cases closed during the year, and 501 new cases admitted. In addition to our regular cases, the nurse-midwives were called in for 9 emergency deliveries where the mother had not been registered and given prenatal care; 20 early abortions (unregistered cases); and they gave postpartum care, only, to 19 unregistered mothers.

The greatest triumph of the year, and indeed of all the seven years since our inception, was the publication, by Dr. Louis I. Dublin, Vice-President and Statistician of the Metropolitan Life Insurance Company and President of the American Public Health Association, of a summary of his tabulations of our first thousand midwifery cases. Dr. Dublin's summary and covering letter are printed in full at the end of this report.

We gratefully acknowledge the most unswerving cooperation on the part of the State Health Officer, Dr. Arthur T. McCormack; the support of our central records system by the Carnegie Corporation; and the adoption as their project by the Alpha Omicron Pi Sorority of our Social Service Director, Miss Bland Morrow, and her budget. We also acknowledge with deepest thanks the support of our local committees and thousands of mountain friends in carrying forward our program throughout an area where financial strain is as heavy as in any part of the United States; and, also, the really marvelous spirit in which our friends and committees on the outside have coupled the needs of this national piece of work with the strain of the unemployment problems in their several cities. Likewise, to our couriers we express gratitude for the courage and devotion they have shown in covering our difficult trails at all seasons and acting as liaison officers among our widely scattered centers. Lastly, but none the less deeply felt, in the name of the

trustees of this organization, we render thanks to the staff, nurses and secretaries alike, now carrying on with added burdens and with almost no financial remuneration. In common with the whole world we look and pray for better times ahead, but we honestly believe that we are stronger as individuals and as a group because of the strain through which we have carried on together.

In lieu of the annual report we are using this issue of the Bulletin for a summary, in question and answer form, of the purpose and program of the Frontier Nursing Service and of what has been accomplished to date. We receive so many hundreds of inquiries that we thought it wise to put them, and the answers to them, in booklet form. By having this printed with the Bulletin we can have extra copies struck off at very little additional cost, and our friends may secure them on application to give to interested persons.

Signed: MRS. S. THRUSTON BALLARD, Chairman
MR. C. N. MANNING, Treasurer
MRS. MARY BRECKINRIDGE, Director.



METROPOLITAN LIFE INSURANCE COMPANY
NEW YORK CITY

May 4, 1932

LOUIS I. DUBLIN
Third Vice-President
and Statistician

Mrs. Mary Breckinridge
Cosmopolitan Club
133 East 40th Street
New York, N. Y.

Dear Mrs. Breckinridge

I am sending you herewith a brief statement covering in summary form the chief results of our study just closed of your first thousand records. I am also attaching the main tables which give the details of our study.

It was a pleasure to have the opportunity to present these facts before the splendid group at Miss Morgan's house yesterday, and I hope that you will be able to prepare a statement for the press which will have a wide appeal.

Sincerely yours

LOUIS I. DUBLIN
Third Vice President
and Statistician

Enclosures

This study covers the tabulation of the first one thousand midwifery cases of the Frontier Nursing Service. All of these women registered with the service during pregnancy and were cared for during delivery and were followed up for one month after delivery.

The patients cared for were, for the most part, young women. Seventeen per cent. were under age 20 and 28 per cent. between 20 and 25 years. A total of 45 per cent. were registered under age 25.

Eighteen per cent. of the cases receiving care were primiparas, that is, were bearing their first children. Among the

167 women under age 20, 109 were in their first pregnancy. Two hundred eighty-seven women, or 29 per cent., developed one or more puerperal abnormalities during pregnancy and in 130 cases, the services of a doctor was called for. This proportion of abnormalities is lower than is usually found in the general population and is lower than in other series where excellent care in pregnancy has been available. Only two of the thousand cases developed eclampsia, although there were 172 cases with toxic symptoms which might have developed seriously without the care which the nurses rendered. Delivery complications occurred among 366 women, of which the commonest were hemorrhage, prolonged labor, and laceration. The number of these cases, however, is much less than usually occurs. In only 52 cases was it necessary to obtain the service of a physician during labor. Forceps were used 9 times.

