



# Intercom

## Duke University Medical Center

VOLUME 24, NUMBER 26

JULY 1, 1977

DURHAM, NORTH CAROLINA



**TALKING OVER OLD TIMES**—From left, Lela Marr Dunning of Kennebunk, Maine, Anne Henshaw Gardiner of Alexandria, Va., and Marie McAdams Parrish of Ft. Lauderdale, Fla., enjoy a chat at the School of Nursing's alumni reunion. Gardiner taught all the courses in the School of Nursing when Dunning and Parrish were students in the class of 1937. (Photo by Ina Fried)

### In '31, She Was the Only Teacher Of Art and Science of Nursing

By Ina Fried

When the first students enrolled in the School of Nursing in January 1931, they had one teacher, Anne Henshaw Gardiner.

"I made up the whole curriculum and printed the first catalog," Gardiner, 87, recalled at the School of Nursing's alumni reunion, June 17.

She taught 15-18 subjects a year, including anatomy, physiology, bacteriology, sociology and chemistry. Even when physicians lectured on their specialties, she did all the quizzing, made up the exams and graded all the papers until the enrollment grew too large for one person to handle.

Gardiner, assistant professor of nursing here from 1930-41, was not an easy teacher.

#### What She Ought To Know

"I wanted the student to know

what I thought she ought to know in preparation for her life's work," she said. "I know some students were afraid of me but would die for me now. As they grew older they realized what I was trying to do."

When some of her students objected to standing to answer her questions, "I told them if you know a thing, you might stumble because you're embarrassed standing up but your brain doesn't stop working."

"I tried to be very sure of what I was doing and didn't let up if I knew it was the right thing to do," she said. "To me a good nurse is first a fine person. If I knew something suspicious was going on, I'd tell them. But they knew I'd go to bat for them any time."

"My plea has always been for the patient," she said. "Nursing is both an art and a science. Too often we come to be technicians instead of responding to what the patient wants and needs."

#### Methods Successful

The success of Gardiner's methods was evident with the class of 1937, which boasted 11 of its 25 members at the 40th class reunion. Two members of the class made averages of 95 or above on the State Board of Nursing examinations. That was the first time anyone had scored that high in the whole state, Gardiner remembers, and it gave the school "a

(Continued on page 4)

## New Book for Real-life Health Practitioners

While medical practice for the television doctor often includes treating exotic diseases and performing last-minute, life-saving surgery, real-life physicians may hear more complaints about alcoholism, insomnia, headaches, hypertension and weight gain.

Because these problems have defied solution for so long, most medical schools until recently have tended to skim over them in their teaching.

Now, in an effort to help physicians and other health practitioners keep abreast of some promising new treatments for common maladies, two members of the Department of Psychiatry here have compiled the first comprehensive guide on the subject of behavioral therapy.

#### Just Released

The book is *Behavioral Approaches to Medical Treatment*, and the editors are Drs. Redford B. Williams Jr. and W. Doyle Gentry.

Williams is associate professor of psychiatry and assistant professor of medicine, and Gentry is professor of medical psychology.

Ballinger Publishing Co. of Cambridge, Mass., released their 252-page volume this month.

It contains 16 chapters by recognized authorities on how behavioral science and behavioral therapy have been applied to treat chronic asthma, insomnia, headache, Type A (or coronary-prone) behavior patterns, heart rate irregularities, obesity and cigarette smoking.

Other subjects discussed include bed wetting, toilet training, chronic pain, alcoholism, the patient's failure to follow medical advice and such physical disorders as vomiting, diarrhea and epilepsy.

#### Relief of Distress

"In many instances, recent research has provided clear evidence that newly developed behavioral treatment approaches are capable of providing significant relief of distressing symptoms associated with these disorders," the editors wrote in their preface.

"It is our intention that upon completion of this book the reader should not only be able to answer confidently patients' questions about these behavioral treatment techniques, but also will have taken the first step toward their clinical application in a patient care setting."

Among the contributors to the book are Dr. A. Barney Alexander, head of the Psychophysiology Laboratory at the National Asthma Center in Denver; Edward B. Blanchard, professor of psychology at the University of Tennessee; Dr. John Paul Brady, chairman of psychiatry at the University of Pennsylvania School of Medicine; and Dr. Bernard T. Engel, chief of psychophysiology and behavioral sciences at the National Institute of Aging's Gerontology Research Center.

Contributors from Duke are the editors; Dr. Patrick A. Boudewyns, associate professor of medical psychology; Dr. James E. Byassee, a clinical associate in medical psychology; and Guillermo A. A. Bernal, a doctoral candidate at the University of South Carolina and assistant director of Duke Hospital's Clinical Biofeedback Laboratory.



**OUT OF THE DOGHOUSE**—And into the children's hands. Large toyboxes in the urology and orthopaedics clinics add to the new play program there. Children enjoying the toys are (from left) Chan Bryant, 11, and Charla Bryant, 9, of Sanford; Chalanda Mitchiner, 7, of Durham; and Kimberly Riley, 6, of Durham, sitting on the knee of Stanley (Pedro) Seagroves, who built the boxes. Standing behind are the painters James Medlin (left) and Thelle Murray. See p. 2 for the story. (Photo by Ina Fried)

### Fourth of July

Get out your barbecue grill and your swimsuit or just plan to sleep late Monday, July 4.

Independence Day is an official university and medical center holiday.