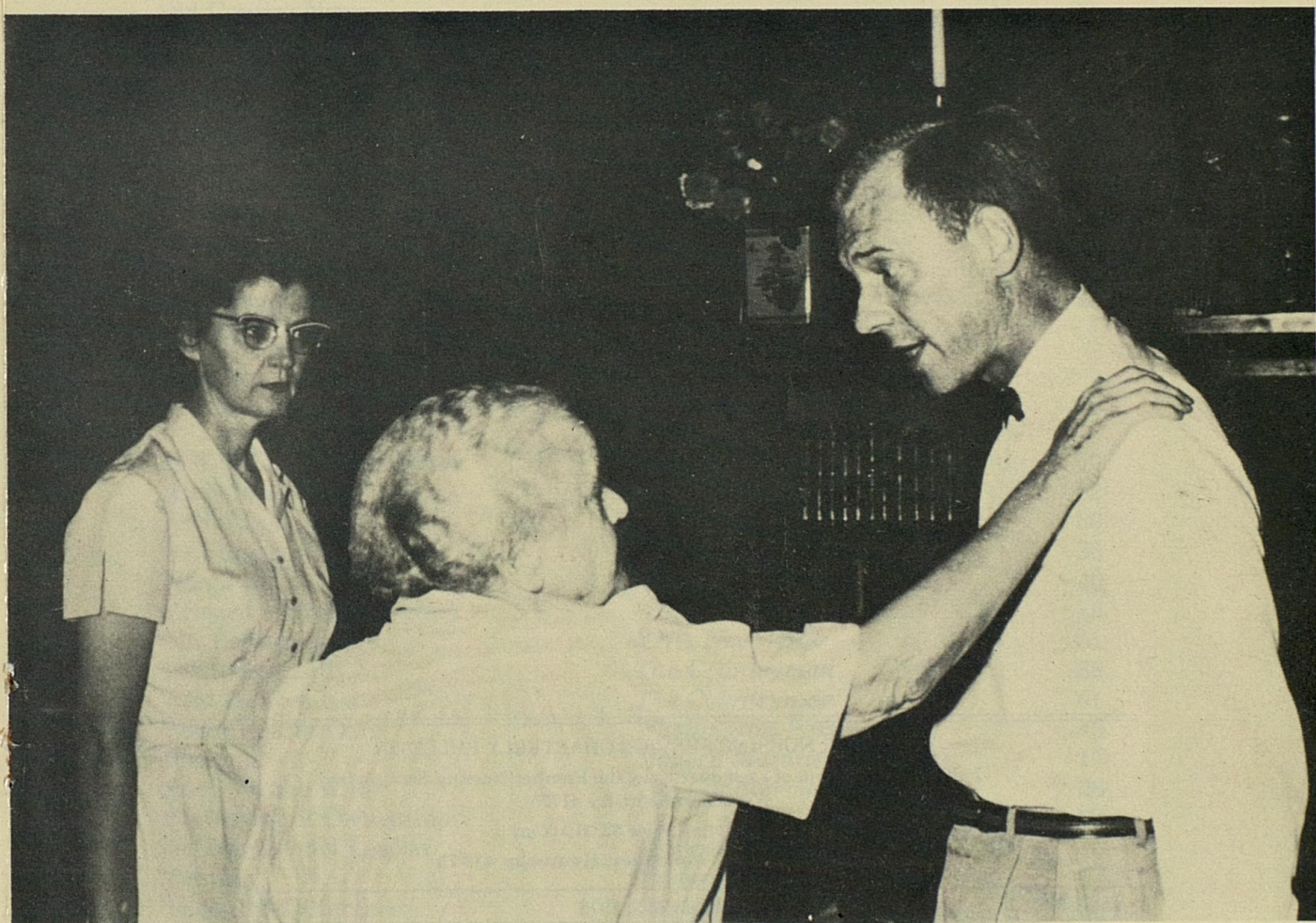


# FRONTIER NURSING SERVICE QUARTERLY BULLETIN

VOLUME 52

AUTUMN, 1976

NUMBER 2



THE THREE DIRECTORS OF FNS

US ISSN 0016-2116

COVER PHOTOGRAPH

“The Three Directors of FNS” — Mrs.  
Mary Breckinridge, Miss Helen E.  
Browne, Dr. W. B. Rogers Beasley. At  
Wendover — 1958.

---

FRONTIER NURSING SERVICE QUARTERLY BULLETIN

Published at the end of each quarter by the Frontier Nursing Service, Inc.  
Wendover, Kentucky 41775

Subscription Price \$2.00 a Year

Editor's Office, Wendover, Kentucky 41775

---

VOLUME 52

AUTUMN, 1976

NUMBER 2

Second-class postage paid at Wendover, Ky. 41775 and at additional mailing offices  
Send Form 3579 to Frontier Nursing Service, Wendover, Ky. 41775

Copyright 1977, Frontier Nursing Service, Inc.

## CONTENTS

ARTICLE	AUTHOR	PAGE
A New Look at Couriers	<i>Denny Doak</i>	18
A Report From the Boston Committee (Illus.)	<i>Elizabeth B. Dawson</i>	39
A Tribute to Dr. Anne	<i>H.E.B.</i>	21
American Public Health Association Convention	<i>The Nation's Health</i>	47
ANA Primary Care Conference	<i>Lillian Link</i>	13
Beyond the Mountains		41
"Brownie"		3
Disaster Drill	<i>The Leslie County News</i>	11
Field Notes		53
In Memoriam		27
Leslie Coal Association Honors Helen Browne	<i>Edward A. Mattingly</i> <i>Jack Maggard</i>	37
Old Courier News		23
Old Staff News		33
On Being a Volunteer	<i>Jim Fulmer</i>	7
Once Over Lightly	<i>W. B. Rogers Beasley</i>	2
"Painting in Wool" (Illus.)		29
Reflections	<i>Goldie Davidson</i>	5
The City Committee Chairmen Meeting	<i>Kate Ireland</i>	9
Trends in Infant Feeding: What Has Happened to Breast Feeding?	<i>Karen Gordon</i>	14
Settlement Institutions of Appalachia	<i>Denny Doak</i>	31
Urgent Needs		4
<b>Brief Bits</b>		
A Shepherd's Version of the Twenty-Third Psalm	<i>The Countryman</i>	48
A Well-Known Conductor	<i>Modern Maturity</i>	50
Alabama Law		52
Artful Dodger	<i>Modern Maturity</i>	36
Be Prepared	<i>Modern Maturity</i>	36
Here I Sit. . .	<i>Mary Breckinridge</i>	40
I Heard a Bird . . . (verse)	<i>William Alexander Percy</i>	26
"In Recognition"	<i>KNA Newsletter</i>	51
Obvious, Really	<i>The Countryman</i>	38
Real Heaven	<i>The Countryman</i>	61
Rural Health Care	<i>Washington Post</i>	49
Sharing	<i>Modern Maturity</i>	17
Snow on the Water	<i>The Countryman</i>	26
Statement of Ownership		63
Sunday School Lesson	<i>Modern Maturity</i>	10
Tabitha	<i>Modern Maturity</i>	17
Taste the Difference	<i>The Countryman</i>	30
"The Woman . . ."	<i>Oliver Wendell Holmes</i>	22
Unsuspected	<i>Modern Maturity</i>	50
Wanted	<i>The Countryman</i>	10
White Elephant		62

## ONCE OVER LIGHTLY

Since our October Board of Governors meeting, the administrative staff, with direction from Evelyn Peck, has been concentrating on several fiscal matters. Staffing patterns have been reviewed and staff allocated according to cost centers; a purchasing procedure was established to allocate supplies and equipment to these cost centers; thus, departmental budgets will emerge for our next fiscal year.

Controller Charles Thornbury's computerized billing service has significantly increased patient income, and the accompanying collection procedure designed by Administrator Kenneth Palmer has been implemented by our cashiers and business office staff.

Payment for the services nurses provide is a persistent problem; we have continued meeting with Health Commissioner McElwain and Commissioner Huecker of Social Insurance to explore a proposal for service-based reimbursement for Medicaid patients. Our legal counsel is reviewing an opportunity to enter a reimbursement demonstration for nurse practitioner services to Medicare patients.

We report this intensive staff concentration on fiscal affairs in the same moment that we report the activities of our City Committees in Philadelphia (page 29) and Boston (page 39) for the support of the Frontier Nursing Service. A new activity of Leslie County support is reported by (Governor) Edward Mattingly (page 37).

Staff stability is improving but not yet optimal. The goal of at least a year's commitment for nurses (in the hospital, in the Primary Care Center, on the districts, in the Home Health Agency, and on the faculty) is about 80% achieved. By next summer we may need to replace two of our eight physicians.

The faculty has worked unceasingly twelve months a year for the past six years in the expanded midwifery and family nursing program. A new School calendar has been developed which will provide the faculty some vacation time by limiting teaching to two semesters out of the possible three in each calendar year. Plans are drawn to initiate training of family nurses at district centers beginning in February of 1977, probably at Oneida and Beech Fork. Clinical space at Beech Fork is very limited, and we are searching for a method to expand that space.

Educational activities for the staff are not limited to the mountains. Three nurses attended a Nurse Practitioner Conference in Colorado (page 13); others the annual meeting of the Settlement Institutions of Appalachia (page 31). A summary of President-elect Carter's speech to the American Public Health Association, attended by staff, is presented on page 47.

Following a discussion by the FNS Advisory Committee, and with the recommendation of the Board of Governors, staff is designing a questionnaire to identify and elucidate short and long range goals for the entire Service. These questionnaires will be offered to Governors, Chairmen of Committees, local citizens and staff.

There have been four recent surveys of FNS activities by both official and professional groups. A grant application has been filed by Dr. Gertrude Isaacs with the Bureau of Health Manpower, requesting support for the education program. Hospital occupancy has increased steadily and the number of outpatient services are stable. Intensive effort and thought has been given by Denny Doak (page 18) to the expansion of courier services. More and more community activities are involving the hospital; a dramatic illustration is that of the Disaster Drill reported on page 11. The long-standing relationship with our older friends is described by Goldie Davidson on page 5.

Cordially,

W. B. Rogers Brasley

Director

## "BROWNIE"

"Dear Patsy,

Thank you again for inviting me to your dinner party for Brownie. I had a delightful time and enjoyed every one there. No wonder the Frontier Nursing Service is such a success; it always has such special people working for it. No one could have been more perfect to carry on after Mrs. Breckinridge died than Brownie. I honestly feel her part of the continuing greatness of that Service is as great as any other person's, even Mrs. Breckinridge's. She has seen it through those difficult, changing years when it could have just gone down in history, and is leaving it stronger, more qualified, more needed and able to cope with the changing world there. What a contribution for one woman to make! She can be very proud.

Affectionately,  
/s/ Frances"

. . . . .

Helen E. Browne—"Brownie"—will be leaving the Frontier Nursing Service in January of 1977. If ever a person has earned retirement it is Brownie but her friends are saddened by her decision.

Brownie's address, after the middle of January, will be

2 Front Street  
Milford, Pennsylvania 18337

Brownie, the gratitude of those who know you best, and know best what you have done for Frontier Nursing Service and for nursing, knows no bounds. Good luck and thanks for the memories.

## URGENT NEEDS

**2 Audiometers @ \$297.50 each ..... \$ 595.00**

At the ENT Clinic in early December, a total of 97 children were screened, and there will be a surgical follow-up in January for those needing surgery. The audiometers are most urgently needed.

**1 I-Vac ..... \$ 759.00**

An I-Vac is the instrument needed to control the rate of I.V. fluids and is extremely important for obstetrical patients when an induction has to be done, or to control the flow of fluids for infants and other patients who may be dehydrated, or for acutely ill patients who need precise control of fluids and medications. At present we have only one I-Vac and it is in such demand that we really must have a second.

**1 Large Food Mixer for the Dietary Department of the Mary Breckinridge Hospital ..... \$1,525.00**

This equipment is used for such things as meat loaf, potatoes, donuts and cinnamon rolls. The demand from the public for the cinnamon rolls and donuts became so great that these two items have had to be discontinued from the cafeteria menu until larger equipment can be obtained.

**1 Spectrophotometer for the Laboratory at the Mary Breckinridge Hospital ..... \$4,000.00**

For blood chemistries and other blood work which presently must be sent to a laboratory in Lexington. Our excellent laboratory technologists have increased the volume of work done in the lab. and have decreased the work which must be referred elsewhere. A Spectrophotometer would decrease the work referred out even more.

---

All of these "urgent needs" will pay for themselves in time but our budget will not allow FNS to make the initial expenditure without help.

## REFLECTIONS

by Goldie Davidson

Today I visited the new hospital here in Hyden. As I sat in the lobby, I noticed all the people passing back and forth—to see the doctor or to visit someone in the hospital, and I thought how good it was to know that we have such a nice place to go when we need help. Someone from almost every family in the county will depend on the Mary Breckinridge Hospital for some sort of care or help before a year is out.

Most people in this county knew Mrs. Breckinridge. She was the greatest thing that ever happened to us. Before she came and started the work at Wendover, people didn't have any way to get medical services. She loved all the people and wanted to help everyone. I can remember when families had no way of buying food and all they had to do was to go to Wendover and she would give them some kind of work which would help them feed their families. When a woman was expecting a baby, all she had to do was visit one of the FNS clinics and register and from then on she was closely attended as long as she needed care—and, in the beginning, the cost was only \$5.00 or \$10.00 for a new baby and a nice big layette.

Mrs. Breckinridge was concerned about all of her patients. I have seen tears in her big blue eyes when she was worried about a sick child—tears that she would wipe away on her apron. I can remember when she broke her back in a horseback accident but that didn't stop her for long. She was like a cowboy—after a time she was back on Teddy Bear, going about the job that needed to be done! One time when she came to our house to visit it was so cold that her feet were frozen to the stirrups and daddy had to take a hammer to break the ice before she could get off the horse. She went through hell and high water for people here in this county and left a trail behind her, showing the good she had done. There is Wendover, and the old Hyden Hospital, and all the outpost centers, still helping people every day—doing all they can for us. Now let us try to help the FNS.

I remember when a nurse would be called out for a home delivery. She would stay all night and into the next day to make sure the mother and baby were safe—and she would cook and help with the other children while she was waiting for the mother to

deliver the new baby. The FNS nurses have played a big part in our lives and I know many of us remember this. These are good memories. At Christmastime Santa Claus would visit everyone in the community, sometimes at the pageant at Wendover, sometimes on a sled drawn by "Old Blue", the Wendover mule. At Easter, we would all go to Wendover for our annual egg hunt, with Mrs. Breckinridge there to see that we had a good time, and to touch us all before we left. FNS made it possible for the young girls in our community to learn to sew and knit and quilt and helped us make clothing for school—and there was hot chocolate and cookies at the end of the classes because Mrs. Breckinridge said this would keep us warm on the way home. I can remember going with her to feed her chickens when I would carry her basket and help gather eggs. Once, on a winter day, when my father had to go to the clinic at Wendover, Mrs. Breckinridge was afraid he was cold so she found him an overcoat and a wool scarf and buttoned him up herself so he would be warm on the way home.

You don't forget things like that easily. It wasn't just my family—most of the older people who were here could tell how the FNS has helped them and their families. Many of us will remember others at Wendover—Agnes Lewis, Lucile Hodges, Betty Lester who is still with us in Leslie County and loved by everyone. There were Jahugh Morgan and his wife, Belle, and Lee Morgan, and Hobert Cornett who all spent many years at Wendover. I wish I could remember them all because they were good, faithful workers.

I wondered what in the world we would have done without our hospital. Anyone who has not taken the time to visit the new hospital should do so and see what is being done there. One day I walked into one of the rooms and saw an old lady holding the hand of her son who was dying. If he had had to go to Harlan or Hazard or Lexington, she would not have been able to be with him and comfort him in the short time he had left. Sometimes we grumble and complain about things at the hospital but we always go back when we need help!

The FNS needs our help now to continue to serve us. If each of us gave a small amount in remembrance of all the joy that has come to us from FNS, it would be a large amount for FNS and would mean a better Christmas for us all.



## ON BEING A VOLUNTEER

by Jim Fulmer

All my life I've heard and read about volunteers. Volunteers volunteer for everything—wars, peace demonstrations, libraries, political campaigns, charity drives, fire departments, Rotary Clubs, civic bands, even hospitals. There are so many volunteers sniffing around for things to volunteer for that it is getting almost as hard to land a job for no pay as it is to find paid employment.