The most important single result of this work is that not one of the women died as the direct result of either pregnancy or labor. There were two deaths in the series; but in one of these, the cause of death was chronic heart and kidney disease and in the other, it was chronic heart disease. Neither of these two cases could properly be ascribed to the maternal state. They would probably have occurred under ordinary conditions.

Another important result is the small number of stillbirths. There was a total of 26 stillbirths among the 1,015 babies. This figure is one-third less than occurs usually in the general population of the United States. Another end result is the number of babies that die within one month after birth. There were 25 such deaths out of 989 babies born alive. In the general white population of Kentucky, there occurs 36 such infant deaths in 1,000 livebirths, which represents a saving of one-third from that in the general population.

Finally, it is important to note that the mothers and babies were discharged at the end of the month in good health. Out of the thousand women who were visited up to within four weeks after delivery, 96 per cent. were reported by the nurse as in satisfactory condition.

The study shows conclusively what has in fact been demonstrated before, that the type of service rendered by the Frontier

Nurses safeguards the life of mother and babe. If such service were available to the women of the country generally, there would be a saving of 10,000 mothers' lives a year in the United States, there would be 30,000 less stillbirths and 30,000 more children alive at the end of the first month of life.

The study demonstrates that the first need today is to train a large body of nurse midwives, competent to carry out the routines which have been established both in the Frontier Nursing Service and in other places where good obstetrical care is available.

May 9, 1932.

ANNOUNCEMENTS

Miss Gladys M. Peacock, Assistant Director of the Frontier Nursing Service, returned to her field duties this summer after a furlough spent at Teachers College, Columbia University, where she obtained the B. S. degree.

Miss Mary B. Willeford, Assistant Director, completed her work at Teachers College, Columbia University, in June, and received a doctorate of philosophy in Educational Research. Mention is made of her thesis, "Income and Health in Remote Rural Regions," on page 21 of this issue.

Miss Bland Morrow, B. A., has just finished her two years work at the New York School of Social Work and has taken over her duties, as Social Service Director for the Frontier Nursing Service, under the advisory council of the Alpha Omicron Pi Sorority, and supported by their grant.

FRONTIER NURSING SERVICE PRIMER

FOREWORD

The economic and social rehabilitation of the rural area is our central problem today. The farm has long suffered under serious handicaps. Since 1929, its status has become steadily worse, as a result of differential price-levels and the return home of sons and brothers thrown out of industrial employment. Our social order can be re-established on a really sound basis only by ensuring reasonable security and opportunity to the farm dweller.

One of the gravest handicaps under which the rural area has suffered has been the lack of elementary facilities for health protection. Doctors, dentists, nurses, hospitals and health departments are almost non-existent over large areas; and lowered vitality spells economic backwardness. Our American pride in equality of opportunity remains, in so far, an empty boast.

The Frontier Nursing Service has shown us how this need can be met. I have studied Mrs. Breckinridge's records. I have visited the centers. I have ridden over the trails with her nurses. I can testify that the work is sound and that its administration is economical. The Service has brought to the people of this Forgotten Frontier the alleviation of suffering, the prevention of needless disease, the safeguarding of motherhood, the possibility of healthy and happy childhood.

The significance of this demonstration extends far beyond the confines of four Kentucky counties. It is a model for this country and for other countries. It is an enterprise of which the whole United States may be justly proud.

The test of America in the crisis of today is the preservation of those social institutions which constitute the glory of a nation,—which, indeed, constitute the justification of its existence. Such a social institution is the Frontier Nursing Service. Its work must be preserved and carried forward.

C.-E. A. WINSLOW.

Yale University
September, 1932

WHAT IS THE FRONTIER NURSING SERVICE?

A voluntary organization which maintains a corps of trained public health nurse-midwives—carrying out a program to prevent disease—control disease—and nurse disease—gives delivery service—and provides doctors and hospital facilities for those needing such care.

WHERE WAS IT STARTED?

