

Lesson Plan Seven
Fifth Grade
Heritage

- 1. Topic:** Heritage of PBP and Gatlinburg - Major focus on Healthcare
A. classroom, 60 minutes

2. Objectives:

Understand the impact of the Pi Beta Phi Fraternity influence on Healthcare in Gatlinburg, Tennessee in the early 1900's.

Identify the needs of Healthcare

Recognize the roles of women in healthcare

Identify crisis which effected the ability of PBP health clinic to provide adequate health care.

Recognize the threats to healthy living in the Southern Appalachian farm community of Gatlinburg.

Standard: Tested -5.2.1, 5.5.5, 5.2.5, 5.6.3, 5.1.2.

A. Resources: Photos, essays, and timeline from the Arrowmont website.
Heartland Series Volume 11, Home Remedies.

B Vocabulary: varied, malnutrition, clubbed feet, sacrilege, isolated, hookworm, parasite, anemia, cognitive, sanitation, hygiene, eradicate, pandemic, inoculation, stipulation

3. Pre-Test

4. Instructional Strategies (student activities)

Students will:

Listen and participate in a discussion of Heritage.

Listen as teacher reads essay on health care in the Southern Appalachian community of Gatlinburg in the early 1900's.

Participate in discussion related to material presented.

View any pictures or video clips related to the lesson.

Participate in question and answer session.

Create a time line of healthcare and the changes that occurred from 1900 through 1965.

5. Evaluation/Assessment:

A. evaluation of student activities:

Teacher observation of participation in discussion and question and answer session.
Evaluate time lines prepared by students.

B. Posttest

6. Enrichment/Reteaching

Research and prepare a report sharing home remedies for illnesses used by mountain people before the Pi Beta Phi Fraternity improved health care.

Interview someone who attended the Pi Beta Phi Settlement School and can share information about early health care provided by the Fraternity to share with class.

Create a booklet of natural remedies that may have been used in mountain communities.

Vocabulary

Heritage - elements of tradition passed down from preceding generations, one's ancestors, or the past.

Culture - customs, language, food, music, clothes, art, homes, holidays, etc.

Education - the process of learning

History - a record or account of past events

Varied - changing

Malnutrition - lack of adequate food to maintain good health.

Clubbed feet - malformation of the foot

Sacrilege - violation of anything holy or sacred.

Isolated - remote, little contact with others, set apart.

Hookworm - parasitic worm with hooked mouthparts that can bore through the skin and cause disease.

Parasite - an organism that lives on and feeds off another without rendering any service in return.

Anemia - a condition in which the blood is low in red blood cells or in hemoglobin, resulting in paleness or weakness.

Cognitive - the mental act of perceiving, knowledge, learning.

Sanitation - the practice of achieving clean living conditions.

Hygiene - principles and practice on cleanliness.

Eradicate - wipe out.

Pandemic - world wide sickness or disease of serious nature

Inoculation - inject a vaccine into.

Stipulation - to specify a condition of an agreement.

Heritage- Healthcare -PBP Fifth Grade

Heritage: Elements of tradition passed down from proceeding generations, one's ancestors, or the past.

Elements of Heritage:

Culture - customs, language, food, music, clothes, art, homes, holidays, etc.

Education - How people obtain or gain knowledge. How, when and where they learn.

History - Events or things that have happened in the past, which explain or help us to understand, where we are today or why things are the way they are today, or how things evolved.

Introduction: We will explore the history of health care or lack thereof in the Southern Appalachian community of Gatlinburg in the early 1900's and how health care standards were improved with the help of the Pi Beta Phi Fraternity.

Pi Beta Phi is a Fraternity of women established as Pi Beta Phi in 1888 in Monmouth, Illinois. Many other chapters were organized throughout the U.S. in several states. In the early 1900's the small isolated community of Gatlinburg was identified as a mountain community in desperate need of education and health care. The Fraternity visited Gatlinburg in 1910 to assess the extent of Gatlinburg's situation. By March of 1912 a school was opened with 14 students. It was located in a building where the Arrowcraft shop stands today. It was open for three months its first session. The second session opened in the fall, in an old abandoned Methodist Church which was more like a barn. The old church was on burg hill, close to where Fun Mountain is today. The winter session began in a new building above the old church up on a hill overlooking Gatlinburg. This is the hill to the right of Hwy 321 as you leave Gatlinburg. The first teacher was a Pi Beta Phi Fraternity member named Kate Miller. Kate Miller and other qualified teachers who came to teach in Gatlinburg, taught basic education as well as personal health and hygiene. It was quickly noted that a medical clinic was needed soon, as well as a school to meet the needs of the mountain families.

In 1914 the state hookworm specialist Dr. Yancy made three visits to the school conducting free clinics. The teacher assisted the doctor with medicines and examinations. A fund was established to build a clinic on the settlement school grounds to improve health care standards.

What was it like before Pi Beta Phi

In Southern Appalachia health care standards varied from place to place. Those who lived in or near one of the larger towns enjoyed reasonably good health care. Those who lived in one of the region's more isolated corners and mountains often did not. These people relied mostly on folk remedies when attempting to treat disease. Gatlinburg, Tennessee was just such a community.