When I received my degree in English from a fine liberal arts college in Massachusetts, with extracurricular background in radio, TV, drama, writing and cartooning, I had three choices: find a job for pay, find a reason to attend graduate school, or find myself with no money and no clothes and no food. I opted for the first choice. It took me a year to figure out that good jobs with pay are tough to get, even if you think you would be ten times as good as anyone else with a job. Finally, one organization did reply favorably. They could offer room and board, and they offered a surprising number of other things I was looking for in a paying job. That was FNS, so here I am: a volunteer.

During one of many enlightening conversations I have had since my arrival in early September, it was suggested that in every job there are rewards. No matter how trivial a job may seem, at least there is always the pay check. Except for the volunteer. The volunteer, by definition, looks for a reward other than money. Most of the time the reward is "experience", whatever that means. Other choice phrases include a chance to help people, a sense of responsibility, a need to learn.

The rewards of the volunteer are difficult to measure. In most cases, he (or she—let's assume "he" means anyone) must know exactly what he wants as a reward in order to gauge how successfully his time is being spent. The members of the organization also must have a clear idea of how their time with the volunteer can reward them. It is the responsibility of the volunteer to inform the organization what talents he has and what rewards he seeks; in other words, what he wants to get out of all this volunteer work. It is the responsibility of the organization to determine where the volunteer can help the most and still reap the benefits he desires. To do this well requires more effort than many people already established in a paid job care to provide. Luckily

deliver the new baby. The FNS nurses have played a big part in our lives and I know many of us remember this. These are good memories. At Christmastime Santa Claus would visit everyone in the community, sometimes at the pageant at Wendover, sometimes on a sled drawn by "Old Blue", the Wendover mule. At Easter, we would all go to Wendover for our annual egg hunt, with Mrs. Breckinridge there to see that we had a good time, and to touch us all before we left. FNS made it possible for the young girls in our community to learn to sew and knit and quilt and helped us make clothing for school—and there was hot chocolate and cookies at the end of the classes because Mrs. Breckinridge said this would keep us warm on the way home. I can remember going with her to feed her chickens when I would carry her basket and help gather eggs. Once, on a winter day, when my father had to go to the clinic at Wendover, Mrs. Breckinridge was afraid he was cold so she found him an overcoat and a wool scarf and buttoned him up herself so he would be warm on the way home.

You don't forget things like that easily. It wasn't just my family—most of the older people who were here could tell how the FNS has helped them and their families. Many of us will remember others at Wendover—Agnes Lewis, Lucile Hodges, Betty Lester who is still with us in Leslie County and loved by everyone. There were Jahugh Morgan and his wife, Belle, and Lee Morgan, and Hobert Cornett who all spent many years at Wendover. I wish I could remember them all because they were good, faithful workers.

I wondered what in the world we would have done without our hospital. Anyone who has not taken the time to visit the new hospital should do so and see what is being done there. One day I walked into one of the rooms and saw an old lady holding the hand of her son who was dying. If he had had to go to Harlan or Hazard or Lexington, she would not have been able to be with him and comfort him in the short time he had left. Sometimes we grumble and complain about things at the hospital but we always go back when we need help!

The FNS needs our help now to continue to serve us. If each of us gave a small amount in remembrance of all the joy that has come to us from FNS, it would be a large amount for FNS and would mean a better Christmas for us all.

## ON BEING A VOLUNTEER

by Jim Fulmer

All my life I've heard and read about volunteers. Volunteers volunteer for everything—wars, peace demonstrations, libraries, political campaigns, charity drives, fire departments, Rotary Clubs, civic bands, even hospitals. There are so many volunteers sniffing around for things to volunteer for that it is getting almost as hard to land a job for no pay as it is to find paid employment.

When I received my degree in English from a fine liberal arts college in Massachusetts, with extracurricular background in radio, TV, drama, writing and cartooning, I had three choices: find a job for pay, find a reason to attend graduate school, or find myself with no money and no clothes and no food. I opted for the first choice. It took me a year to figure out that good jobs with pay are tough to get, even if you think you would be ten times as good as anyone else with a job. Finally, one organization did reply favorably. They could offer room and board, and they offered a surprising number of other things I was looking for in a paying job. That was FNS, so here I am: a volunteer.

During one of many enlightening conversations I have had since my arrival in early September, it was suggested that in every job there are rewards. No matter how trivial a job may seem, at least there is always the pay check. Except for the volunteer. The volunteer, by definition, looks for a reward other than money. Most of the time the reward is "experience", whatever that means. Other choice phrases include a chance to help people, a sense of responsibility, a need to learn.

The rewards of the volunteer are difficult to measure. In most cases, he (or she—let's assume "he" means anyone) must know exactly what he wants as a reward in order to gauge how successfully his time is being spent. The members of the organization also must have a clear idea of how their time with the volunteer can reward them. It is the responsibility of the volunteer to inform the organization what talents he has and what rewards he seeks; in other words, what he wants to get out of all this volunteer work. It is the responsibility of the organization to determine where the volunteer can help the most and still reap the benefits he desires. To do this well requires more effort than many people already established in a paid job care to provide. Luckily

for me, at FNS people have been willing to spend time explaining things and helping me start towards my interests.

One of the hardest questions to answer for many volunteers is "what exactly are you doing here?" One reason is that some volunteers have no descriptive title. "Courier" satisfies most people. So does "administrator", "nurse", "secretary", "doctor". The role of a volunteer is often nebulous. All "volunteer" tells you is that you're not getting paid for whatever in heaven's name you're doing. Try to explain exactly what *you* do without using your descriptive title!

From September to December a descriptive title in my case might have been "Observer and Health Education Initiate". When I first arrived I worked in seven or eight departments in the hospital and in home health to get an overall picture of the FNS system. This, in addition to helping with brief radio spots in Hazard and working in the audio-visual department, has prepared me for working on Special Health Education Projects. One of the projects in which FNS is interested is to begin a radio serial, the content of which is undetermined. Other projects include newspaper articles on many of the departments in FNS, various audiovisuals, and an attempt at creating brief animated cartoons. These activities are chiefly in collaboration with the health education department. Ideas, suggestions, advice from the staff or from former staff members are indispensable.

Now that I have "made it" in the volunteer world, I believe I can safely suggest a systematic approach to volunteerism for budding volunteers:

1. Know why you are volunteering
2. Know your talents
3. Know the organization you are getting into
4. Make sure the organization knows what you want to get out of volunteering and what talents you have
5. Work with the organization to create an appropriate program that suits your needs and theirs
6. Do what you came to do.

It will take more than three months to become a veteran volunteer at FNS. There are plenty more months to come. Bring on 1977!

## THE CITY COMMITTEE CHAIRMEN MEETING

By Kate Ireland

At the suggestion of the Development Committee of the FNS Board of Governors, all of the FNS City Committee Chairmen were invited to Wendover last September for a two day meeting. Six cities (Boston, Chicago, Cincinnati, Lexington, Louisville and Washington) were represented by nine committee members, four of whom were chairmen. Members of the Blue Grass Committee in Lexington showed true "Southern Hospitality" by meeting the out-of-state members at the airport and giving them "bed and breakfast". Everyone arrived at the Mary Breckinridge Hospital in time for lunch in the cafeteria where Dr. Beasley and I outlined the plans for the visit.

As the district nurses, stationed at the outpost centers, are the vital link in the FNS system of health care, trips to the centers were first on the schedule. The group was divided with three people going to Beech Fork, three to Bob Fork and the remaining three to Brutus. Of the nine committee members, three were ex-couriers, two had visited before, and four had come for their first visit to FNS. All returned to Wendover that evening more knowledgeable of the capabilities of the family nurse and full of enthusiasm for the district work.

During tea, Brownie was asked to give an account of her audience with H. M. Queen Elizabeth II when she was presented with the insignia of a Commander of the British Empire. A delicious Wendover dinner was followed by lengthy discussions on donors, finances and couriers. The inevitable questions were asked: "How do we find new donors? How can we interest people in contributing to the FNS when they are so far removed from the field of action?" Dr. Beasley and Brownie discussed some of the changes in the FNS program and the increase in expenses. An explanation was given as to why nurses are not reimbursed for their services by third party payors and the reasons, therefore, that there is a specific need for an increase in contributions to cover the delivery of health care. Methods of stimulating interest and raising money by various cities were reported and suggestions were made as to how the courier program could be made more meaningful.

On Friday morning there was a comprehensive tour of the Mary Breckinridge Hospital, including the new dentistry department, the new mental health clinic, and the new Home Health Agency at the old hospital. The committee members then saw a film made by the Kentucky Educational Television and a carousel of slides which could be used in the various cities. At the final windup, more questions were asked, more suggestions made and challenges were given. All of the committee members spoke of the enthusiasm and dedication of the FNS staff who combined efficiency with compassion for their patients. As one committee member stated: "I've never believed in ghosts, but if they exist, then surely the ghost or spirit of Mary Breckinridge, and all of those who believed in her and followed her, is very much in evidence."

---

### Sunday School Lesson

The youngster was telling his family about his Sunday school lesson: Moses crossing the Red Sea.

"Moses had his engineers build a pontoon bridge across the sea," he related. "Then his people crossed it. Then his reconnaissance planes radioed and told him an Egyptian tank corps was about to cross the bridge, too. So Moses ordered his jets to blow the bridge up. They did. So Moses and his people were safe."

"Are you *sure* that's how your Sunday school teacher told the story?" asked his father.

"Well, not exactly," admitted the boy. "But the way *she* told it, you wouldn't believe it!"

—*Modern Maturity*, August-September 1974

---

'Wanted,' said the notice in the village shop window, 'a chest of old fashioned drawers: any size and condition suitable for painting,' —*Mrs. E. Pellew-Harvey, Lincs.*

—*The Countryman*, Spring 1976 Edited by  
Crispin Gill, Burford, Oxfordshire, England.

Annual subscription for American readers  
\$7.50 checks on their own banks.

## DISASTER DRILL



The place: Hyden Elementary School.

The time: Approximately 10:00 a.m., Tuesday, November 9.

Twenty eighth graders lay strewn across the hard tile floor of the main lobby, a mass of bodies and limbs and hair. Some coughed, some moaned, a few simply collapsed against a wall and stared. Suddenly, one girl, bent over with what seemed like severe stomach pains, straightened up. "Do we keep acting after the ambulance takes us to the hospital?"

The unusual scene was in preparation for a disaster drill held by the Frontier Nursing Service in cooperation with the Leslie County 4H Extension Service, the Hyden Elementary School, the Walker Funeral Home ambulance service and the State Highway Patrol.

According to Mary Breckinridge Hospital Administrator Ken Palmer, the semi-annual drills serve a dual purpose. First, they allow hospital personnel to design or reform a plan for handling a large number of emergency cases in the hospital that would realistically meet the need of the community. Second, frequent repetitions of the drills assure people in the area that the hospital is ready to serve them in case of a real disaster.

On the morning of the mock fire, 4H County Extension Agent Rufus Fugate briefed twenty members of Mrs. Regina Sizemore's eighth grade class on what to expect. Each "casualty" wore a tag noting the injury and was instructed on how a patient with such injuries would react. Later, upon notification that a twenty casualty "fire" had taken place, appointed head nurse Lillian Link began implementing the hospital disaster plan. Each member of the staff had an assigned task or role to play during the entire operation, from the employees in the business office to the doctors and nurses to the switchboard operator. Two nurses were sent to the school to determine the order in which patients would be sent to the hospital emergency room.

Then the action began. Ambulances arrived. A girl choked and gasped desperately. Several "burned" casualties cringed when touched. There was one boy "dead" on arrival. The hospital staff lined up at the emergency door and wheeled the patients into the emergency room for initial assessment. From there, the casualties were sent to various other departments for further treatment. In less than an hour and a half, what had been a collection of staggering, gagging, burn and smoke inhalation victims sat in the hospital cafeteria drinking punch and gulping cookies.

For the eighth graders, the experience was over, except for oral reports to other classes about the morning's events. "I've never been in an emergency room before," said one. Another wondered what it would be like in a real disaster. But for the hospital, the experience was just beginning. Soon after the drill ended, Dr. David Coursin, Lillian Link, and hospital switchboard operator Sue Hightower recommended several alterations in the old disaster plan. Peggy Burden, Nursing Care Coordinator, noted that "even though you're playing somewhat, it (the drill) does rehearse people and has to sharpen procedures." There would be extensive reviews of the plan and a staff meeting to discuss how to utilize more effectively the hospital facilities to meet the need of casualties during a real disaster. Drills similar to the one on Tuesday will be prepared again in the future, says Mr. Palmer, but, for now, the Frontier Nursing Service thanks again all those who organized and participated in last week's drill.

—Reprinted from *The Leslie County News*, November 18, 1976



[Editor's Note: The Frontier Nursing Service asks for continuing education funds for its staff. The following two articles illustrate how some of these funds are spent. Lillian Link describes the ANA-sponsored Primary Care Conference and Karen Gordon's report outlines some of the discussion following field workers' reports at the Human Lactation Center in Westport, Connecticut. The purpose of the Human Lactation Center's study was to make recommendations to USAID for developing useful programs related to infant feeding.]

## ANA PRIMARY CARE CONFERENCE

By Lillian Link, R.N., B.S.N.

On November 4, 1976, I had the privilege of attending the American Nurses' Association conference on Primary Care with two staff members, Laura Pilotto and Cindall Morrison. The conference, entitled "New Advances in Primary Care", was held in Denver, Colorado, co-sponsored by the Family Nurse Council and the Pediatric Nurse Practitioner Council of ANA. Since this was our first conference experience, we attended all the sessions with great expectations for learning.

The highlight of the conference was the educational sessions. We learned about "Patient Activation" from Dr. Keith Sehnert. The thrust of this session was a discussion of his method of helping patients to take more responsibility in their own health care. He has organized a special class for this purpose. We decided that this type of program would not be applicable at FNS because we prefer to share this learning, individually, with our patients.

The next session, entitled "Utilization and Reimbursement" was quite pertinent. The ANA has been working diligently in the area of legislation to grant fee for services delivered by nurse practitioners. Until we can gain some recognition for our services from health insurance agencies, we will continue to have a long battle.

The other educational sessions were focused on clinical practice. Dr. T. Barry Brazelton, a pediatrician, spoke about "Parenting and Anticipatory Guidance". He has formulated a simple tool for assessing neonatal development and uses this and other tools in guiding parents through the child rearing experience. Of particular interest was the session conducted by Dr. Marie Scott Brown on "Cross Cultural Look at Labor and Delivery". She pointed out the distinctions between positive and negative taboos in the American and other cultures, and her

discussion was also very informative about some special beliefs still operative in the U.S.

Lastly, Dr. Raymond Elliot ended the conference with an excellent lecture on "Behavior Disorders in Children". He discussed the distinction between the disturbed and disturbing child and his behavior and advocated "life space" interviewing as one means of dealing with daily crises.

Interspersed with the educational sessions were "rap sessions" for family nurses. There was a general consensus that nurse practitioners should formulate an umbrella organization within ANA to work toward common goals instead of having special interest groups for each clinical entity. We also learned that there is a lack of agreement on the title nurse practitioners should assume. "Nurse Clinician" seems commonly used for master's prepared practitioners, while "Nurse Practitioner" is generally recognized by our clients. This topic will be discussed again in future sessions.

Attending this conference gave us quite an insight into the practice of family nursing on a national level. Most of the nurses we met worked in urban areas and practiced in primary care. Few have as well defined protocols as we have at FNS in the *Medical Directives*. All of us who attended are in agreement that the new certification in Family Nursing represents a great step forward for our profession.

We are grateful for the opportunity to attend such a fine conference and to represent FNS.

---

## TRENDS IN INFANT FEEDING: WHAT HAS HAPPENED TO BREAST FEEDING?

By Karen Gordon, M.P.H.

Bottle, breast, spoon, dropper—throughout the world, infants are fed with different nutrients using various methods. For the majority, the best, and cheapest, prescription for an infant diet is Nature's own: breast milk. Known advantages of nursing and breast milk are convenience, a steady supply of all necessary

nutrients for the infant's first six months, and the immunologic protection of the infant. In spite of these features, this past decade has witnessed a decline in breast feeding in almost all countries. Breast feeding is done, on an average, among twenty-five percent of mothers in the U.S.A., compared with an average of over seventy-five percent among mothers in other countries. Moreover, women in rural areas have tended to breast feed more than urban women, among whom the decline has occurred most sharply.