In the mountains of Eastern Kentucky—in a land without roads—without transportation—without communication—where an eighteenth century civilization continues to exist over thousands of square miles in the heart of modern America.

WHY WAS IT STARTED?

Because mothers were having their babies without any trained assistance.

Because epidemics of typhoid, diphtheria, and small-pox, spread, unchecked, over large areas.

Because sanitation and hygiene were unknown.

Because doctors, owing to the poverty of the country, were unable to make a living and were, therefore, almost unobtainable.

Because hospital facilities were totally lacking over large areas.

“Brought-on” plumber riding in heavily to repair the hospital water system, “What I don’t know about mules would fill volumes and volumes.”

WHAT IS ITS PURPOSE?

To demonstrate a practical health program, including maternity and child care, for hitherto neglected rural areas, and thus to assist in creating in the United States a uniformly high standard of health—an aim at once tending to improve the physical condition of the population and to raise the economic level.

WHAT IS ITS PROGRAM?

To give skilled care to women in childbirth.

To give care to the sick of both sexes and all ages.

To operate hospitals, clinics and nursing centers.

To educate the rural population in the laws of health, 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 use this demonstration as a training field in which to prepare personnel for work in similar areas—and to establish midwifery training schools for graduate nurses.

REPORT FROM A FRONTIER NURSE TO DIRECTOR

"A big flood Friday and Saturday smashed everything along the river on both sides. It started at noon on Friday. The river was so low you could have almost waded across the ford; by six o'clock it was rising rapidly.

At nine o'clock that night, a man came for me from Wolf Creek. He had to swim down the road and we couldn't get back the way he came at all; so we went up Hurricane Creek, across the most terrible trail. We had to swim Coon Creek four times and he waded up to his neck nine times. Got home next day, and was just dozing off when another call came. The river was so swift, the boat skimmed past the landing like a piece of driftwood. Landed safely below the ford in the M's bottom field, just in time. At 2 A. M. I caught an eleven-pound boy."

WHEN WAS IT STARTED?

May, 1925.

HOW DOES IT OPERATE?

By nurse-midwives on horseback—living in isolated centers—each district covering roughly an area of 78 square miles—who work under the supervision of a medical director.

WHAT WERE ITS BEGINNINGS?

Two nurses in a five-room cabin—carrying out their work over a 50 square mile area with the help of a strong local committee.

HOW HAS IT EXPANDED?

There are now nine nursing centers covering 700 square miles—

Thirty nurses

A medical director

An 18-bed hospital

A dentist during the summer months

A full time social service worker

A statistician

Volunteer courier service.

WHAT HAS IT ACCOMPLISHED?

"1000 deliveries without a single maternal death as the direct result of either pregnancy or labor."

"1-3 less stillbirths than occur usually in the general population of the United States."

"1-3 less infant deaths within one month after birth than occur in the general white population of Kentucky."

LOUIS I. DUBLIN.

More than 46,000 inoculations and vaccines given against typhoid, diphtheria, smallpox, etc., with the authorization of the State Board of Health.

10,000 people given intensive home care.

Wells chlorinated.

Hookworm studied and combatted with the help of the United States and State Health authorities, the Rockefeller Foundation, Johns Hopkins and Vanderbilt Universities, and the American Child Health Association.

Hundreds of people sent to physicians and hospitals in distant cities.

Travelling clinics arranged in the mountains for visiting specialists in trachoma, obstetrics, orthopedics, pediatrics, eye, ear, nose and throat, and helminthology.

Full time dentist for children and expectant mothers maintained every summer in cooperation with the Kentucky State Dental Association.

Model record system supported by a grant from the Carnegie Corporation.

Nurse-midwives prepared for other organizations interested in similar problems in other parts of the United States.

WHY WERE THE KENTUCKY MOUNTAINS CHOSEN FOR THIS DEMONSTRATION?

Because nowhere in the United States are the difficulties facing rural health administration more acute.

Because the people of this region are American stock, handicapped by geographical conditions and not by lack of native ability.

HOW HAVE THE PEOPLE SHOWN THEIR COOPERATION?