Let's begin our explanation of health care standards before the involvement of the Pi Beta Phi Fraternity with a discussion of maternity (pregnancy). Care during pregnancy

was virtually unknown to the mountaineer. Mothers carried on with life as usual right up until the moment of delivery, gave birth in the own homes with the assistance of a "granny women" or midwife and then returned to house and farm work as soon as they were well enough to stand and walk about. Babies were not immunized or had regular checkups or even a special diet. (Malnutrition was a common problem among mountain children). Birth defects such as clubbed feet and poor eyesight went mostly untreated. Since money was scarce or non existent a trip into town was only taken as a last resort. Many who were deeply religious viewed birth defects as "the will of God" and felt it was sacrilege to question that will because it would be a doubting of God's judgment and kindness. Infant mortality rates were excessively high in the region's more isolated corners.

For those who survived infancy, childhood posed it own perils. Burn were a common occurrence among toddlers. Every home featured an open fireplace crowded with cast iron skillets, cauldrons, and other utensils. Farm labor contributed to numerous injuries among older children who handled axes as long as themselves and did rough and tumble play. When roaming the fields and forests, and wading in the creeks surrounding their homes, children were prone to encounter a variety of wild animals such as black bears or wild hogs which could easily maul or kill a small child. Poisonous snakes such as the copperhead or timber rattler were known to curl up in dark corners of henhouses, barns, and even homes and would strike if disturbed. More serious, however, was hookworm which is an intestinal parasite known to lurk in the damp soils next to creeks and outhouses. The hookworm usually enters through the soles of the feet. They burrow into the exposed skin of humans and other animals and attach themselves to the intestinal wall of their host. They feed on blood and if enough of them are present, they may cause anemia. From this the person would develop problems such as low weight, impaired cognitive ability, and in extreme cases, mental retardation because of the lack of oxygen to the brain.

Adult life was no less hazardous. Chores such as cutting firewood and plowing fields carried risks such as falling trees and kicking mules. These could be serious injuries if not fatal. Sanitation and personal hygiene standards were deplorable, so much so that a serious infection might arise from contact with everyday objects.

As bad as poor nutrition, animals, accidents, and parasitic organisms were to the health of the Southern Appalachian mountaineers, they paled in comparison to infectious diseases. Measles, mumps, diphtheria, whooping cough, and scarlet fever took their toll among the very young. In 1916 diphtheria had caused a large number of deaths among children in Gatlinburg. Adults and the elderly were not immune to infections. Influenza, trachoma, (a bacterial illness that caused blindness) and pneumonia. The most feared was smallpox (a viral infection) which if it did not kill the person, left them horribly disfigured or scarred for life.

(May be a good time to review the threats to health, living I the mountain communities. Examples: malnutrition, accidents, wild animals, parasites, infectious diseases.)

There were too few doctors available to immunize the healthy and treat the sick leaving medical care in the hands of "herb doctors" or "granny women". They were

mostly elderly women who had been trained by their mothers. They had good intentions and even did some good for their patients, but for the most part their cures were little more than superstitions put to practice and had the potential to harm as well as help.

(Good place to share transparencies that talk about plants and their use for certain ailments)

The Southern Appalachian residents needed local clinics staffed by trained medical professionals. They could not acquire them on their own. Doctors were unwilling to establish practices in communities where the majority of people were unable to pay for services. As a result, mountain people were left to fend for themselves, trusting in God and folk remedies. For the residents of Gatlinburg, Tennessee, help would soon arrive in the form of the Pi Beta Phi Settlement School.

(Good time to show Heartland Series, Volume 11 - Home Remedies. Volume 11 Summer's Itch. It is not closely related but does share home remedies for poison ivy)

Help Arrives:

It was understood that when the Pi Beta Phi established its settlement school that the Fraternity sought to improve health care standards too. As early as 1914 a fund was being established to construct a small clinic on the settlement school grounds. Economic difficulties arose from American involvement in the First World War. It prevented the Fraternity from purchasing lumber and other supplies.

Not to wait for the war to end, a Fraternity member named Mary O. Pollard came to the settlement school and stayed from 1913-1916. She worked to eradicate hookworm from the communities within her reach by working with State Hookworm Clinics held on the settlement school campus, and spending her summers walking miles and spreading the word urging people to come in to receive treatment at the Pi Phi School.

Another staff member, Evelyn Bishop served from 1918-1933 helped during the 1917-1918 Spanish influenza pandemic by helping local doctors and caring for the sick. It was at this time that it became evident that the Settlement School project in Gatlinburg needed a professional nurse. Another Fraternity member Phyllis Higinbotham took charge of the community's health care needs. She arrived in Gatlinburg in 1920 to take on the job of caring for about two hundred families, most of whom needed some sort of treatment and most lived at the end of very poor roads.(poor eyesight and tonsillitis were very common among the mountaineers)

During her first two years, Higinbotham made close to 2,000 trips into the mountains surrounding Gatlinburg, giving first aid to the injured, examining newborn babies, and administering inoculations to children and adults alike. (It is important to note that fearful parents refused to allow their children to receive inoculations. It was sometime before Higinbotham was trusted). She traveled with no map and depended on the local people to help her find her way. Her only companions on her tiresome journeys were her horse "Lady" and a collie named "Rex". Remember, no cars or roads.