Although no exact figures have as yet been compiled about contemporary breast feeding mothers in and around Leslie County, information from midwifery records and conversations with FNS nurse-midwives and local mothers suggest that breast feeding has been on the decline here too. This may be changing gradually—tipping the scale back to breast feeding. For example, among women who delivered at the FNS during the 1975-76 period, approximately half started out breast feeding. This is a higher percentage when compared with figures of the late 1960's and early 1970's when fewer women began breast feeding and use of a bottle was more in vogue. In the early 1960's it became more difficult to convince mothers they should breast feed their babies. Comments from nurse-midwives who had worked at the FNS during the 1940's and 1950's indicate that hardly a bottle was used. In the pre-bottle days, women here felt concern for neighboring mothers who were unable to breast feed.

What accounts for these changes, both in Kentucky and in other communities around the world? This is a question many individuals and organizations, especially concerned with infant feeding and health, are trying to answer. The reasons are many: promotion of formulas and supplementary foods through commercial channels, lack of strong medical and social support for breast feeding, changes in perception of the acceptability of breast feeding, and changes in the social and work patterns of women, which, in urban areas, often results in more frequent separation of mother and child. In this part of Kentucky, television, magazines and more frequent contact with larger cities has had an influence. This is true of other part of the world as well.

Most studies of infant nutrition and health have focused on the physical condition of the infant, rather than on the mother or other family member responsible for taking care of the infant. In a recent project involving field studies in several countries, the

woman's perspective became the focus for study. In order to try to explain different feeding patterns, more information was needed about what influences a mother's decision to breast feed or not, about how a mother copes with infants' feeding requirements in relation to the demand of daily routines, or against a changing family structure. Field studies were carried out among different groups such as Puerto Ricans and Cubans in Miami, Rastafarian Jamaicans in Kingston, coal mining people in northern Spain, East Indian Moslems in Trinidad, shepherd villagers in Sardinia, Igarot Mountain people in the Philippines, peri-urban Egyptian villagers, and islanders of St. Kitts in the Caribbean. The author's work was carried out among people living around the estuary of the Volta River in southeastern Ghana and, more recently, in and around Leslie County.

Initial comparisons of observations from these field studies point out that breast feeding continues to be more common in rural areas. However, in areas where more rapid economic change and more intense exposure to "technological goods" is occurring, greater use of bottles and supplementary foods in place of breast feeding is more common. Despite convenience of these other feeding methods, it is worth noting that they cost money, and among mothers in many communities throughout the world, this can constitute a major expense. Last year, a family nursing student at FNS did a survey of some costs of infant formulas in the Leslie County area. She found that in a two year period an estimated \$180-190 would have to be spent on cow's milk alone. (This is based on Berg's estimate that a child consumes about 95 gallons of milk in the first two years of life.) The price of powdered or liquid formulas for one infant could amount to an estimated \$25-35 per month, including bottles and other items.

In order to understand better why infants are fed by one or a combination of methods, it is helpful to know what practices have been carried out in the past. This historical perspective at FNS can be gleaned from records and accounts from staff and mothers in this area, which, hopefully, can tell us more about why decisions are made to follow a particular feeding practice. The value of this lies in being able more realistically to inform prenatal women and their families what are the options for infant feeding.

George Orwell once suggested that changes in national diet were probably more important events in a country's history than

changes in dynasty and religion. Perhaps in their own way bottles, breasts, spoons and droppers are more powerful than we realize.

### References

Berg, Alan, *The Nutrition Factor*, Washington, D.C., The Brookings Institution, 1973.

The Human Lactation Center, Ltd., "A Design for Improving Infant Feeding Practices in Third World Countries with Special Reference to Breast Feeding", Westport, Connecticut, 1976. (Mimeographed)

Wade, Nicholas, "Bottle Feeding: Adverse Effects of a Western Technology", *Science*, 184:45-49, 1974.

---

Tabitha, a cat, was outside during the biggest snow of the winter and her mistress tried in vain to find her. Upon calling the police station to inquire if someone had reported a "found" cat, Tabitha's mistress wanted the officer to know how important she was to the family. "She's so intelligent, officer, sometimes she almost talks to me."

"In that case, ma'am, said the impatient voice on the phone, "you better hang up. She may be trying to call you."

—*Modern Maturity*, June-July, 1969

---

### Sharing

"Teresa," scolded her mother, "how many times must I tell you that new sled isn't just for *you*? Now you just take turns with your little brother!"

"That's what we're doing!" Teresa protested. "I take my turn going down the hill and he takes his going up."

—*Modern Maturity*, December-January 1975-76

## A NEW LOOK AT COURIERS

by Denny Doak

The Frontier Nursing Service has gone through a minor metamorphosis in the last few years with the opening of the new hospital, the changing of directors, the closing of some districts and the opening of others, the disappearance of the horses and stock, the entrance of the home health program to the scene. Responding to an appeal by Dr. Beasley, via Nancy Dammann's newsletter to the couriers, I decided to return to Leslie County to see what I could do to nourish the incredibly valuable volunteer program.

Six years ago I spent nine of the most educational, most growth-provoking and most exciting months of my life here—three months as a courier and six months working the night shift as an aide on the maternity side of the old hospital. I guess I felt some hesitation when I decided to return. Had Leslie County changed? Would I be as blissfully happy there in 1976 as I was six years ago? The drive up the Wendover Road, badly pocked by too heavy coal trucks, bounced into non-existence any slight doubt or fear I'd had. My heart swelled with feelings of love and belonging. I was "home" and I was glad.

It had been some time since there had been a resident courier at Wendover so there was no one to devote full time to the needs of the Courier Service. And without someone to work with both couriers and staff, constantly, it had been difficult to develop new, and interesting jobs for them to do. So my job has been easy! Everyone needs more help and the couriers enjoy doing the work—after all, that's what they are here for! The only difficulty I'm having is that I've unearthed so much to do that we may need more than the usual three or four couriers at a time.

What do the couriers do these days? Well, what *don't* they do? There is still shopping for Wendover. And, of course, there are courier "rounds" (carrying mail, supplies and records between Hyden and the outpost centers). Every evening a courier works in the emergency room, taking vital signs and generally being of help. This is only after they have spent a day on the medical-surgical ward being trained to take temperatures, blood pressures, pulses, etc.) Trudy Isaacs needs lots of help with her research projects, and the pharmacy, the laboratory and medical records

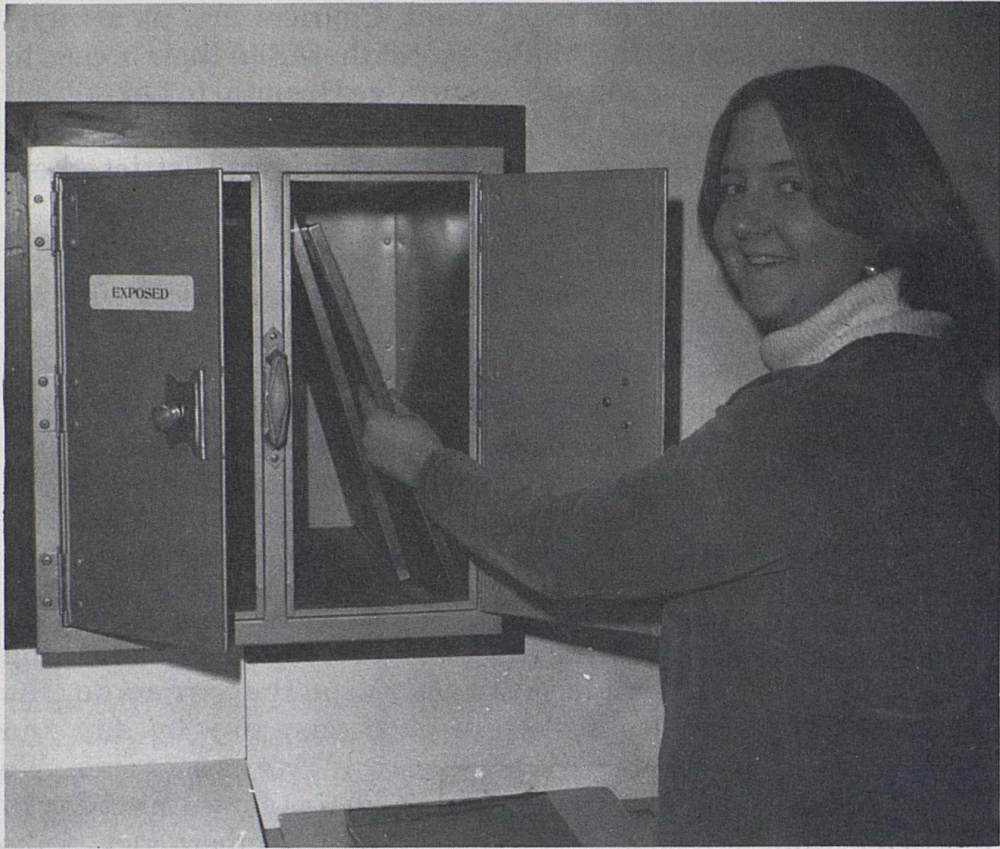
are always in need of an extra hand. Couriers are, as always, involved with patient transportation—either from their homes to the hospital or from the Mary Breckinridge Hospital to Lexington, Cincinnati and Louisville. Couriers are encouraged to make visits to homebound patients, especially in the Wendover District where there is no longer a nurse.

How some of the couriers' time is spent is determined by their own interests and talents. Some come to gain familiarity with the medical world, in which case they may work in an outpost center clinic. Work needs to be done in the garden at Wendover, or on the grounds of the hospital, or painting at centers, or washing jeeps. Often there is typing to be done if there is a willing volunteer. Other programs in Hyden may "borrow" couriers if there is time and interest—such as Hope House, where there is an adult activity program for the mentally retarded, the schools or the public library.

Name your interest or need and we will try to figure something out! Actually, it's difficult to say exactly what the couriers do. The needs of the hospital and district staff vary day by day and couriers' interests are so variable that *anything* can happen. We can all go to bed at night with one plan of action for the next day in our heads and, in response to an urgent need or emergency, wake up in the morning to an entirely different schedule. If there is one quality a courier does need, it's flexibility.!

Over the years, the majority of the couriers have been girls who have completed their secondary education, but, more recently, a number of young men have also volunteered their services to FNS. After all, men deserve the experience as much as women, don't they?

Yes, there have been changes in FNS and in Hyden but it's still the same place. The muddy Middle Fork still wends its slow, quiet way to the Kentucky flat lands. The red birds still sing us awake of a morning, and you can still hear some fine banjo picking if you've a mind to. The independent, proud spirit of the mountain people is as strong and unchanging as the spirit of their mountains. As a courier, I gained so much from my experience here. A whole new view of the world and what is truly important in life was revealed to me. The courier program is tremendously valuable. It not only provides FNS with a means of getting vital work done but it also



Courier Taddy Clow in the Mary Breckinridge Hospital X-Ray Department

Photo By Gabrielle Beasley

offers people not fortunate enough to be born in these parts an opportunity to experience at first-hand and for an extended period of time, life in an old, different and very American culture.

---



## A TRIBUTE TO DR. ANNE



Photo By Gabrielle Beasley

From New Hampshire to Kentucky is the long stride that was taken by Dr. Anne Wasson when she enquired if she could come and work with FNS. Could she?! In 1970 we were very much in need of a physician with her background and experience in family medicine.

Dr. Anne first came to FNS as a summer vacation relief for our two physicians, but it was not to be quite that way. The two physicians decided they must move on, so Dr. Anne arrived to find she was the sole physician in charge. She worked long hours and,

in spite of it all, she fell in love with FNS and returned the following year as a regular member of the staff.

As I look back over the years, I realize what a lot Dr. Anne has done for FNS. Her interest in the families who come to us for care comes first to mind; her ability to give a quiet word of practical advice has been of great help to younger physicians on many occasions. She has that sixth sense which helps her to do the right thing at the right time for the good of the patient. Her mental capacity is almost too great for her small physical stature, so one has to warn her against overdoing at times.

Dr. Anne's interest in the young medical and nursing students who come to us to learn is always in evidence. It is a rare individual who has the ability to retain and to share with others so much knowledge and experience. Fortunate, indeed, are the students in the Frontier School of Midwifery and Family Nursing who have learned under Dr. Anne's guidance.

Quite beyond measure is all the paperwork done for us by Dr. Anne. She has drawn up detailed plans for utilization review for the Mary Breckinridge Hospital and for the FNS Home Health Agency, and she has been a faithful monitor of the Medical Records Department. The latter is no mean task when one realizes there are some sixteen thousand records in the files.

Dr. Anne has set the example that family medicine in the FNS can be both stimulating and exciting. She has stayed with us longer than any other physician in many a year. For all this and more we thank you, Dr. Anne.

H.E.B.

---

"The woman about to become a mother or with her newborn infant upon her bosom should be the object of trembling care and sympathy wherever she bears her tender burden or stretches her aching limbs. . . . God forbid that any member of the profession to which she trusts her life doubly precious at that eventful period, should hazard it negligently, unadvisedly or selfishly."

—Oliver Wendell Holmes

## OLD COURIER NEWS

**From Debbie Bowditch Day in Pontfaen, Wales**

**—September, 1976**

Chris [her husband] is from these parts, hence our reason for being in Wales. It is a most beautiful part of the world. Most of our efforts these last years have gone into resurrecting ruins—much building work which we've done ourselves. We are, at the moment, on our second building project—we'll be leaving our most loved first home in order to have a homestead with more land so we can keep more animals and a cow. We've had goats here but they cost me a lot of work walking them miles for their grazing. Still, 'twas a nice occupation. At present I'm not so actively helping Chris build our next home since in three months we'll hopefully see the birth of our first child.

. . . . .

**From Amy Stevens Putnam in Wayland, Massachusetts**

**—October, 1976**

It seems hard to believe that our oldest, Carol, is a senior in high school and looking at colleges. She is very busy with presiding over the Student Government, as well as enjoying a lighter course load. She is also seriously considering a year off, looking into the "Up With People" program, and wants information on other possibilities. You guessed it—I've mentioned FNS. I think she would really enjoy it so would you mind sending us some information.

I wish I could do more with the FNS Boston Committee, and my heart is there. However, as a "senior" volunteer therapist carrying a substantial case load at the Youth Guidance Center in Framingham two days a week, I really have little time left—which goes toward family mostly.

. . . . .

**From Bonnie Witrak Scanlon in Excelsior, Minnesota**

**—October, 1976**

I have just recently married and am currently a second year medical student at Mayo Medical School.

**From Becky Johnson in Philadelphia****—November, 1976**

I am living in a big, old three-story house in West Philadelphia with six other people about my age. We share cooking and jobs and expenses and are all good friends at that! My time is mostly spent going to school. I did not get into medical school, but am reapplying with hopes of being admitted the second time. If not, I may go to nursing school. My courses this year are at the nursing school at the University of Pennsylvania.

. . . . .

**From Cornelia Hamilton, M.D., in Edinburgh, Scotland****—November, 1976**

I am in Scotland doing breast cancer research in the department of clinical surgery at the Royal Infirmary, Edinburgh. I am on an NIH grant from Case Western in Cleveland. Besides the research there is lots to do and see in Edinburgh—museums, concerts, etc. Also, I am trying to improve my English saddle techniques and have entered a weekly class. I am afraid my Western saddle habits do not make me the star pupil!

. . . . .

**From Marty Richardson in Orono, Maine****—November, 1976**

I'm enjoying myself here at school a lot—I don't want to leave next year for the last half of the program in Portland! That'll be clinical work, though, and we're all eager for that.

. . . . .

**From Lydia Mueller in Middlebury, Vermont****—November, 1976**

College has been very busy for me so far. I have only recently become acquainted with all the dorms and the people on my hall. My courses are going well, and my roommate and I are compatible, so those potential problems were solved for me!

**From Lisa Greene in Princeton, Massachusetts**

**—November, 1976**

I'm working at the nursing home until mid-December and then I'm off for a semester in Spain. I'm very excited and wish I had time to fly down for a visit before I leave. I think about Wendover and all of you so often! I'm now applying to nursing schools for next fall.

. . . . .

**From Polly Beckwith Hawkes in Greenwood, Virginia**

**—December, 1976**

I'm seriously considering midwifery for the future. I finished nursing school this past May and got the official R.N. after taking the boards this summer. I worked here at the University of Virginia Hospital on an acute medical ward until five days before the little one [See Babies] came and I thoroughly enjoyed it. I'll be taking six weeks or so off and then will return to work part-time. Being a mother is really a new experience—fantastic. Dave and I couldn't be happier with the baby.