The Fathers—By petitioning for Centers, and offering both land and labor prior to the extension of the work in any new area.

The Mothers—By registering with the nurses in increasingly large numbers for their confinements, and responding to new methods of child care.

The People—By asking for inoculations amounting in all to over 46,000, and otherwise cooperating with the public health program.

SAYINGS OF THE CHILDREN

Three year old girl, poking her head in the cabin where the Frontier Nurse is dressing a dirty wound with lysol solution, "I smell a nurse."

Four year old boy, inquiringly, of a slim, short-haired nurse astride her horse, "Air you a boy or a girl?"

Nurse, with a smile, "A boy."

Four year old boy, "I knowed you was a boy, but I thought you was a girl."

WHAT IS THE NATIONAL VALUE OF THIS DEMONSTRATION?

“Until the methods, here proved to be practicable, are widely adopted in rural America, we cannot hold up our heads among enlightened countries.”

HAVEN EMERSON, M. D.,
College of Physicians and Surgeons, Columbia University.

“If such service were available to the women of the country generally, there would be a saving of 10,000 mothers' lives a year in the United States, there would be 30,000 less stillbirths and 30,000 more children alive at the end of the first month of life.”

LOUIS I. DUBLIN, Ph. D.,
Third Vice President and Statistician, Metropolitan
Life Insurance Company, New York City.

“SEEN IN THE APPALACHIANS ON A TWO WEEKS VACATION IN SEPTEMBER”

“A one-legged girl on a mule, her crutches strapped to her saddle, traveling to town, a distance of twenty-five miles.”

“A family of eleven sitting down to a breakfast of corn bread and potatoes. The same family sitting down to a dinner of corn bread and potatoes. The same family sitting down to a supper of corn bread and potatoes.”

“‘Well's Outline of History’ on the shelf above the fire in a cabin inhabited by a so-called ‘ignorant’ mountaineer and his family.”

“A little girl eating her first dish of ice cream in the hospital at Hyden.”

—Excerpts from an article by Caroline Gardner.

HOW IS IT FINANCED ?

Chiefly by voluntary contributions, which have always been the means of blazing trails in pioneer work.

A small state subsidy.

Small fees from patients.

An appropriation from the Alpha Omicron Pi Sorority to finance the Social Service department which is under the direction of their Advisory Council.

A grant from the Carnegie Corporation to maintain a central record system.

WHAT IS THE BUDGET FOR THE CURRENT FISCAL YEAR ?

\$125,000.

HOW IS THIS MONEY SPENT ?

Let the record on a family over a period of one year, from September to September, point the answer:

Wiley and Sudie Davis are raising their brood up on Lonesome Fork. The year started with five children, and ended with six. The first event was on September 15th, when ten-year-old Bessie, the eldest of the lot, had her tonsils removed at the Frontier Nursing Service clinic. September 30th saw Sudie and four children at the Dental clinic. October was typhoid-inoculation month for the little Davises, all five of them. In November, Bessie, Tad and Edwin, the three old enough for school, fortified themselves against the winter by having Influenza-Pneumonia vaccine. Through the winter months Sudie, under the care of the Service, pre-

pared for the event on March 1st, when the Frontier nurse-midwife saw Doris into the world. The new baby succeeded to the screened crib, first made for Edwin and repainted in her honor. Wiley paid the five dollar F. N. S. fee in corn for the nurse's horse.

In June, Sudie's step-brother arrived very ill, after walking twenty-five miles from the railroad. The Service doctor and nurse looked after him, but he died within a few days of pneumonia following upon measles. Then three of the Davis children had measles and the Service nursed them through without complications. In July, five of the children were examined by a visiting child specialist at a pediatric clinic arranged by the Service. Shortly afterwards the three youngest had their T. A. T. shots and so completed the protection of the whole half-dozen against diphtheria. On August 7th Sudie had an operation at the F. N. S. hospital at Hyden, remained there two weeks, and then had the necessary aftercare following her return home.