Health care received a huge boost when in 1922 the Settlement School Committee purchased a small cottage from Gatlinburg resident Andrew Ogle and converted it into a

clinic. It was named the Jennie Nicol Memorial Health Center in honor of Jennie Nicol M.D. who helped in the founding of Pi Beta Phi. It featured: a nurse's office, and emergency operating room complete with a hospital bed, a bathroom with hot water, a workroom/laboratory with sinks and a work table and a stove. Medical supplies were donated by Pi Beta Phi Alumnae clubs from different area of the U.S. The JNMHC was similar to the free clinics operated by U.S. communities today. For a small fee the nurse provided residents with inoculations, first aid, physical examinations, and advice on nutrition and personal hygiene. It also served as a makeshift hospital where visiting doctors from Knoxville and Sevierville performed tonsillectomies, appendectomies, and other minor surgeries; a dentist's office where visiting dentists pulled teeth and filled cavities; or an optometrist's office where visiting eye doctors performed vision test and prescribed corrective lenses. The JNMHC also gave free, to Gatlinburg families, baby clothes, crutches, splints, hot water bottles, and other hard to come by items. The only stipulation on loaning supplies to needy families was that they wash the items before returning them to JNMHC.

By the time Higinbotham resigned in 1926, residents had grown accustomed to looking to the JNMHC in times of medical crisis. The settlement school saw several nurses come and go until 1935 when Marjorie Chalmers came and presided over the settlement school health program for the next thirty years. By the early 1940's the clinic was in desperate need of major repair due to harsh mountain weather and termites. Just as the first World War had made it difficult to build the first new settlement school, the Second World War made it difficult to repair the clinic. There was the need to conserve funds which prevented addressing the needs for a new clinic. Finally in 1947 the Settlement School Committee approved plans for a new JNMHC to be built on the Gatlinburg Parkway next to the Arrowcraft Shop. The new hospital was ready the summer of 1948. Gatlinburg residents young and old patronized the JNMHC for the next 20 years as it did its best to meet their needs.

In 1950 a Dr. Shilling established a full-time medical practice in Gatlinburg, relieving the JNMHC of much of its patients. In 1964 Sevierville praised the arrival of a fully modern hospital. In 1965 Sevier county assumed financial responsibility for public health in Gatlinburg, relieving Pi Beta Phi of the need to continue operating the JNMHC. Its doors were closed August 31, 1965, enabling Nurse Chalmers a well deserved retirement. The building still stands on the former settlement school campus and has since been transformed into office space for employees of the Arrowmont School of Arts and Crafts.

In the end, the program had succeeded beyond everyone's expectations, garnering accolades from state health officials and Gatlinburg residents alike. Truly, it was one of the Pi Beta Phi Settlement School's greatest achievements.

Heritage/Healthcare
Pre/Post Test

Name _____

1. Elements of tradition passed down from proceeding generations, one's ancestors, or the past.

- A. Culture B. Heritage C. History D. Cognitive

2. A major need in Gatlinburg in the early 1900's.

- A. New highways and roads B. New stores and a post office
C. New schools and a clinic D. New stores and barns

3. A serious problem facing farm communities in the early 1900's.

- A. bad weather B. drought C. flooding D. diseases

4. Who were the first teachers who came to Gatlinburg?

- A. college professors B. unemployed teachers from other states
C. PBP Fraternity of women members D. local women from mountain families

5. Which disease was a serious threat to the mountain community of Gatlinburg?

- A. malaria B. common cold C. influenza D. diabetes

6. Why did Gatlinburg need health care?

- A. They had obtained a lot of wealth to pay for health care.
B. Members of the community suffered from a lack of personal hygiene and health care practices.
C. They wanted a new clinic to keep up with the neighboring communities.
D. Members of the community thought it was a good idea in case something happened in the community.

7. The name of the organization that made Education and Healthcare possible in the Southern Appalachian farm community of Gatlinburg.

- A. Settlement School Committee
B. Pi Beta Phi Fraternity of Women
C. Southern Appalachian Organization
D. The Memorial Health Care Center

8. Who was the first nurse to travel to Gatlinburg and work in the health clinic?

- A. Phyllis Higinbotham
- B. Evelyn Bishop
- C. Marjorie Chalmers
- D. Jennie Nicol

9. Who was the last nurse to work at the settlement school clinic before it was closed?

- A. Phyllis Higinbotham
- B. Evelyn Bishop
- C. Mary Pollard
- D. Marjorie Chalmers

10. Who suffered from a lack of health care in the Southern Appalachian of Gatlinburg.

- A. elderly
- B. everyone
- C. adults
- D. children