. . . . .

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

**California—December, 1976**

We have a super new house with lots of room. It's just a joy! This is the winter we will be studying in London for three months. It should be great fun and interesting.

. . . . .

**From Melissa Morris Charest in Seneca, South Carolina**

**—December, 1976**

Memories go back to five years ago at Christmas when I was a courier with you. Presently I have finished at Clemson University and am a nurse in Labor and Delivery which I enjoy very much. We have fifty to sixty deliveries a month.

. . . . .

**A Wedding**

**Miss Mary Carlyle Carter to Mr. Charles Henry Heinle in Evanston, Illinois, on October 30, 1976**

### Babies

Born to Mr. and Mrs. Brian W. Pate (**Jeanne Black**) a son, Peter John, on September 23.

Born to Mr. and Mrs. Charles Beach III (**Helen Parrish**) a daughter, Susan Taylor, on November 10.

Born to Mr. and Mrs. David Hawkes (**Polly Beckwith**) a son, Nathan Christopher, on November 27.

Congratulations and best wishes, one and all!

. . . . .

Our sincerest sympathy to **Betsey Schadt Shelton**, whose father died in August of this year, and to **Margie Watkins**, whose mother died suddenly on November 12.

---

I heard a bird at break of day  
Sing from the autumn trees  
A song so mystical and calm,  
So full of certainties.  
No one could listen long, I think  
Except upon his knees.  
Yet this was but a simple bird  
Alone amongst dead trees.

—William Alexander Percy

## IN MEMORIAM

For none of us has life in himself,  
and none becomes his own master when he dies.  
For if we have life, we are alive in the Lord,  
and if we die, we die in the Lord.  
So, then, whether we live or die,  
we are the Lord's possession.

—The Draft Proposed  
Book of Common Prayer

Twice annually, we present this "In Memoriam" as a thanksgiving for those members of the Frontier Nursing Service who have recently died: members of our city committees, our Board of Governors, and our Trustees, members of our Nursing and Medical Councils and Advisory Committees; and, finally, those friends who in their concern for this demonstration in the care of mothers and babies and their families, generously included the FNS in their will. Without this loving support and commitment, the FNS could not have reached out to the homes of those in need, nor be available with the best of equipment in the Mary Breckinridge Hospital, nor provide model training in comprehensive primary care to health professionals.

**Mrs. William Marshall Bullitt**, Member Emeritus of our Board of Governors and former chairman of the Louisville Committee, who died in July of this year, made FNS a part of her vigorous life for the past forty-eight years. Both her daughter, Mrs. C. Virgil Christian, and her granddaughter, Mrs. Porter Watkins, were couriers. We extend our sympathy to her family.

A life-long friend to the FNS and a member of our Detroit Committee, **Mrs. Edsel B. Ford** of Grosse Pointe, died in October. Her sensitive concern and determination to help meet the needs of others made her a significant participant in many cultural institutions in Detroit and throughout the world. This very practical lady has continuously provided us with vehicles.

**Mrs. Dewey Hendrix**, who died suddenly in August, was an outstanding educator and citizen of Leslie County, and member of

our Wolf Creek Committee. She and her family have been staunch supporters of the FNS for many years, both in local committee work and in the development of the Mary Breckinridge Hospital.

**Mrs. William W. Philler**, Wynnewood, Pennsylvania, a former Philadelphia Committee member, died in June. **Mrs. Willis W. Reeves**, former chairman of our Hazard Committee and friend for more than twenty-five years, died in November. **Mrs. John B. Swift** of Chestnut Hill, Massachusetts, a former member of our Boston Committee, continued her long-standing interest in that committee's activities on behalf of the FNS until the time of her death. **Mrs. Edith Woods** of the Hyden Committee died in August. Not only was she a personal friend and helper to many of our older staff members, but her entire family participated in the growth of the Bull Creek Clinic, the Hyden Hospital and the Mary Breckinridge Hospital.

**Mrs. Josephine Crozer Ludlow** of Ardmore, Pennsylvania, who has followed the FNS through its Bulletin for more than thirty years, died in August at the age of 87, leaving the Frontier Nursing Service her home. **Mrs. Edward C. Wilson** of Phoenix, who became interested in the FNS through her brother, Mr. John Leslie, died in June, leaving the FNS a legacy. **Mrs. Glen Rucker** of Georgetown, Illinois, visited FNS in 1950, and after twenty-five years of participation in FNS activities, generously remembered FNS in her will when she died in February of this year.

We have just learned of the death of **Dr. George H. Whipple**, of Rochester, New York, a member of our National Medical Council, on February 1, 1976, at the age of 98. Dr. Whipple won the Nobel Prize in 1934 for discovering that liver was an effective treatment for anemia.

For the encouragement and enthusiasm of these generous persons and for the examples of many more, we give hearty thanks; and in extending sympathy to their families, we wish them happy memories.



## “PAINTING IN WOOL”



Mrs. Mason Daley, Mrs. Robert S. Gawthrop, Jr., Chairman of the FNS Philadelphia Committee, and Mrs. Robert H. Jones with sections of the needlepoint rug.

The FNS Philadelphia Committee, under the chairmanship of Mrs. Robert S. Gawthrop, Jr., has embarked upon an unique endeavor for the benefit of the Frontier Nursing Service.

The Sinkler Needlepoint Studio in Radnor, Pennsylvania, owned by Mrs. E. Norton Hunt, was asked to add to its list of unusual specialty designs by creating an eight foot four inch by six foot four inch needlepoint rug. Separate sections of the rug will be stitched by members of the Philadelphia Committee and other interested needlework artists. The rug was designed by Lana Tapykoff of the Sinkler Studio and depicts a view of a tree from above with many branches full of American song birds. The predominant colors are green and off-white with the birds, some twenty-five of them, in bright prime colors. The rug was cut into

separate sections and the stitching will be done in the best tradition of needlepoint using three-ply Persian rug yarn and employing the classic "Basket Weave" stitch (done diagonally up and down the canvas), which Mrs. Hunt teaches at her studio and says is far and away the best stitch because it does not stretch the canvas out of shape. Among the members of the Philadelphia Committee who are working on sections of the rug are Mrs. Gawthrop, Mrs. Ernest Von Starck, Mrs. J. Gibson McIlvain II, and Mrs. John B. Harkins.

The sections will be finished, and the rug sewn together, by November 10, 1977. We do not know what fortunate person will acquire this exquisite heirloom but we do know that the proceeds of the rug will come to the Frontier Nursing Service.

The art of needlepoint is ancient, according to Mrs. Hunt. The famous Gobelin tapestries are beautiful examples of the sort of thing done in antiquity, and many castles in Europe still display tapestries of antique origin. Petitpoint—tiny stitches, hundreds to the inch—was once "the forbidden stitch" in China and was outlawed there because it was thought to cause blindness. Mrs. Hunt describes the stitching as "painting on wool". Whatever one calls it, the beauty of the Philadelphia Committee's rug project is readily apparent from the accompanying photographs.

Anyone who is interested in further information about the Philadelphia Committee's needlepoint rug project should write the Chairman, Mrs. Robert S. Gawthrop, 800 Sconnelltown Road, West Chester, Pennsylvania 19380.

---

### Taste the Difference

Edward, aged 4½ years, sampled the carrots his father had just produced from his town patch and declared, 'Mummy, it's the first time I've had home-made vegetables!'—*Mr. and Mrs. S. G. Layton, Hertfordshire.*

—*The Countryman*, Summer 1976, Edited by  
Crispin Gill, Burford, Oxfordshire, England.

Annual subscription for American readers \$7.50 checks on  
their own banks.

## SETTLEMENT INSTITUTIONS OF APPALACHIA

by Denny Doak

"Settlement Institutions of the Southern Appalachians is a private, non-profit, rural organization designed to promote and provide programs, services, and development to the immediate community or nearby surrounding area in which it is located."<sup>1</sup>

Independent schools and service centers of Appalachia have come to recognize, more than ever before, their common goals and diversified strengths. From Georgia to Ohio, settlement institutions are attempting to foster education and community development; physical and spiritual health, and effective Appalachian leadership. In order to provide a regional forum for conferences, workshops and seminars, the Settlement Institutions of Appalachia was incorporated in 1970 and empowered to help finance and coordinate the programs of its members. The group continues to meet because of a desire for fellowship and to discuss jointly initiated projects and to exchange ideas. As a non-profit consortium of schools, agencies and interested individuals, SIA serves as an invaluable outlet for sharing thoughts and initiatives.

The Frontier Nursing Service is the most recent member of SIA, having joined within the last year. Other members include the Red Bird Mission at Beverly, Kentucky, (an extensive United Methodist enterprise providing schools, a hospital and many other services to the eastern Kentucky area), Pine Mountain Settlement School, near Harlan (an environmental education center), and the Hazel Green Academy, Hazel Green, Kentucky (a boarding and day school providing education for mountain youth).

On November 5 and 6, the 1976 annual meeting was held at Berea College in Berea, Kentucky. The meeting provided an opportunity for the members to become reacquainted with the needs and roles of other members and to discuss future plans. The four of us who attended the meeting from FNS were most impressed. The dedication and devotion with which these organizations serve the Appalachian community is inspiring, and the people involved were warm and sincere.

<sup>1</sup>*Settlement Institutions of Southern Appalachia* by Loren Kramer

Elsie Maier, Coordinator of Family Nursing for FNS, was invited to join a panel in an educational and informative and, yes, even tear-provoking discussion of what is happening in Appalachia in the areas of education, health, environment and reclamation, and Appalachian self-identity. Later special interest groups met to share ideas and develop goals and plans.

A most enjoyable part of the meeting was a performance of traditional mountain dances by the Berea College Country Dancers. Then, much to the pleasure of us all, they led us in several Appalachian dances.

---

### Snow on the Water

In April last year while we were staying in a cottage on the Norfolk coast, my fourteen year-old son Christopher and I took an outboard dinghy on to Hickling Broad. We were only halfway across the first stretch of water when the snow started to fall and soon the banks and reedbeds disappeared in a swirling mist. Christopher and I were as white as snowmen and we felt lonely and primitive out there on the open water. Indeed we were a little frightened for whichever way we looked there was snow driving into our eyes. We seemed to be alone in a world of whirling snowflakes and grey water. When the weather cleared a little we saw a pair of Canada geese sailing past quite close and a crested grebe rocking on the waves and diving under the surface. We passed through flotillas of black and white coots, and herring gulls swooped low over our heads. The sun came out, touching everything with a pale light, waking a golden echo in the reeds and turning the greyness of water and sky to a silver radiance. Trees stood gaunt on the distance banks but there was no sign of human habitation. The snow was falling again and the wind hurled the flakes into our faces. We could see nothing but snow and reeds and grey, ruffled water. At last we came to a gap in the reeds and saw the blue sail of a yacht and a red roof beyond. A few minutes later we were chugging up to the boatyard, but when I closed my eyes that night I saw again the soft movement of ever-falling snow, swaying reeds and wild white wings over shining water. —Frances Wilding.

—*The Countryman*, Spring 1972, Edited by  
Crispin Gill, Burford, Oxfordshire, England.

## OLD STAFF NEWS

### From Arlene Schuiteman in Ethiopia

—September, 1976

Last Thursday I was supervising student nurses in the Labor and Delivery room at St. Paul's Hospital when someone called asking me to look out of the window. What I saw filled me with joy and excitement! I hurried down two flights of stairs and went outside where I could get a better view. Surrounding the sun there was a huge black cloud in a perfect circle. Along the outer border of the cloud was a beautiful rainbow, then a space of blue sky and then another circular rainbow. It stayed for over an hour.

I'm enjoying teaching obstetrics to a class of fifty-two student nurses in their third year. Twelve of this group are my responsibility for practical experience. Days are full and busy.

. . . . .

### From Mary Bradish in LaSalle, Illinois

—September, 1976

Words of thanks are not enough to express my gratitude for the very special privilege you granted me, giving me staff privileges so that I was able to accompany my friend and her husband to Hyden where they experienced one of the most euphoric moments in their married life—giving birth to their child in the Mary Breckinridge Hospital. Much hospitality and many kindnesses were shown us while at M.B.H. I cannot thank you enough for making all of this possible. I am now in private practice with an obstetrician and enjoy every minute of my work. He is also pleased with the "special" services I am qualified to render, thanks to FNS.

. . . . .

### From Nancy Staheli in Perham, Minnesota

—October, 1976

I'm enjoying my work in this area very much and am encouraged by the growing interest in nurse-midwifery care shown by the community. I'm working in New York Mills, at the community hospital and clinic. This is a town about eleven miles from Perham. I have a case load of around thirty patients in maternity care and give care also to a number of patients

requesting PAP smears, family planning and well child care. Much thanks to FNS for the training which has opened the doors to really satisfying practice.

. . . . .

**From Agnes Lewis "on the road"**

—November, 1976

It was great fun being with Brownie and Freddy [Holdship] in Pittsburgh for the meeting and I was thrilled to see so many of the couriers whom I had not seen since they were with us in the 30's. And I was delighted to see Dr. Kooser after so many years. Of course, the Boston Preview was fun and I loved my three evenings with Mardi and Pete [Perry]. Susan Morse Putnam came over one afternoon and we had a good visit—she was a courier with Fran Williams [Perkins] in the early 30's. Now I am with Marion [Shouse Lewis] and Lillian [Brice] and we go for dinner tonight with Vanda [Summers]. After snow in Boston it's nice to have sunshine and warmer weather here.

. . . . .

**From Marion Adams Frederick in Reading, Pennsylvania**

—December, 1976

It's hard to believe eighteen years have elapsed since I was down in the hills of Kentucky. Mrs. Breckinridge's dream touched many, many lives. What a magnificent person she was!

. . . . .

**From Peggy Irving in Richmond, Kentucky**

—December, 1976

I have missed Wendover and all those there so much. I am working four days a week at Pattie A. Clay Hospital and am a part-time student this semester. It's a grind but all is going well and I enjoy being kept busy (it's a good thing!).

. . . . .

**From Dodie Helwig Roberts in Enumclaw, Washington**

—December, 1976

We have had a Rotary exchange student with us from New Zealand. Hemi is a darling—talented, personable and with lovely manners. It will be hard to give him up next month, when he

leaves for home. Hemi has been a good experience for our two youngsters still at home.

. . . . .

**From Edith Clark in Creston, B.C., Canada**

**—December, 1976**

Although not practicing midwifery to the fullest (except for delivering local dogs!), I still find it very helpful in my postpartum baby visits and prenatal classes. We are just starting to get some winter weather after a beautiful fall. It will be a short one as I plan to relax in Hawaii for two weeks in March. I enjoyed a visit with Molly Lee on the phone in July. I live 250 miles north of her friends.

. . . . .

**Newsy Bits**

Our congratulations to **Ruth Hacker Farmer** on her appointment as the Hyden postmaster.

From Lend-A-Hand Center in Walker, Kentucky, **Peggy Kemner** reports that in addition to all the nursing activities, they harvested about a thousand bushels of corn.

**Anne Cartmell Elder** has finished her thesis, on early identification of learning disabilities, for an M.A. through the Goddard College off-campus program, and has a new position as Learning Disabilities-Behavior Disorders Consultant for the Lorain City Schools.

. . . . .

**A Baby**

Born to **Mr. and Mrs. Edward Fallo** (Judy) a daughter, Wendy Marie, on November 23, 1976. This young lady was assisted into the world by her mother's colleague at the Cutshin Mission Clinic, nurse-midwife Clara Jefferis, at the Mary Breckinridge Hospital.

. . . . .

We have just learned of the death of **Mary L. Hollins (Holly)** in New Zealand in November. Her sister has written: "She did a day's work and returned to her motor caravan home where she was found dead an hour later. She was 76 and had always hoped

she would 'die in harness' as she put it. She has had a good life of devotion and service to others and I think must have been an inspiration to many in four of the five continents."

Holly joined the staff of the FNS in 1936 and worked with us as a nurse-midwife until the beginning of World War II. We extend our sincere sympathy to Holly's sister and other members of her family.

---

### BE PREPARED

"Will you tell the court how far you were from the spot where Mr. Blank was shot?" asked the counsel for the opposition.

"I was just fourteen feet, eleven inches away," replied the witness.

"Will you tell me how it came about that you know the distance so specifically?"

"I measured it, sir. I was pretty sure some fool would ask the question sooner or later."

—*Modern Maturity*  
December-January 1966-67

. . . . .

### ARTFUL DODGER

Hubby was tired of drying the dishes every night after dinner.  
But how was he going to get out of it?