WAITING AT A DELIVERY

"We settled down to the evening. As we talked we kept turning in our chairs like meat on a spit roasting one side at a time. The snowflakes blew in and tickled my face. I pulled my beret on tighter, gloves still on, and thought of the song, 'O Wert Thou In the Cauld, Cauld Blast.' Once I nearly stepped on a brooding hen. Dougall (the nurse) was kept busy throwing a cat and two kittens out of the window only to see them mysteriously turn up again under the bed."

Letter from a courier.

What did all this cost the Frontier Nursing Service? Here it is:

Tonsillectomy for Bessie.....	\$ 8.00
Dental care for Sudie and four children.....	6.00
Inoculations (5 typhoids, 3 T. A. T.'s, 3 Influenza-Pneumonias)	3.30
Delivery: Baby Doris.....	10.00
Full prenatal and postpartum care.....	20.00
Pediatric examination for five little Davises.....	5.00
Operation for Sudie and two weeks' hospital care (visiting surgeon's services without charge)	60.00
The nurse who cared for the Davises and ninety similar families receives an annual salary of	1,800.00
Her horse cost.....	125.00
His upkeep per year.....	200.00

The Davises are one of 1,775 families cared for by the Frontier Nursing Service during the year.

WHAT RESPONSIBILITY DO YOU FEEL FOR THESE AMERICAN CITIZENS?



BIBLIOGRAPHY

BOOKS

CLEVER COUNTRY

By CAROLINE GARDNER

Fleming H. Revell. Second edition with local map. Price \$1.60, postage paid.

"A most engaging narrative of the Kentucky Appalachians—The book is a human document."—*Saturday Review of Literature*.

"A stimulating story of the work done by the Frontier Nursing Service, into which has been woven romance, adventure, and humor."—*Chicago Evening Post*.

NURSES ON HORSEBACK

By ERNEST POOLE

MacMillan Company. 20 illustrations. Price \$1.60, postage paid.

" A vivid and readable picture of the country, the people and the indomitable nurses, with anecdotes of all sorts revelatory of the ways of a last frontier Readers of Mr. Poole's book are urged to follow it up with 'Clever Country'. The two little volumes give one something to think and talk about."—*The New York Sun*.

"Ernest Poole's new volume will introduce many readers to a new subject that is alive with human interest, most appealing in its story of happy and willing sacrifice and beneficent results, intriguing and picturesque in its background."—*The New York Times*.

"Adventurous, thrilling, romantic fascinating reading."—*Saturday Night*.

. . . . Ernest Poole has brought out with accuracy and discrimination, as well as with rare charm, the romance, the pathos, the hard work, the vital problems that must be met the possibilities that may be accomplished."—*The Norfolk Ledger-Dispatch, Norfolk, Va.*

INCOME AND HEALTH IN REMOTE RURAL REGIONS

By MARY B. WILLEFORD, Ph. D.

Frontier Nursing Service. Price \$1.60, postage paid.

" A fundamentally important contribution to this vital subject."—*C.-E. A. Winslow, Yale University.*

. . . . A fine piece of work."—*B. R. Andrews, Columbia University.*

REPRINTS

THE FRONTIER NURSING SERVICE

Miscellaneous Contributions on the Costs of Medical Care
Number 10

By ANNE WINSLOW

Committee on the Costs of Medical Care. Price 10c.

A FOREST SURVEY ✓

of Leslie County and the Red Bird River Section of
Clay County, Kentucky

By JULIA LEE, Master of Science in Forestry
and RICHARD D. STEVENS, Master of Forestry

Quarterly Bulletin of the Frontier Nursing Service. Spring, 1932. Price 10c.

A FRONTIER NURSING SERVICE ✓

By MARY BRECKINRIDGE, R. N.

American Journal of Obstetrics and Gynecology, St. Louis, Vol. 15, No. 6,
p. 867, June 1928. Price 5c.

IS BIRTH CONTROL THE ANSWER? ✓

By MARY BRECKINRIDGE, R. N.

Harper's Magazine, July 1931. Price 5c.

SUMMARY OF STUDY OF FIRST 1000 MATERNITY
CASES OF THE FRONTIER NURSING SERVICE ✓

By LOUIS I. DUBLIN, Ph. D.

Third Vice-President and Statistician
Metropolitan Life Insurance Company, New York City

Quarterly Bulletin of the Frontier Nursing Service. Summer, 1932. Price 5c.

THE CORN-BREAD LINE

By MARY BRECKINRIDGE, R. N.

Survey, August 1930. Price 5c.

A DAY IN THE LIFE OF A FRONTIER NURSE-MIDWIFE ✓

By MARTHA PREWITT

Frontier Nursing Service, Inc. Price 5c.

PERIODICALSTHE QUARTERLY BULLETIN OF THE FRONTIER
NURSING SERVICE, INC.

Frontier Nursing Service. Subscription price, per year, \$1.00; single copies 25c.

MOTION PICTURES

THE FORGOTTEN FRONTIER

By MARVIN BRECKINRIDGE

35 mm. print.—non-inflammable—Rental Price \$10.00

16 mm. print.—non-inflammable—Rental Price \$ 5.00

“An impressive telling of the work of the Frontier Nursing Service. The actual taking of the picture was as arduous and even as dangerous as some of the most renowned professional pictures.”—*National Board of Review Magazine*.

“A homely, humorous, tender, tragic movie, that needed no theme song or master of ceremonies to make one feel its unconscious and elemental greatness and artistry of the uncommon commonplace.”—*Pittsburgh Bulletin-Index*.

* * *

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DIRECTIONS FOR SHIPPING

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

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

Everything sent is needed and will be most gratefully received.

FORM OF BEQUEST

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

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

.....

.....

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

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

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

Suggestions for special bequest:

- \$50,000 will endow a field of the work in perpetuity.
- \$12,000 will endow a Frontier hospital bed.
- \$ 5,000 will endow a baby's crib.
- \$10,000 will build and equip a Frontier center for the work of two nurses.
- \$15,000 additional will provide for the upkeep, insurance, repairs and depreciation on this center, *so that*
- \$25,000 will build and maintain in perpetuity a center.

A number of these centers have been given and equipped, and provision has been made for the endowment of three.

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

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

Statement of Ownership

Statement of the Ownership, Management, Circulation, etc., required by the Act of Congress of August 24, 1922, of

QUARTERLY BULLETIN

Published Quarterly at Lexington, Kentucky, for September, 1932.

State of Kentucky }
County of Fayette } ss.

Before me, a Notary Public in and for the State and county aforesaid, personally appeared Mary Breckinridge, who, having been duly sworn according to law, deposes and says that she is the Director of the Frontier Nursing Service, Inc., publishers of the Quarterly Bulletin and that the following is, to the best of her knowledge and belief, a true statement of the ownership, management, etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1922, embodied in section 411, Postal Laws and Regulations, printed on the reverse of this form to wit:

(1) That the names and addresses of the publisher, editor, managing editor and business manager are:

Publisher: Frontier Nursing Service, Inc., Lexington, Kentucky.

Editor: Mrs. Mary Breckinridge, Wendover, Leslie County, Ky.

Managing Editor: None.

Business Manager: None.

(2)—That the owners are: The Frontier Nursing Service, Inc., the principal officers of which are: Mrs. S. Thruston Ballard, Chairman, Louisville, Kentucky; Mrs. S. C. Henning, Louisville, Ky., vice-chairman; Mr. C. N. Manning, Lexington, Ky., treasurer; Mrs. W. H. Coffman, Georgetown, Ky., and Mrs. Joseph H. Carter, Versailles, Ky., secretaries; and Mrs. Mary Breckinridge, Wendover, Ky., director.

(3) That the known bondholders, mortgagees, and other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages or other securities are: None.

(4) That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company, but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the corporation or person for whom such trustee is acting is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest, direct or indirect, in the said stock, bonds or other securities than as so stated by her.

FRONTIER NURSING SERVICE, Inc.,

By Mary Breckinridge, Director.

Sworn to and subscribed before me this 15th day of September, 1932.

WALLACE UTTERBACK, Notary Public,

Fayette County, Kentucky.

My commission expires June 8, 1936.

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.”