He spent several days thinking of artful dodges.

And then the big idea struck home.

On his wife's birthday, he surprised her with a complete set of fine bone china.

—*Modern Maturity*  
February-March 1966



## LESLIE COAL ASSOCIATION HONORS HELEN BROWNE

By Edward A. Mattingly

Helen E. Browne was the guest of honor at a dinner sponsored by the Leslie County Telephone Company, Inc., Hyden, Kentucky, and held at the Appalachia Motel in Hyden on December 15, 1976.

The coal operators of the area came to the \$100.00 a plate dinner to honor Miss Browne and to hear the story of Frontier Nursing Service.

Miss Browne was introduced by Mr. E. J. Moore. She gave a very touching and inspiring talk about the early years of FNS and spoke about the challenges of the future of the organization.

At the conclusion of the meeting, Mr. Junior Farmer, Vice President of Stansbury Coal Corporation, presented a check to Miss Browne in the amount of \$2,000.00. Mr. Farmer praised the work of the Frontier Nursing Service and the outstanding contributions of Miss Browne. The money raised will be presented to Dr. Beasley, Director of FNS, by Miss Browne.

The meeting was supported by the following coal and coal-related businesses:

Lewis and Joseph Coal Company, Hyden, Kentucky  
Mr. Jack Maggard, Hyden, Kentucky  
Moore Lumber Company, Hyden, Kentucky  
Cornell Coals, Inc., Wendover, Kentucky  
Leeco, Inc., Lexington, Kentucky  
Hyden Citizens Bank, Hyden, Kentucky  
Leslie County Telephone Company, Inc., Hyden, Kentucky  
Hyden Insurance Agency, Hyden, Kentucky  
Stansbury and Company, Inc., Hyden, Kentucky  
Shamrock Coal Company, Knoxville, Tennessee  
Polls Creek Coal Company, Hyden, Kentucky  
John and Tom Hamilton, Bardstown, Kentucky  
Patrick Petroll, Lexington, Kentucky  
Dawson Bridge Company, Lexington, Kentucky  
Frontier Coal Company, Hyden, Kentucky  
Paul Hensley, Smilax, Kentucky  
Jimmy Hamilton, Bardstown, Kentucky  
Cornett Coal Company, Hyden, Kentucky

Mr. Jack Maggard, who was unable to attend the dinner because of a prior commitment, wrote Mr. Mattingly:

"I am particularly impressed that this event is sponsored by our own native people as an effort to support one of the world's most dedicated and effective organizations; and, as its benefactors, to express our appreciation for what the F.N.S. has done for us, individually and as a community.

The F.N.S., when I reflect upon it, revives memories both painful and poignant for me in a very personal sense. At the age of six years, I was afflicted with very severe rheumatic fever and treatment was rendered to me exclusively by the F.N.S. at a time when, really, very little was known of this disease. Obviously, with this care, I survived, and many years later by insisting that I had, indeed, recovered was admitted to military service of the United States because the affliction of rheumatic fever had not, in fact, left me with a heart condition.

"I would like to comment on this event being in honor of Miss Browne. It is well known among all of us who have admired and respected the F.N.S., even if we have exercised our freedom to disagree, that Miss Browne had a long and close association with Mary Breckinridge. To succeed Mary Breckinridge is comparable to succeeding Winston Churchill, or perhaps more appropriately, to picking up the mantle of a Florence Nightingale. Miss Browne served with distinction in the footsteps of Mary Breckinridge with typical British perseverance, frankness, and dedication to develop, expand, and adjust the F.N.S. to changes in the community and times. It has been good for all of us, isolated in these once remote mountains, to have shared years in the lives of our relatives from the Mother Country such as the Helen Brownes, Betty Lesters and Molly Lees. (Please excuse my omissions). Historically, it is only with considerable effort that we can find parallels which provide comparable examples of devotion to mankind and dedication to the preservation of the lives of infants, mothers, and the elderly. Mary Breckinridge and Helen Browne have generated this spirit. Hopefully, it can be continued with support of the F.N.S. in honor of Miss Browne on future occasions by those of us in the community who recognize and appreciate this devotion. . .

Please extend my very best wishes to the F.N.S. and to Miss Browne for her devotion to a most honorable cause."

---

### Obvious, Really

One very windy day a neighbour remarked to a local character, 'Rough today, Bill.' Bill replied, 'What do you expect, nearly all the windmills have gone so there is nothing to use up the surplus wind!'—J. Hurst, Hampshire.

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

## A REPORT FROM THE BOSTON COMMITTEE



THE QUILT and

l. to r. Mrs. John E. Dawson, Mrs. George L. Robb and Miss Helen E. Browne

The 1976 Christmas Preview was held in Chestnut Hill on the outskirts of Boston the second week in November, the proceeds from which will enable us to send close to \$11,000 to Kentucky. Of this approximately \$7,000 was raised through our annual appeal to loyal Sponsors whose generous support assured us of a successful Preview.

Twenty-seven diversified and distinguished shops were invited to attend and display their items for sale. Their purchase of table space raised almost \$5,000. At our Sponsor Evening on Monday, November 8, a Silent Auction and a raffle of the lovely quilt given to us by "Brownie" netted an additional \$700.

The Preview opened to the public Tuesday and Wednesday from 9:30 a.m. to 4:00 p.m. and included an hourly raffle of items donated by the participating shops. The quilt from Kentucky with

its attractive wedding ring pattern received the greatest attention, helping us increase our contribution to the FNS.

Perhaps the highlight of the '76 Preview was a visit from four good-will ambassadors from Kentucky—"Brownie", Kate Ireland, Agnes Lewis and Jane Powell. Their cheerful contribution and friendly enthusiasm made the Preview for the members of the Boston Committee.

In summary I feel our Annual Christmas Previews are very worth while. They bring the members of the Boston Committee together to work for a cause in which we are all genuinely interested. Many of us have been couriers during the summer months, others have taught in or visited the Kentucky mountains, and many have been "friends from a-far", hoping to go there some day. We all admire the imagination of Mary Breckinridge, marvel at the wonderful works of Helen E. Browne, and look forward to the future leadership of Dr. Rogers Beasley.

The spirit and enthusiasm of the Boston Committee is something of which I shall always be proud to be a part.

Respectfully submitted,  
/s/ Elizabeth B. Dawson  
Mrs. John E. Dawson, Chairman, Boston Committee

Here I sit in my swivel chair  
Sending you out a questionnaire.  
Long hard work is the lot for you,  
But I am one of the chosen few  
To syncopate the work you do.

—Mary Breckinridge  
*Frontier Nursing Service Quarterly Bulletin*  
Spring 1959

## BEYOND THE MOUNTAINS

### **Spartanburg, South Carolina**

In late September, I was a guest speaker at a two-day Conference for Family Nurse Practitioners, sponsored by the University of South Carolina and the Spartanburg General Hospital, where Mrs. Addy Klepper has developed a program to prepare nurse practitioners. The nurses attending the Conference were very interested in hearing about the FNS program for primary health care in a rural area.

### **Ft. Mitchell, Kentucky**

In October, the Kentucky Nurses' Association held its 70th Annual Convention. The theme for the week was "Celebration of a Revolution" and one of the highlights was the Historical Room where one could learn some of the past history of nursing in the Commonwealth. Three FNS staff members attended the convention and took with them for the historical exhibit the FNS riding uniform, medals and citations awarded to Mary Breckinridge by Kentucky universities and a former governor, the Adelaide Nutting Medallion, and Certificate Number One issued to Mary Breckinridge in 1925, permitting her to practice midwifery in Kentucky. I was a guest of honor at the banquet and was presented a gold medallion from the members of KNA.

### **Rochester, New York**

Kate Ireland and I were the guests of Mrs. Hubert Chanler, mother of our courier Felicity Chanler Young, in her lovely home in Geneseo on October 25. Members of the Chatterbox Club in Rochester had invited Kate and me to talk about FNS at their weekly program luncheon on October 26. I introduced the film "Cherish the Children" and Kate spoke to the group after the showing of the film. It was a pleasure to be back at the Chatterbox Club with a friendly and interested group, among whom was a former FNS courier, Dr. Marion Craig Potter.

### **Pittsburgh, Pennsylvania**

In early November, Agnes Lewis, former staff member and now an FNS Trustee, and I were in Sewickley, Pennsylvania, as

guests of Miss Fredericka Holdship (FNS Governor and old courier) and her sister, Margaret. Our Pittsburgh Committee, under the chairmanship of Mrs. Spencer H. Hackett (old courier Mary Stevenson) had invited friends to a morning meeting followed by luncheon at the Pittsburgh Golf Club. I introduced "Cherish the Children" and Mary Hackett gave much credit to Freddy Holdship for leading the FNS Pittsburgh Committee for many years. Other old couriers who came to the meeting and were so pleased to see Agnes were Molly and Susie Hays, now Mrs. Samuel Off and Mrs. Burt Todd, both of Ligonier, Elizabeth Campbell Hall of Sewickley, and Mary Gellatly Walker (Mrs. Alexander E. Walker) of Pittsburgh. Old staff were represented by Helen Marie Fedde (Hem) who brought with her our old friend, Dr. Oma Creech Fisher, who, many years ago, travelled from Frankfort, Kentucky, to Hyden to examine the students in our School of Midwifery, and Sandy Conville Stahl. In the afternoon Freddy drove Agnes and me to Huntington for a delightful reunion with Dr. John H. Kooser who was the first full time medical director with FNS. We had much fun slipping back into "the thirties".

On Thursday, Elizabeth C. Hall took Agnes on a tour of interesting places around Sewickley while Freddy and I spent the day in the city, keeping appointments with several foundation directors. In the evening we were joined by Eleanor George Nevin (old courier) just returned from a trip to England. We dined at one of the restaurants across the river, where we had a grand view of Pittsburgh at night and the junction of the three rivers.

### **Boston, Massachusetts**

On Friday, November 5, Freddy, Agnes and I flew to Boston for our annual weekend with Mr. and Mrs. Roger L. Branham in Hingham. Agnes and I stayed on for the annual Christmas Preview arranged by the FNS Boston Committee under the able chairmanship of Mrs. John E. Dawson. Agnes was the guest of Mr. and Mrs. Arthur Perry (FNS Governor and old courier Mardi Bemis) in Concord, and I stayed in Westwood with Mr. and Mrs. Robert A. Lawrence (old courier and FNS Trustee, Patsy Perrin). The Christmas Preview was held at the Chestnut Hill Country Club. (See page 39).

On Thursday afternoon, Kate Ireland, FNS National Chairman, who had come from Kentucky for the Preview, and I had tea with Kate's cousin, Mrs. Anthony Jonklass, in her lovely home in Dover. It was a pleasure to meet her two attractive children, Mike and Hanna. In the evening Patsy Lawrence had arranged a lovely dinner for Kate and me at the Dedham Country Club. Among her guests were two other former Boston Committee Chairmen, Mrs. Nelson Knight and Mrs. Vcevold Strekalovsky, the present Chairman, Mrs. John E. Dawson, and the Chairman-elect, Mrs. George Robb, plus the capable Committee Treasurer, Mrs. Elisha F. Lee. It was an exciting evening.

Wednesday evening, FNS Governor Mrs. Burgess P. Standley had invited a few committee members and their husbands to her home in Medfield to chat with Kate and me. It was good to see Mr. and Mrs. Hanson Robbins (Whitney is now an R.N. and enjoying her nursing), Mr. and Mrs. Martin Lobkowitz (she is Brooks Juett, a former Kentuckian).

### **Hartford, Connecticut**

On November 11, I flew to Hartford to be the guest of Mrs. George J. Mead in her lovely home in West Hartford. I had been invited by Mrs. Mead to speak to members of the South Church at the weekly dinner meeting. A good crowd had assembled at the church. Among the FNSers were couriers Bobbie Glazier Smith and Jolly Cunningham Steffens, and Sheila Stamos who had driven down from New Haven. Sheila is a librarian who had given us much valuable time in the Mary Breckinridge Hospital Library this past summer. She is now a nursing student at Yale University. It was a special pleasure to see Dr. Richard Goldstein who came with his lovely wife who is a nurse. He had spent the summer of 1970 with FNS and is now chief pediatrician at a clinic in Hartford. I was delighted to see again so many old friends, including Dr. Elmore, the minister of the South Church, and to meet new friends. The next morning Mrs. Mead invited me to go with her to a meeting of the Friday Club, a group of women who meet each week to hear papers prepared by individual members. This particular week the subjects were Greece, the Sudan and Monaco. For lunch at the Town and County Club we were joined by old courier Sally Taylor Butler. In the afternoon I flew to New

York to spend a night with Jane Leigh Powell (FNS Governor and old courier) before returning to Kentucky.

It was a good fall tour and I thank all the many friends for their hospitality and the many kind things done for me.

—Reported by Helen E. Browne

### **Buffalo and Washington**

After Brownie and I left Rochester, I flew on to Buffalo to visit Marguerite and Peter Knowles who wanted me to tell some of their friends about the Frontier Nursing Service. About twenty people gathered to see "Cherish the Children" and to ask questions about a health service in remote, rural Kentucky. Peter cooked a gourmet luncheon for the guests and much enthusiasm was generated. That afternoon, I flew to Washington where Missy Kelly met me. She drove me out to Clint's office in McLean, Virginia, and then they took me to dinner in Washington, followed by an evening at the theater. The Kellys live in the new town of Reston, Virginia, and their modern home is most convenient and comfortable. The next morning a meeting of the FNS Washington Committee was held at the lovely home of Olivia Kloman, the Chairman of the Committee, where I met new members and renewed old friendships. It was an informal meeting, where we all shared ideas and I tried to answer questions about the FNS as it is today. Olivia then treated Missy and me to a lovely luncheon at the Sulgrave Club, before I went on to New York to visit family and friends.

—Reported by Kate Ireland

. . . . .

### **St. Louis**

In September, Kate Ireland asked me if I would help her with the first meeting the FNS had had in the St. Louis area in many years. Two members of the staff and I were to drive but, in the end, Kate and I were the only ones to go. Since we had to carry pictures, a display panel and a large box of brochures and Bulletins, Kate told me we were flying in a small plane. I was scared because I do not enjoy any type of flying and especially dislike a small plane! However, it was a very smooth flight from London, Kentucky, to St. Louis where Kate's niece, Sally Humphrey ('67) met us.



We had lunch at Sally's lovely house in Ladue and became acquainted with her three children. We had a delightful dinner and visit at the home of former courier Emma Coulter Ware ('38), with her eighteen year old triplets and her daughter, Nina, a courier in 1965. Early next morning, Emma Ware picked us up and took us to the Mary Institute where we showed "Cherish the Children" to a responsive group of students at early Chapel. Wendy Ware ('73) introduced Kate who gave the history of FNS and spoke about the volunteer work that is done by the couriers. We went on to an early lunch at the lovely country home of another former courier, Doris Briggs Haverstick ('36), and Doris and I had great fun remembering what we did in the early days when the role of the couriers was primarily the care of the horses and all travel was on horseback.

In the afternoon Emma had arranged for us to talk with a class of nurse-midwifery students at St. Louis University, where we met Sister Jean Meurer who had visited FNS a few years ago in connection with the certification of the Frontier School of Midwifery and Family Nursing by the American College of Nurse-Midwives. Wendy Ware stopped by in her nurse's uniform on her way to work in the pediatric department and one of the nurse-midwifery students was Margi Mauger Blocher who had worked at the Wolf Creek Center in 1965. She and Sister Jean helped us describe the FNS by adding their own first-hand experiences.

Emma and Sally had invited many friends to St. Peter's Episcopal Church for an evening meeting. It was fun to renew friendships with ex-couriers Bosey Fulbright Foote ('62), Laura Carpenter ('66) and Gale Thompson McMullin ('64). I was delighted to meet Mrs. George Dee Williams who, with her doctor husband, was living in Jenkins, Kentucky, when Mrs. Breckinridge did her survey in 1923. Mrs. Williams' stories were fascinating as she explained what Mrs. Breckinridge had done in that year when she was deciding where, if anywhere, she would open up a health service for people living in a rural area in her own state. As we know, she decided on Leslie County—where there were no roads or railroad. It was the most remote county, and probably needed her more than counties with roads and railroads.

By bedtime, we had watched "Cherish the Children" four times (including our test run at Emma's the night before) and we were

dead tired, but feeling very pleased with the enthusiasm shown by our new friends in St. Louis.

The next morning we flew back to Louisville and were joined by Mrs. Edward A. Mattingly of Hyden, whose husband is on the FNS Board of Governors. Daisy Mattingly and Kate attended meetings of the Kentucky Association for Mental Health and, that evening, I joined them for the 25th Anniversary Dinner of the Association. We sat at a table with Dr. Mary Pauline Fox, who had previously worked with FNS, and we shared our experiences and memories of our years with Mary Breckinridge.

Then we flew back to London. It was a marvelous flight with a full moon shining down on us so we could see the mountains. I fell into my bed completely exhausted but with a feeling of having met many friends and of knowing that Kate had done a splendid job of telling what FNS is doing—both with the care of people and with the education of the family nurses and nurse-midwives.

—Reported by Betty Lester

. . . . .

Twice during the fall Dr. W. B. Rogers Beasley journeyed to New York City to meet speaking engagements. He met with the Maternal and Infant Care group, which includes nurse-midwives from four boroughs and from New Jersey, to discuss maternal bonding and the role of nurse-midwives in this process. His talk was based on a very interesting book entitled *Maternal Bonding* by two pediatricians from Case Western Reserve University, Drs. Klaus and Kennell, a book which is most useful for young parents as well as for health professionals. Dr. Beasley also met with a group of overseas midwives who are studying family planning at Downstate University in Brooklyn, to discuss rural midwifery in the United States.

## AMERICAN PUBLIC HEALTH ASSOCIATION CONVENTION

(President-elect Carter addressed the American Public Health Association at its annual convention in Miami, Florida, on October 19, 1976. We are presenting these salient points from his address because, although Frontier Nursing Service is a private philanthropy, the policies and legislation of the Federal Government clearly affect the budgets of all health organizations. As far as FNS is concerned, a minimum of twenty-five percent of the budget comes from Federal grants and from Medicare-Medicaid reimbursement.

"There is a great deal of concern and confusion in our country about what ought to be done about health care. Sometimes when you have the best intentions and really want to fulfill commitments and ideas and ideals, there's a great deal of confusion about what needs to be done. And that's the case in our nation right now as we, the greatest nation on earth, struggle with the problem of how to let our own country provide healthy bodies and minds for our people. . . .

"Let me outline for you some of the goals of the next Administration in the area of health.

"First, we must return to the basic focus on the prevention of illness and disease, including a strong neighborhood and community orientation.

"Second, we must have a comprehensive program of national health insurance. You know as well as any group the complexities of such a program. But certain basic principles are clear:

"The coverage must be universal and mandatory. We must lower the present barriers, in insurance coverage and otherwise, to preventive and primary care—and thus reduce the need for hospitalization. . . .

"We should maintain the personal interrelationships between patients and their physicians, and we should give freedom of choice in the selection of physicians and the treatment centers to the patient to be cared for.

"Along with catastrophic insurance coverage, we must make the provision of prenatal and infant care benefits one of our highest priorities.

"We must phase in the program as rapidly as revenues permit. . . .

"The third thing we must stress is health and nutrition

education. . . .

"Fourth, we must mount a renewed attack on cancer and other diseases caused by toxic chemicals in the environment. . . .

"Fifth, we must continue and expand biomedical research. . . .

"We must have—and intend to provide—governmental reorganization that will end the bureaucratic fragmentation. . . .

"We must encourage nursing home standards of safety, sanitation, and care, and we must encourage programs that will serve elderly people in their own homes whenever possible.

"Finally, we must, by scholarships, by loans, by other means, provide medical education to more students from minority and low income families and also to more women, and we must encourage young health professionals to train and practice in rural and inner city areas."

—Reprinted from *The Nation's Health*  
November 1976

### A Shepherd's Version of the 23rd Psalm

Thur Lord is me shepherd, I sharn't want fer nothin'.

He goes afore me over thur green dowans, an' guides me by thur quiet waters o' thur Adur.

He comferts me soul, an' leads me along good paaths fer His naame's sake.

Yea, though I walks through thur shadowery ways I aunt afeared, for His shepherd's crook 'll guide.

He'll fin' a quiet plaace fer to eat ower food arter we overcome ower difficulties an' us'll be haappy.

Shurly this loveliness 'ul be wi' me aul me days till I coome to thur hoome of me Lord fer ever.

*In June 1946 an old shepherd recited this to me, surrounded by his flock, on the down above Steyning in Sussex.—Kathleen Lee*

—*The Countryman*, Winter, 1971-2, Edited by  
Crispin Gill, Burford, Oxfordshire, England

## RURAL HEALTH CARE

Thank you for your recent editorial, entitled "Rural Health Care." Once again, The Post has offered a reminder that all that is rural is not pastoral and free of stress.

I am a physician in a group practice in rural Northeastern Kentucky, an area that verifies your statistics on infant mortality. Our multi-specialty group serves five counties through a network of primary clinics staffed by physicians, extenders, and nurse-midwives. We are putting care where no care existed, but we will not be able to sustain for long if some of the inequities are not corrected. Medicare must recognize physician extender services as reimbursable under "Part B" and the practice of reduced reimbursement for rural physicians must be discontinued.

In 1972, the Social Security Admendments called for a study to determine the conditions under which it would be appropriate to reimburse physician extenders under Medicare. Today, several millions of tax dollars later, the study directors are "still trying to locate physician extenders"; no results have been published, and I have just heard that only 24 extenders/nurse practitioners in the whole country are receiving the experimental reimbursement that Social Security is touting as the interim solution for rural problems.

The fact is that thousands of rural citizens are being double taxed for Part B Medicare. They pay the \$7.20 per month premium. Then they pay again when they receive Part B services from extender-staffed clinics—or worse yet, they deny themselves care, because they have no clinics, no doctors, and no transportation to the nearest city. Then when they come in, they have not \$15, but \$100 worth of problems. This is a problem in law and should be corrected.

The reimbursement of the rural family practitioner and specialist is an inequity in regulations that are the product of tradition. It is the Medicare carriers who divide states into urban and rural areas—as they have done for years. Initially, the practice was tolerable in reimbursing each on the average charge for the area. Today, after the wage and price controls locked increases into percentages of 1972 rates, the urban doctors are receiving as much as 17 times more than rural doctors for the same services. Our costs are no less than urban costs. In many

cases, they are more, because we pay the higher rural electric rates, extra transportation costs, and high salary differentials to attract key allied health professionals.

To those in the field trying to serve, it would appear that all efforts on behalf of common sense and good health care are being penalized by bureaucratic delay and deferral for "more study." Will it take until today's providers are eligible for their first Social Security check to solve these problems?

Raymond V. Mecca, M.D.,  
Morehead Clinic, Morehead, Ky.

—Reprinted from The Washington Post,  
November 13, 1976

---

### Unsuspected

Policeman: "Why didn't you report the robbery at once? Didn't you suspect something when you came home and discovered all the drawers opened and the contents scattered?"

Wife: "No, I didn't suspect a thing. I just thought my husband had been looking for a clean shirt."

—*Modern Maturity*, Oct.-Nov., 1966

---

A well-known conductor recently took his orchestra on tour and during his travels received the following note from a well-meaning person in one of his audiences: "I think it only fair to inform you that the man in your orchestra who blows the instrument that pulls in and out only played during the brief intervals when you were looking at him."

—*Modern Maturity*, February-March 1966

## IN RECOGNITION

**WHEREAS** Ms. Helen Browne has been associated with the Frontier Nursing Service since 1938 and an active member of the Kentucky Nurses' Association since 1949, and

**WHEREAS** the growth and expansion of Frontier Nursing Service has continued under the guidance and direction of Ms. Browne, and

**WHEREAS** Ms. Browne has been recognized and honored by numerous health organizations, nationally and internationally, as a leader in health care, now therefore, be it

**RESOLVED** that the Kentucky Nurses' Association recognizes the services rendered the citizens of the Commonwealth by Ms. Browne, and be it further

**RESOLVED** that Ms. Browne be seated as an honored guest at the 70th Annual KNA Convention Banquet, and be it further

**RESOLVED** that Ms. Browne be presented with a copy of this resolution by the President of this Association.

—Kentucky Nurses' Association Newsletter  
Vol. XXIV, No. 6, October-November 1976

**ALABAMA LAW**  
**(Regular Session, 1976)**

**AN ACT**

To provide for and regulate the practice of Midwifery by the issuance of a license by the State Board of Nursing and Board of Medical Examiners, and to provide penalties for violations.

*Be It Enacted by the Legislature of Alabama:*

**Section 1.** It shall be unlawful, for any person, other than a licensed profession nurse who has received a permit from the State Board of Nursing and the Board of Medical Examiners to practice nurse midwifery in this state.

The term "nurse midwife" is a Registered Nurse who by virtue of added knowledge and skill gained through an organized program of study and clinical experience recognized by the American College of Nurse-Midwives, has extended the limits of her practice into the area of management of care of mothers and babies throughout the maternity cycle so long as progress meets criteria accepted as normal.

The term "practice of nurse midwifery" means care for the mother during pregnancy and labor providing continuous physical and emotional support, continuous evaluation of progress throughout labor and delivery.

The term "normal childbirth" means delivery, at or close to term, or a pregnant woman whose physical examination by a physician reveals no abnormalities.

Any person violating this section shall be guilty of a misdemeanor.

Nothing in this section shall be construed as to prevent lay-midwives, holding valid health department permits, from engaging in the practice of lay-midwifery as heretofore provided until such time as said permit may be revoked by the County Board of Health.



## FIELD NOTES

Edited by Peggy Elmore

The articles and columns for the Summer 1976 issue of the Quarterly Bulletin "went to press" in September but the annual audit, which is always printed in the Summer Bulletin, was delayed and, as a result, it was in November that the Bulletin reached most of its readers. We do apologize for the delay. This issue will be in the mails after the Christmas rush and in time, we trust, to wish you all a very Happy New Year.

. . . . .

The Frontier Nursing Service Board of Governors held its fall meeting at Hyden and Wendover on October 8 and 9, with nineteen of the twenty-four members present. Elected to the Board was Mrs. Clinton W. Kelly III of Reston, Virginia, a member of the FNS Washington Committee. Missy Allen Kelly, formerly of Glenview, Kentucky, is the daughter of two former Board members, Mr. and Mrs. Charles W. Allen. The Board also elected Miss Helen E. Browne as an honorary member.

At the time of the October Board meeting, Dr. Rogers Beasley, assisted by the National Chairman, Miss Kate Ireland, presented service pins to sixteen employees of Frontier Nursing Service who had completed five years of employment with FNS, in a ceremony held in the Mary Breckinridge Hospital cafeteria. Honored were:

Dorothy Asher, X-Ray Technologist

Peggy Burden, Hospital Patient Care Coordinator and nurse-anesthetist

Betty Helen Couch, Medical Records

Ruth Ann Dome, Social Worker

Ruth Heinsohn, Clinical Instructor, Nurse-Midwifery

Bernadine Hoskins, Housekeeping, Mary Breckinridge Hospital

Marilyn Hoskins, Housekeeping, Wendover

Juanita Johnson, Wendover Clerical Staff

Janice Maggard, Dietary, Mary Breckinridge Hospital

Dorothy Morgan, Outpatient Department Aide

Delta Roberts, Surgical Technician

Anne A. Wasson, M.D., Chief of Special Service  
Jean Whittaker, Medical-Surgical Aide  
Fred Wilson, Maintenance  
Deborah Woods, Medical Records

Dr. Rogers Beasley, Dr. Gertrude Isaacs and Karen Gordon attended a meeting of the American Public Health Association in Miami in October. Three FNS Family Nurses, Laura Pilotto, Cynthia Morrison and Lillian Link, attended a Primary Care Conference in Denver, and Verna Potter and Patti Rogers went to Louisville for a meeting of the Kentucky Home Health Agency Association, both in November. On a recent visit to New York, Evelyn Peck had lunch with the acting dean of the Columbia University School of Nursing and discussed the possibility of a visit to FNS as the school is interested in family nursing and nurse-midwifery. Miss Peck also took part in the meeting and investiture ceremony of the American Society of the Most Venerable Order of the Hospital of St. John of Jerusalem. Helen E. Browne was in Pineville, Kentucky, on December 7, to speak at the first meeting of the Eastern Kentucky Chapter of the Nurses' Association of the American College of Obstetricians and Gynecologists.

Tina Guy, family nurse at the Caroline Butler Atwood Nursing Center at Flat Creek, has recently been elected President of District 12 of the Kentucky Nurses' Association.

Ruth Morgan, the FNS Donor Secretary, became a proud grandmother this fall—twice—when Julie Renee was born to Mr. and Mrs. David Howard of Wendover and Tracy LeAnn was born to PFC and Mrs. Joel Morgan. We are pleased to report that both of these young ladies were delivered by nurse-midwives, Julie at the Mary Breckinridge Hospital and Tracy LeAnn in Germany where her father is stationed.

On November 20, the first American Nurses' Association Family Nurse Certification Examination was given in twenty-eight major cities around the country. Of the fourteen nurses taking the exam in Louisville, there were nine FNSers and three FNS graduates still working in this area—Gail Alexander, Sister Barbara Brilliant, Sister Valerie Chaplain, Barbara French, Clara Jefferis, Sharon Koser, Lucille Lebeau, Donna Murphy, Judy Rafson, Laurie Rendall, Rita Rhoads and Cynthia Sherwood. Elsie Maier and Mable (Spip) Spell happened to be in Indiana so they joined the group taking the exam in Indianapolis, and we understand that many other FSM&FN graduates took the examination in other parts of the country.

When Dr. Jack Ende joined the FNS medical staff last June, it was with the understanding that he would have to leave at the end of six months because of a prior commitment in Chicago. As December approached, we had the feeling that Jack and Pam hated to leave as much as the staff, and Jack's patients, hated to see them go. We hope they will be back again some day.

We feel very fortunate that we have been able to recruit another well-qualified internist for the medical staff, one whose family ties to FNS go back two generations. We welcome Dr. Alexander J. Alexander of Midway, Kentucky, to the FNS staff. His father, the late Dr. A. J. Alexander, served as our pediatric consultant for many years, and his grandfather, the late Dr. A. J. A. Alexander, was the first National Chairman of Frontier Nursing Service (1925-29), and gave the land on which the old hospital stands. Dr. Alex's sister, Jean (now Mrs. Roger W. Gilcrest of Mishawaka, Indiana) was a courier with FNS in 1958.

On December 13, 1976, a contract was signed between Frontier Nursing Service and LeeCo (a subsidiary of Interstate Coal Company) for the lease of FNS coal at Wendover. LeeCo, already operating a deep mine on Hurricane Creek, will obtain coal through its existing underground tunnels, without disturbing the surface of the property at Wendover. Representing FNS was the National Chairman, Miss Kate Ireland, with Mr. Eddie J. Moore, a member of the Board of Governors, witnessing the transaction.

The contract was signed on behalf of LeeCo by its Vice-President, Mr. Ralph Peters of Manchester, Kentucky, the son of the first Chairman of the FNS Brutus Committee, the late Mr. Jasper Peters.

. . . . .

During the month of November, the Mary Breckinridge Hospital was surveyed for accreditation by the Joint Commission. Representing the Joint Commission were Myron J. Levan, M.D., and Eugene Smith, R.N. The Joint Commission is the only professional accrediting organization that is in no way connected with the government. This is the first time the FNS hospital has been reviewed by the Joint Commission and, although it is unofficial, the surveyors report unreserved approval. We will hope to get the official report by the next issue of the Bulletin.

. . . . .

The Frontier Nursing Service has been blessed with the help of a number of volunteers, in a number of areas, during the autumn months. Jim Fulmer has come to FNS for a year and is a busy young man helping with audio-visual and health education projects, writing spot announcements about health for WKIC Radio in Hazard, and being generally useful. He makes his debut as a contributor to the Quarterly Bulletin elsewhere in this issue. Nancy Simmons spent two months in Medical Records at the hospital and is now at the Brutus Center. Sheila Feltner, an Eastern Kentucky University student, has had field experience in Medical Records. Heidi Zwemer, a senior nursing student from the University of Florida, spent ten weeks with FNS, working mostly with the family nurses at Beech Fork, and Pat Fahrner, Chris Schmitthener and Sara Wing continued our tradition of offering a non-resident term to students from Keuka College.

During the early part of the fall our couriers were Wendy Nichols, North Scituate, Massachusetts, Mary White, McLean, Virginia, and Katherine Pratt, Cambridge, Massachusetts, sister of "old courier" Berit Pratt. Katie stayed on for a few weeks into November to help the Brutus nurses and to tutor a young homebound patient on the Brutus District. Brett Cook of Andover, Massachusetts, had a short over-lap with the September-October couriers and stayed on until just before Christmas. She was joined

by Katherine (Taddy) Clow of Lake Forest, Illinois, and Hope Ritchie of Santa Fe, New Mexico, on November 1, and by Margo Squibb of Simsbury, Connecticut, later in the month. The couriers have been busy with some of the "new" jobs outlined in Denny Doak's article elsewhere in the Bulletin and were "Santa and his elves" for a Christmas party for the Adult Activity Group at Hope House on December 14.

We are most grateful to Beverly Thorngate, the wife of our staff surgeon, for all the assistance she is giving us with the library at the Mary Breckinridge Hospital.

A senior medical student from Brown University, Gregory Bianconi, spent some weeks at the hospital and has written:

"I would like to thank everyone at Frontier Nursing Service for the fantastic experience I had with you. These few words couldn't possibly convey all my deep gratitude to you all. As some of you know, I've been a southern New Englander all my life, and was more than a little nervous about setting out alone to Kentucky. But everyone was so friendly and helpful that my experience at "leaving home" hardly mattered after a few hours.

"Special appreciation is directed towards the doctors and nurses for the excellent teaching that was always available to me (that's important to a medical student). Everyone's enthusiasm and devotion was truly inspiring for me as an aspiring family practitioner. Many thanks also to the aides, volunteers, lab and pharmacy personnel, and other hospital employees for your friendliness, help and cooperation.

"FNS will always be very special to me, and has helped to strengthen my commitment to family practice. I hope I have left you with the thought that some of us from New England medical schools are still interested in primary care, and with a good impression of Brown University's program in Medicine."

. . . . .

A "WELCOME TO THE FNS STAFF" to:

Hospital staff nurses **Denise Schaefer, Micheline Waddell, Janice Noren, Diane Alvies and Susan Willis;**

Pediatric nurses **Esther Seeley and Carol Tracy;**

Home Health Agency nurse **Marcy Ouelette;**

Red Bird District nurses **Jennie Carlson**, an adult nurse practitioner, and **Frances Kinkead**, a public health nurse;

**Laurie Rendall**, graduate nurse-midwife;

**Ed Garner**, chief x-ray technologist;

**James Click**, physical therapist;

**Denny Doak**, chief courier;

**Joyce Schaefer**, relief aide;  
**Matrend (Dock) Hacker**, maintenance;  
**Arvin Amin**, maintenance;  
**Hilda Asher**, secretary to Dr. Beasley;  
**Karen Gordon**, research assistant;  
**Lana Owens**, pharmacy technician.

Temporary staff assignments were filled this fall by Ellen Elam of Hyden, a nursing student at Morehead State University, who worked as an aide on Medical-Surgical, and by medical technician Ruth Rushby of Harrisonburg, Virginia, and Susan Swartz, Virginia, an x-ray technologist, whose presence at the hospital allowed Dorothy Asher to take a much-deserved vacation.

Arrivals inevitably mean departures. Dr. Beasley's former secretary, Linda Rice, and her husband moved to Richmond; Judy Rafson moved to Berea when her Forestry Service husband was transferred; Sister Anne Marie Desroches and Chris Banigan, family nurses, and nurse-midwife Ruth Heinsohn have returned to their homes in Pennsylvania, California and Pennsylvania—to our regret. Good luck and "come back again some day" to you all.

. . . . .

Our thanks to the two otolaryngologists and two audiologists from the University of Cincinnati who came for an ENT Clinic in December; and to Mr. Phil Young for the gift of five tons of block coal for the clinic stove and the fireplace of the Red Bird Center.

The young children who receive their health care from FNS will have a happier Christmas thanks to the National Latex Company who have sent again this year a shipment of rubber balls to the Brutus Center. Instrumental in obtaining this gift each year is Mr. Vernon Couch, a former resident of the Brutus District, to whom we are most grateful.

. . . . .

We have enjoyed visits from a number of old friends this fall. Susan Hull stopped by on her way home to Connecticut upon completion of her assignment with CARE-MEDICO in Nicaragua, as did Charlotte Wittekind, also home from a South American assignment. Two Britishers, old courier Alison Bray and nurse-midwife Eve Chetwynd, were welcome guests at

Wendover—and Eve also got a chance to visit old friends on the Brutus District when she spent several days with Ruth Blevins. Alison went on to Tennessee to see Agnes Lewis. Dr. Alexander Dodds, who had been a relief medical director in 1950, stopped by with Mrs. Dodds for their first visit in twenty-six years. Jane Burt came up from Kingsport for a weekend and Margaret Dunaway spent a couple of weeks observing the nurse-midwifery program in preparation for a return to Rhodesia to implement a nurse-midwifery education program there. Betty Bear spent a day with us with her nurse-midwifery students from the University of Kentucky.

Overseas guests have included Mr. Monthira Riewying and Mr. Pantong Khuresodsri of Thailand; Miss Efigenia Casimiro and Dr. Melquiades Bravo, both from the Philippines; and a group of government officials from Tunisia. William J. Bicknell, M.D., who accompanied the Tunisians from Washington, has written;

“On behalf of the Tunisian visitors as well as myself, I would like to take this opportunity to thank you and the entire staff of Frontier Nursing Service for an extremely useful and focused orientation to your approach to the delivery of personal health services in rural areas. The warmth, friendliness and genuine hospitality we all felt will linger as a most pleasant memory at all of us. As we sat around the fire at Wendover, each of us, I think, was able to experience vicariously, in some small way, the rich history and continuing challenge that characterizes the Frontier Nursing Service.”

Colonels Mary Mulqueen and Joan Lillard came from Ft. Knox for the night and Mrs. Bea Gaunder, Director of the Family Nurse Practitioner Program at Eastern Kentucky University, stopped by for a brief visit and lunch with us. Dr. James Middleton of the Trover Clinic in Madisonville, Kentucky, and Elizabeth Washak, a family nurse student, both spent a week observing our program. Miss Edith Estey, Director of the Field Placement Office at Keuka College, stopped by to see her students while they were in Kentucky.

We were pleased to be able to plan a brief but comprehensive “tour” of FNS for four faculty members from the University of Kentucky College of Pharmacy—Dean Joseph Swintosky, Assistant Deans Charles Lesshafft and Paul Baumgartner, and Field Professor Richard Stewart. They were here to explore the potential of interdisciplinary training for pharmacy students, especially at the graduate level, with family nurses. The UK College of Pharmacy has placed emphasis on clinical pharmacy, expanding

the role of that profession in a manner parallel to the expansion of nursing at FNS. This is an exciting concept that we are exploring and ties in with Joe Lewis' clinical faculty appointment.

Participating in a site visit to FNS for the Robert Wood Johnson Foundation were Mrs. Ann Bliss, Nursing Consultant, Mr. John Simon, Assistant Treasurer, Richard Reynolds, M.D. from the University of Florida, and Miss Doris Schwartz of the Cornell University PRIMEX Program, back for her first visit to Wendover since she spent Christmas here in 1947.

Elsewhere in the Bulletin, Kate Ireland has written of the visit to FNS by representatives from several of our city committees. Most welcome guests at that time were Mrs. Robert Muhlhauser (courier Ann Danson) and Mrs. Richard P. Stewart (courier Mary Burton), both of Cincinnati; Mrs. E. Felix Kloman, Chairman of the Washington Committee, with two Washington members, Mrs. Bissell Wood and Mrs. Clinton W. Kelly III; Mrs. John C. Fisher, Vice Chairman of the Boston Committee; Mrs. James N. Rawleigh, Jr. (courier Florence Booker), Chairman of the Louisville Committee; Mrs. Erskine P. Wilder, Chairman of the Chicago Committee; and Mrs. Stanley Prewitt, a member of the Blue Grass Committee.

. . . . .

The annual Medicaid inspection of the Mary Breckinridge Hospital was held on December 13 and 14, and we are delighted to report that the number of "deficiencies" was so small that we passed the inspection on the spot and do not have to request a waiver. On December 15, Mr. Mel Brooks of Blue Cross conducted a Utilization Review on hospital inpatients for Medicare. He indicated that the Health Records Analyst, Debbie Woods, was doing a fine job in complying with the PSRO law and congratulated the staff on completion of the day to day work necessary to remain in compliance. At his exit interview, Mr. Brooks indicated that he expected the Mary Breckinridge Hospital to be working under KPRO in the future.

. . . . .

On November 25, some seventy-five staff members, families and friends—from babies to senior citizens—gathered at Wendover for the traditional Thanksgiving Day luncheon. It was a



lovely day, warm enough for many to eat outside on the terrace. For the past several years, a number of hearty souls have walked over the mountain to Wendover on Thanksgiving morning. About twenty made the trek this year—and it did turn out to be a trek because they got lost and it took them an hour or two longer than usual! The standard greeting upon arrival at the Big House was “where’s the cider”! Opal Morgan and her assistants in the Wendover kitchen, Wanda Asher, Hazel Bowling and Betty Gilbert, had prepared a delicious turkey dinner. Before the meal came the hymn which has been sung for many years at important FNS occasions . . .

“Now thank we all our God  
 With heart and hands and voices;  
 Who wondrous things hath done,  
 In whom His world rejoices;  
 Who, from our mothers’ arms,  
 Hath blessed us on our way  
 With countless gifts of love,  
 And still is ours today.

“O may this bounteous God  
 Through all our life be near us;  
 With ever joyful hearts  
 And blessed peace to cheer us;  
 And keep us in His grace,  
 And guide us when perplexed,  
 And free us from all ills  
 In this world and the next.”

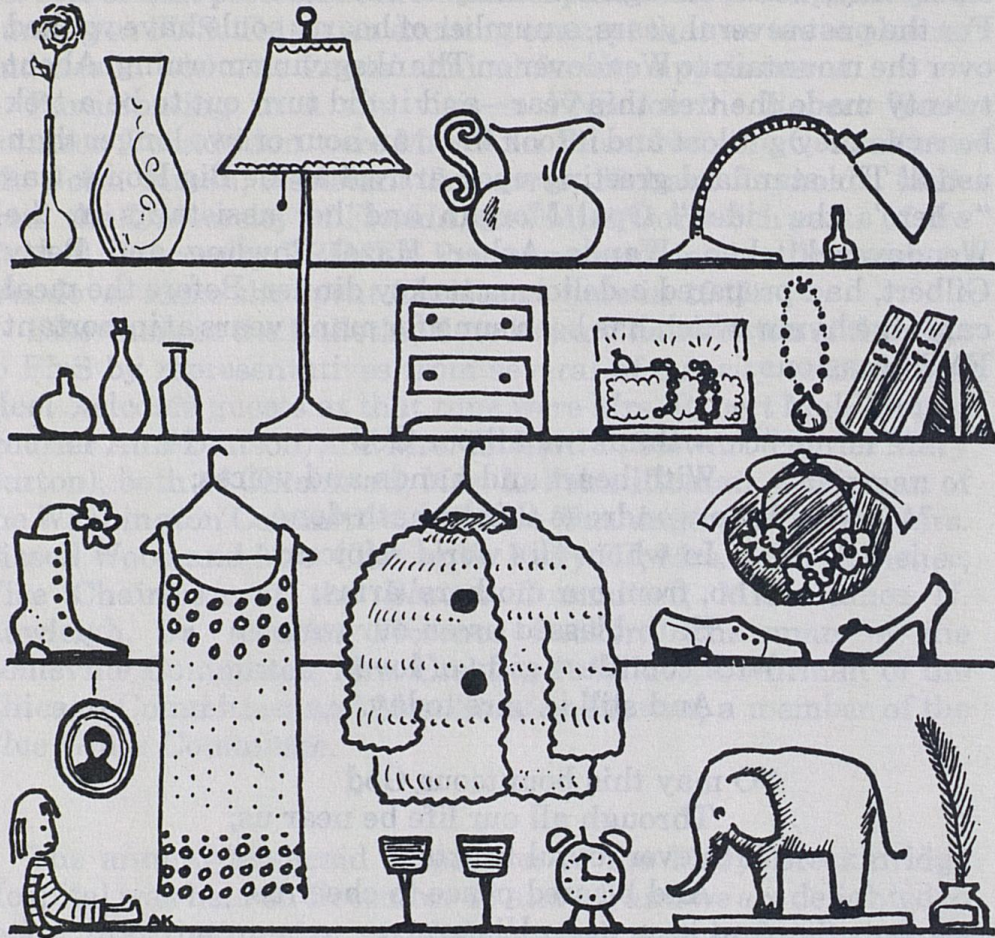
---

### Real Heaven

A tiresome, demanding aged wife died a fortnight after her long-suffering husband. ‘Poor old Fred,’ commented an elderly neighbor, ‘lumbered again!’—*Rev. L. J. Birch, Worcester.*

—*The Countryman*, Spring 1976 Edited By  
 Crispin Gill, Burford, Oxfordshire, England.

## WHITE ELEPHANT



DON'T THROW AWAY THAT WHITE ELEPHANT  
 SEND IT TO FRONTIER NURSING SERVICE  
 1579 Third Avenue, New York, New York 10028

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

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

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

## Statement of Ownership

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

FRONTIER NURSING SERVICE  
QUARTERLY BULLETIN

Published Quarterly at Lexington, Kentucky for Autumn, 1976.

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

Publisher: Frontier Nursing Service, Inc., Wendover, Kentucky, 41775.

Editor: W. B. R. Beasley, M.D., Hyden, Kentucky 41749.

Managing Editor: Peggy G. Elmore, Wendover, Kentucky 41775.

Business Manager: None.

(2) That the owner is: Frontier Nursing Service, Inc., Wendover, Ky. 41775 (a non-profit corporation). Officers of the corporation are: Miss Kate Ireland, National Chairman, Wendover, Ky. 41775; Mrs. A. R. Shands III, Vice-Chairman; Mr. Homer L. Drew, Treasurer, 1 First Security Plaza, Lexington, Ky. 40507; Mrs. John M. Prewitt, Box 385, Mt. Sterling, Ky. 40353, Secretary.

(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) Paragraphs 2 and 3 include, 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 person or corporation for whom such trustee is acting; also the statements in the two paragraphs show the 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.

Extent and nature of circulation (average number of copies each issue during preceding 12 months indicated with light face numbers, actual number of copies of single issue published nearest to filing date indicated by bold face numbers): Total copies printed 4950, **4800**; Paid circulation 0, **0**; Mail subscriptions 3735, **3784**; Total paid circulation 3735, **3784**; Free distribution 480, **475**; Total distribution 4215, **4259**; Copies not distributed 735, **541**; Returns from news agents 0, **0**; Total 4950, **4950**.

W. B. R. BEASLEY, Editor

**FRONTIER NURSING SERVICE, INC.****BOARD OF GOVERNORS****Chairman**

Miss Kate Ireland, Wendover, Ky.

**Vice-Chairmen**

Mrs. Alfred R. Shands III, Crestwood, Ky.

Mr. Henry R. Heyburn, Louisville, Ky.

**Treasurer**

Mr. Homer L. Drew, One First Security Plaza, Lexington, Ky.

**Assistant Treasurer**

Mr. W. F. Brashear, Hyden, Ky.

**Recording Secretary**

Mrs. John Marshall Prewitt, Mt. Sterling, Ky.

Mrs. John Harris Clay, Louisville, Ky.

Mr. C. V. Cooper, Hazard, Ky.

Mr. Joseph C. Donnelly, Jr., Medfield, Mass.

Mrs. Albert Ernst, Perkiomenville, Pa.

Miss Fredericka Holdship, Sewickley, Pa.

Dr. James B. Holloway, Jr., Lexington, Ky.

Mrs. Clinton W. Kelly III, Reston, Va.

Mr. John H. Kerr, Jr., Lexington, Ky.

Dr. Francis M. Massie, Lexington, Ky.

**Corresponding Secretary**

Miss Jane Leigh Powell, Glen Cove, New York

Mr. Edward A. Mattingly, Hyden, Ky.

Miss Mary L. Mills, Washington, D. C.

Mr. Eddie J. Moore, Hyden, Ky.

Mr. Wade Mountz, Louisville, Ky.

Dr. C. T. Nuzum, Chapel Hill, N. C.

Mrs. Arthur Perry, Jr., Concord, Mass.

Mrs. Burgess P. Standley, Medfield, Mass.

Mrs. William M. Street, Louisville, Ky.

Dr. Willis D. Weatherford, Jr., Berea, Ky.

**Honorary Chairman**

Mrs. Jefferson Patterson, Washington, D. C.

**Honorary Treasurer**

Mr. Edward S. Dabney, Lexington, Ky.

**Honorary Member**

Miss Helen E. Browne, C.B.E., Milford, Pa.

**Member Emeritus**

Mrs. Floyd H. Wright, Lexington, Ky.

**AUDITORS**

Ernst &amp; Ernst, Lexington, Ky.

**TRUSTEES**

Mr. Charles W. Allen, Jr., Glenview, Ky.

Mrs. Charles W. Allen, Jr., Glenview, Ky.

Mrs. Edward Arpee, Lake Forest, Ill.

Mrs. Richard M. Bean, Lexington, Ky.

Miss Sarah Gibson Bianding, Lakeville, Conn.

Mrs. Harry Clark Boden, Newark, Del.

Mr. Kenyon Castle Bolton, Cleveland, Ohio

Dr. John Breckinridge, Denver, Col.

Mr. John B. Breckinridge, Lexington, Ky.

Mr. R. B. Campbell, Hyden, Ky.

Mrs. R. B. Campbell, Hyden, Ky.

Mr. Joseph C. Carter, Versailles, Ky.

Mrs. Charles S. Cheston, Jr., Topsfield, Mass.

Mrs. N. Holmes Clare, New York

Mrs. William W. Collin, Jr., Sewickley, Pa.

Mr. A. B. Comstock, Louisville, Ky.

Mrs. John Sherman Cooper, Washington

Judge A. E. Cornett, Hyden, Ky.

Mrs. David Dangler, Lake Forest, Ill.

Mrs. John E. Dawson, Dover, Mass.

Mrs. Robert W. Estill, Dallas, Texas

Mrs. Rex C. Farmer, Hyden, Ky.

Miss Margaret Gage, Los Angeles, Calif.

Mrs. William A. Galbraith, Sewickley, Pa.

Mrs. Robert S. Gawthrop, West Chester, Pa.

Mrs. John L. Grandin, Jr., Chestnut Hills, Mass.

Mrs. Gus Griffin, Louisville, Ky.

Dr. John W. Greene, Jr., Lexington, Ky.

Dr. James C. Greenway, Greenwich, Conn.

Dr. Charles E. Hagyard, Lexington, Ky.

Mrs. Paul Church Harper, Lake Forest, Ill.

Mrs. Charles H. Hodges, Jr., Grosse Pointe, Mich.

Mrs. John B. Hollister, Cincinnati, Ohio

Mrs. James B. Holloway, Jr., Lexington, Ky.

Mrs. T. N. Horn, Greenville, Miss.

Mrs. Gilbert W. Humphrey, Chagrin Falls, Ohio

Dr. Francis Hutchins, Berea, Ky.

Mrs. David S. Ingalls, Cleveland, Ohio

Mr. Melville H. Ireland, Lake Forest, Ill.

Mr. R. W. P. Johnston, Lexington, Ky.

Mrs. E. Donald Jones, Bellefontaine, Ohio

Mrs. Lyndon M. King, Minneapolis, Minn.

Mrs. E. Felix Kloman, Washington, D. C.

Mrs. Robert Ashton Lawrence, Westwood, Mass.

Miss Betty Lester, Hyden, Ky.

Miss Agnes Lewis, Maryville, Tenn.

Mrs. Marion E. S. Lewis, Matamoras, Pa.

Mrs. R. McAlister Lloyd, New York

Mrs. Charles J. Lynn, Indianapolis, Ind.

Miss Hope McCown, Ashland, Ky.

Mr. Angus W. MacDonald, Lexington, Ky.

Mrs. Arthur B. McGraw, Grosse Pointe, Mich.

Mr. J. Gibson McIlvain II, Devon, Pa.

Mrs. Cleveland Marcum, Lexington, Ky.

Mrs. Langdon Marvin, New York

Mrs. Keith Merrill, Pride's Crossing, Mass.

Mrs. Elinor M. Moore, Lexington, Ky.

Mr. Clay L. Morton, Louisville, Ky.

Hon. Thruston B. Morton, Louisville, Ky.

Mrs. Robert F. Muhlhauser, Cincinnati, Ohio

Mrs. Samuel E. Neel, McLean, Va.

Mrs. Samuel H. Ordway, New York

Mrs. Stanley D. Pettey, Jr., Lexington, Ky.

Mrs. P. B. Poe, Thomasville, Ga.

Mrs. Charles S. Potter, Chicago, Ill.

President National Society of Daughters of

Colonial Wars

Mrs. John W. Price, Jr., Louisville, Ky.

Lady Ramsbotham, Washington, D. C. (Honorary)

Mrs. James N. Rawleigh, Jr., Harrods Creek, Ky.

Mrs. William C. Robinson, Jr., Versailles, Ky.

Mrs. John Sherwin, Cleveland, Ohio

Mrs. Seymour Siegel, New York

Mrs. James W. Stites, Jr., Louisville, Ky.

Mrs. Paul J. Vignos, Jr., Chagrin Falls, Ohio

Mr. Arnold Whitridge, New York

Mr. Ralph B. Williams, Boston, Mass.

Mrs. George B. Wislocki, Little Compton, R. I.

Mr. George Wooton, Hyden, Ky.

Mrs. William W. Wotherspoon, Grosse Pointe, Mich.

Mr. William T. Young, Lexington, Ky.

**NATIONAL MEDICAL COUNCIL**

Dr. W. F. Bulle, St. Louis, Mo.  
 Dr. Bayard Carter, Durham, N. C.  
 Dr. C. L. Combs, Hazard, Ky.  
 Dr. Allan B. Crunden, Jr., Montclair, N. J.  
 Dr. R. Gordon Douglas, Little Compton, R. I.  
 Dr. Isadore Dyer, New Orleans, La.  
 Dr. Ben Eiseman, Englewood, Col.  
 Dr. Laman A. Gray, Louisville, Ky.  
 Dr. Louis M. Hellman, Washington, D. C.  
 Dr. Louise Hutchins, Berea, Ky.  
 Dr. Arthur H. Keeney, Louisville, Ky.  
 Dr. John F. W. King, New York  
 Dr. Samuel B. Kirkwood, Beirut, Lebanon  
 Dr. John H. Kooser, North Huntingdon, Pa.

Dr. Rustin McIntosh, Tyringham, Mass.  
 Dr. E. D. Pellegrino, New Haven, Conn.  
 Dr. John A. Petry, Louisville, Ky.  
 Dr. John Rock, Temple, N. H.  
 Dr. Richard M. Smith, Boston, Mass.  
 Dr. Reginald Smithwick, Boston, Mass.  
 Dr. James E. Thompson, New York  
 Dr. George W. Waterman, Providence, R. I.  
 Dr. Benjamin P. Watson, Danbury, Conn.  
 Dr. Ashley Weech, Cincinnati, Ohio  
 Dr. J. Huston Westover, Woodstock, Vt.  
 Dr. John Whitridge, Jr., Baltimore, Md.  
 Dr. Elwood L. Woolsey, Harlan, Ky.  
 Dr. Hermann A. Ziel, Jr., Lansing, Mich.

inclusive of

**MEDICAL ADVISORY COMMITTEE**

Dr. Marion G. Brown, Lexington, Ky.  
 Dr. Keith W. Cameron, Ary, Ky.  
 Dr. Harvey Chenault, Lexington, Ky.  
 Dr. Arnold B. Combs, Lexington, Ky.  
 Dr. Allen L. Cornish, Lexington, Ky.  
 Dr. Carl Fortune, Lexington, Ky.  
 Dr. Walter D. Frey, Lexington, Ky.

Dr. A. J. Whitehouse,

Lexington, Ky.  
 Dr. Carl M. Friesen, Lexington, Ky.  
 Dr. John W. Greene, Jr., Lexington, Ky.  
 Dr. James B. Holloway, Jr., Lexington, Ky.  
 Dr. Coleman C. Johnston, Lexington, Ky.  
 Dr. Edward H. Ray, Lexington, Ky.  
 Dr. Harold D. Rosenbaum, Lexington, Ky.  
 Dr. David B. Stevens, Lexington, Ky.

**NATIONAL NURSING COUNCIL**

Miss Maryellen Amato, Lexington, Ky.  
 Miss Hazel Corbin, New York  
 Miss Naomi Deutsch, New Orleans, La.  
 Miss Ruth Doran, Denver, Colo.  
 Miss E. Jane Furnas, Phoenix, Ariz.  
 Miss Louise Griggs, Lexington, Ky.  
 Mrs. Elinore Hammond, Louisville, Ky.  
 Dr. Ruth W. Lubic, New York

Dr. Beulah Miller, Murray, Ky.  
 Mrs. Celia Oseasohn, Montreal, Canada  
 Miss Carol Randall, Cleveland, Ohio  
 Miss Emilie G. Sargent, Detroit, Mich.  
 Miss Ruth Spurrier, Frankfort, Ky.  
 Miss Marion Strachan, New York  
 Dr. Helen Tirpak, New York  
 Miss Elsie M. Warner, Philadelphia, Pa.

## MARY BRECKINRIDGE HOSPITAL

### Medical and Dental Staff

Thomas Dean, M.D., A.B.F.P.,  
Medical Director  
Anne A. Wasson, M.D., A.B.F.P., Chief of  
Clinical Services  
E. Fidelia Gilbert, M.D.  
Stephen Thorngate, M.D., F.A.C.S.  
Alexander J. Alexander, M.D.  
David Coursin, M.D.  
G. Bradley Gascoigne III, M.D.  
Joseph A. Levine, D.D.S.

### Nursing Staff

Margaret A. Burden, R.N., C.R.N.A., F.N.  
Hospital Patient Care Coordinator  
Patricia Campbell, R.N.  
Assistant Patient Care Coordinator—  
Maternity

### Administrative and Supportive Services

Kenneth Palmer, M.B.A., Hospital  
Administrator  
Joe R. Lewis, R.Ph., Pharmacy  
Edward Garner, R.T., X-Ray  
Gary Whorley, M.T. (ASCP), Laboratory  
Ruth Ann Dome, B.A., Social Service  
Virginia Roberts, Office Manager  
Betty Helen Couch, A.R.T., Medical Records  
Mae Campbell, Food Service Manager  
Lillie Campbell, Housekeeping

F.N. indicates nurses who have completed post-graduate education in Family Nursing for which there is presently no national certification.

### Director

W. B. R. Beasley, M.D., M.P.H., D.T.M. & H.,  
Hyden, Kentucky 41749

### Associate Director Director of Nursing

Evelyn M. Peck, R.N., M.A.,  
Hyden, Kentucky 41749

### Administrative

Peggy G. Elmore, B.A., Administrative  
Assistant

Charles Thornbury, Controller  
Mary Combs, Bookkeeper

Darrell Moore, B.A., Personnel

Juanetta M. Morgan, Wendover  
Superintendent and Courier Secretary

Ruth O. Morgan, Donor Secretary

### FRONTIER SCHOOL OF MIDWIFERY AND FAMILY NURSING

Gertrude Isaacs, R.N., C.N.M., M.P.H.,  
D.N.Sc., Education Director

Molly Lee, R.N., C.N.M., M.T.D., Dean of  
Midwifery and Assistant Director

Joan Fenton, R.N., C.N.M., M.S., F.N.,  
Midwifery Coordinator

Elsie Maier, R.N., C.N.M., M.S., F.N.,  
Coordinator and Instructor

Ann Hamel, R.N., C.N.M., F.N.,  
Hospital Midwife

Kathleen Smith, R.N.,  
C.N.M., F.N.

Karen Gordon, M.P.H., Research Assistant

Clinical  
Instructors

### DISTRICT NURSING SERVICE

Donna Murphy, R.N., B.S., F.N., District  
Patient Care Coordinator

Ann Browning, District Billing  
Nancy Williams, District Records

Jessie Preston Draper Memorial Nursing  
Center

Laura Pilotto, R.N., A.A., F.N.  
Sharon D. Koser, R.N., B.S.N., F.N.

Clara Ford Nursing Center

Jennie Carlson, R.N., B.S.N., A.N.P.  
Frances Kinkead, R.N., B.S.N.

Caroline Butler Atwood Memorial Nursing  
Center

Christina Guy, R.N., A.A., F.N.

Belle Barrett Hughitt Memorial Nursing  
Center

Ruth Blevins, R.N., C.N.M., F.N.  
Sandra Graves, R.N., B.S.N.

Bob Fork District (Betty Lester Clinic)  
Gail Alexander, R.N., A.A., F.N.

Oneida District

Mable R. Spell, R.N., C.N.M., F.N.  
Cynthia Sherwood, R.N., C.N.M., F.N.

### HOME HEALTH AGENCY

Verna M. Potter, Coordinator  
Susan Barry, R.N., B.S.N.

Marion Newswanger, R.N., B.S.N.  
Nina Redgrave, R.N., B.S.N.

Patricia Rogers, R.N.  
Karen Slabaugh, R.N.

## 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.

. . . . .

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



## FRONTIER NURSING SERVICE, Inc.

Its motto:

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

Its object:

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

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

---

Contributions to Frontier Nursing Service, Inc. are tax deductible under Section 501 (c) (3) of the Internal Revenue Code of 1954.

---

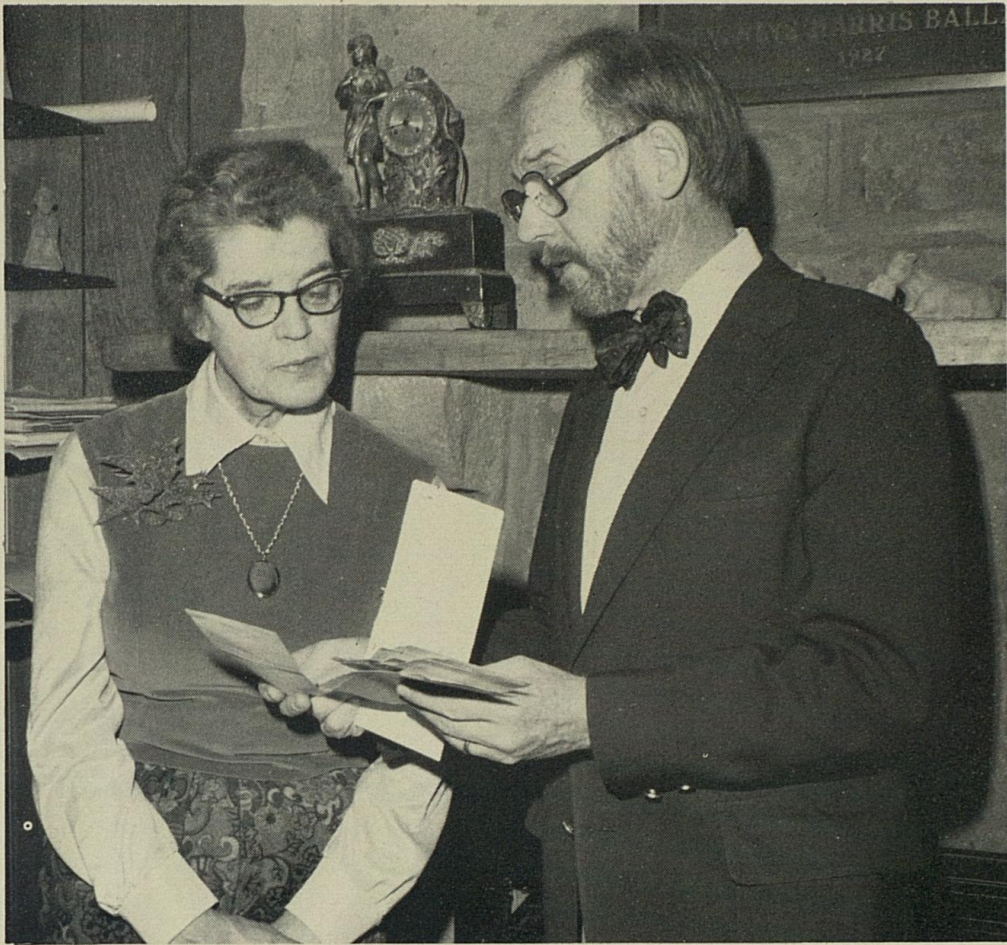
Gifts of stock should be sent to

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

Gifts of money should be made  
payable to

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





Helen Browne presents the donation from the Leslie County Coal Association (see page 37) to Rogers Beasley, M.D., on Christmas morning, 1976.



Santa Claus (courier Margo Squibb) and Jack Begley at the Christmas party for the Adult Activity Group, Hope House, Hyden.

*Photos by Gabrielle Beasley*

